



How to Speed Read: How to Reduce Your Time Spent on Reading and Recalling Information

Gordon Wainwright

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In today's information-laden and time-constrained world we are required to digest an increasing amount of written and printed material. Most people, in their capacity as student, job seeker, employee or leisure reader, want to be able to deal with their daily reading faster and also recall it effectively. This book gives you the means to do just that by: - FINDING the techniques for improvement that work best for you - PROVIDING methods for increasing retention and recall - PROMOTING flexibility - the key to reading efficiently - OFFERING techniques for developing skim-reading - HIGHLIGHTING problem areas and suggesting ways of addressing them The book contains exercises to facilitate your development and assesses your results throughout, ensuring that you come away reading faster and recalling more.

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