

Speed Reading: Perception Enhancement Exercises

These articles are intended to help strengthen your speed reading skills. By getting familiar and comfortable with reading in a fluid, fast, and "grouped" fashion, you will be well on your way to mastering reading at a greater speed while still maintaining a high level of retention. As a matter of fact, *your retention will go up!*

These exercises increase in difficulty, are not meant to be completed in one sitting, and one should not expect to easily complete each one on the first iteration. These are for practice, toning, and literally exercising your muscles.

It will take some time before you acquire the skills and comfort to complete these exercises. Take your time, stick with it, *keep trying*, be *confident*, and always *positive!*

Make a goal to practice at least one of these exercises every single day. Give it 5 to 10 minutes at a time maximum. Write this goal down now. (use the space below!)

Now get to it!

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Exercise # 1

Read the following paragraph while ONLY looking at the center column. Read the words in the left and right column using your peripheral vision at the same time you read the word in the middle column.

Cheap	cars	are
in	greater	demands
of	these	days
of	car	lovers.
There	are	many
car	lovers	attached
with	the	car
buying	online	and
all	are	searching
for	the	used
cars	which	are
offered	with	better
pricing	and	smarter
qualities.	These	offers
are	made	by
dealers	as	well
as	by	the
owners	directly.	The
cheap	car	for
sale	by	owner
is	the	best
option	offered	by
the	owners	directly
to	the	ultimate
buyers	as	the
commissions	of	dealers
are	also	reduced
in	those	rates.

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Exercise # 2

When you finish the left half of this exercise, move over the the right half and continue reading using the methods from Exercise # 1.

The best thing
that can happen
to you now
is that you'd
be enriched with
knowledge or ideas
after reading the
book. The worst
thing that can
happen is that
you might get
so bored that
you may shut
the book halfway!
But, for someone
who is a
Casanova of books,
the worst hardly
happens. This is
because they have
developed the art
of choosing the
right book. Hence,
it's said that
you can judge
people by the
kind of book
they read.

They also know
how to nurture
a good relationship
with their books.
Patience and the
will to learn
are two things
that you must
have to explore
a book. As
each paragraph unfolds
and the story
moves ahead in
its own pace,
you must know
how to relish
every moment spent
with your beloved
book. Once you're
able to do
this, you can
never be lonely.
Your book becomes
your best friend.



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Exercise # 3

This exercise has two words in the center column.

Soleares	is perhaps	the
most	important toque	(rhythmic
form)	in the	study
of	the Flamenco	guitar.
Soleares	epitomizes the	soul
of	Flamenco music,	embodying
its	vital core:	rhythm
and	harmony. In	fact,
the	rhythmic structure,	called
the	compas, plays	such
a	central role,	that
when	a guitarist	truly
masters	the compas,	he
or	she is	well
on	the road	toward
becoming	a skilled	virtuoso
in	the art	of
Flamenco	guitar.	

In	Andalusia, the	region
of	Spain where	Flamenco
got	its start,	every
student	of the	Flamenco
guitar	begins with	its
study.	Furthermore, Soleares	is
a	foundational toque;	many
other	toques have	developed
from	its inspiration.	As
a	guitarist, learn	to
dominate	this toque,	absorbing
its	powerful momentum	into
your	very bones.	If
it	takes driving	your
friends	and family	nearly
mad	with hearing	you
play,	do so,	for
it	is the	very
nature	of Flamenco	music.

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Exercise # 4

This exercise changes the formatting a bit and spaces the words out more forcing your eyes to work a bit harder.

Telling	your	colleagues,
co-workers	and	employees
how	much	you
appreciate	them	and
their	contribution	to
the	company	will
make	them	feel
good	about	themselves
and	about	their
job.	You	can
do	this	anytime
of	the	year,
there	are	no
occasions	required.	As
a	matter	of
fact,	small	presents
and	tokens	of
employee	appreciation	that
are	given	all
year	round	will
make	the	people
at	work	feel
valued	all	year
round	as	well.

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Exercise # 5

Greater spacing with four columns.

Despite email, business individual, deal amounts and the know	this, whether or is with of downright spam and	everyone as a having ever unsolicited, annoying we hate.	using a private to increasing unwanted, emails: all
Some amounts especially not of it sorts overflow, communications through. time given and email lost productivity. often as and which businesses time eradicate. perhaps financial be	people of if using spam can of meaning may In has to deleting time to Also, contain Adware sometimes can and and For already margins, a	receive spam they any blocker, cause problems. important not addition, to weeding the that the spam viruses, or even seriously cost money small on this calamity.	huge emails, are kind and all Inboxes genuine get staff be out junk is business' emails such Spyware worse disrupt considerable to businesses, tight can

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Exercise # 6

Greater spacing with five columns.

Wooden	garden	sheds	are	a
common	sight	throughout	the	country
as	they	are	ideal	for
storing	tools,	bicycles	and	other
bits	and	pieces.	Sheds	are
versatile	and	can	be	easily
adapted	to	suit	most	people's
needs.	Just	take	a	look
online	and	you	will	find
a	huge	range	on	offer
from	various	manufacturers,	and	with
prices	that	suit	every	budget
a	garden	shed	is	the
number	one	preference	for	storage
and	extra	working	space.	

The	garden	shed	provides	a
safe	haven	for	many	people.
They	are	well	known	for
being	a	quiet	place	to
retreat	to	when	you	need
a	few	minutes	alone,	typically
located	at	the	bottom	of
the	garden	you	are	guaranteed
peace	and	quiet.	They	can
also	be	easily	turned	into
a	workshop	for	hobbies	and
interests	and	people	use	them
for	any	number	of	purposes,
from	making	clay	pots	and
growing	seeds,	to	woodwork	projects
and	breeding	rabbits.		

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Exercise # 7

REALLY push your limits now with five columns of greatly spaced text, the center column of which has three words per line.

During	his	seven years as	POW,	he
resisted	to	cooperate with the	captors,	even
when	he	was placed in	solitary	confinement.
He	was	locked with leg	irons	in
a	bath	stall, beaten, and	whipped.	He
resisted	them	using him for	propaganda	by
hurting	himself	relentlessly. When Stockdale	came	to
know	that	he was to	be	paraded
in	public	before foreign journalists	by	captors,
he	slashed	his scalp with	a	razor
to	disfigure	himself, so that	the	captors
do	not	take him and	use	him
for	propaganda.	When they put	a	hat,
he	had	beaten his face	with	a
stool	to	be swollen beyond	recognition.	When
captors	told	him that other	POWs	are
dying	under	torture, he slit	his	wrists
to	show	that he preferred	death	rather
to	capitulate.	His uncanny determination	is	widely
respected.	He	received 'Medal of	Honor'	in
1976,	the	highest military decoration	awarded	by
the	US	government along with	26	other
personal	combat			