Т

word across a line of print.

In order to make our speed increase we must take in more words with each fixation, rather than make our eyes move faster.

1. Try to avoid focusing on every word, but rather look at groups of 2 to 3 words. For instance, this sentence could be grouped in this manner:

for instance / this sentence / could be grouped / in this manner

- 2. Work on vocabulary improvement. Familiarize yourself with new words so you don't get stuck on them when you read them again.
- 3. If you find yourself moving your lips when reading, force yourself to read faster by following (1.) above so that you can no longer move your lips.
- 4. Read more! 15 minutes a day of reading an average size novel equals 18 books a year at an average reading speed!
- 5. Determine your purpose before reading. If you only need main ideas, then allow yourself to skim the material. Don't feel you must read very word.
- 6. Spend a few minutes a day reading at a faster than comfortable rate (about 2 to 3