

A close-up, warm-toned photograph of a person's hands holding an open book. The person is wearing a light-colored sweater and a ring on their finger. The background is softly blurred, showing warm, out-of-focus lights, creating a cozy and intimate atmosphere.

*“Reading is to the mind
what exercise is to the body.”*

JOSEPH ADDISON

N A D⁺ O V I M[®]

A BOOK A DAY

Speed Reading

Think of speed reading like a stretching exercise for your brain. Speed reading, as the phrase demonstrates, increases the rate at which you consume written information and allows you to read and retain more in a shorter time span.

Speed reading uses 2 techniques. It reduces pauses and broadens the scope of information you consume at one time. Surprisingly, you don't read every letter in a word. Your brain instead recognizes the pattern of letters that form a given word. Speed reading expands on this ability. You can recognize the same pattern in entire phrases at one time - in the same way that we absorb individual words.

Your brain is the most precious resource you have.

Love it. Nourish it. Unleash it.

Place this card somewhere you will see it and use when needed.

stay sharp!

- Jeann Nadovim

HOW TO USE IT

- First, do not focus on comprehending every word.
- Use peripheral vision and avoid reading the first and last 3 words of each line.
- Maintain speed and do not re-read sections. Imagine margins over the first and last words and do not move your eyes across the entire line. Practice the technique for adaptation and comprehension to improve as you train your brain to process information at quicker rates.
Happy reading!

Learn more at nadovim.com/tips