

Published based on [Dynamics of Speed Reading](#)

Dynamics of Speed Reading

ACCELERATED PACING METHOD:

Hand movements can cause improvement of reading speed. Now I'll introduce to you the well-known pacing movement. It uses your index finger of your dominant hand, i.e. right handed use right hand, to scan a line by running your finger under the type you are reading. Always turn the page with the unused, non-dominant hand. Don't move your head, keep it still.

BASIC PACING:

Pace your eyes so swiftly over a line that you don't have time to form the sounds of the words or syllables in your throat.

To understand this concept, you must understand that your nemesis "The Babbling" (your own inner voice) is reading to you in silent speech and then it goes into your brain.

You'll read without sub-vocalizing, hearing it your mind.

To understand this concept, you must understand that you've got this nemesis, an inner voice who is reading to you in silent speech and then it goes into your brain. We did experiments in Hawaii, Texas, New Mexico, Florida, and elsewhere. It appears that those with the slowest speaking rates have naturally slow reading rates. With this method, your rate of speech won't limit your reading speed. You can read as fast as you can think. What I am saying is you can read as fast as your mind can work.

Begin pacing across a line faster than you can form the sounds in your throat:

Extend your index finger, close all others.

DYNAMIC SPEED READING program will teach you how to develop these skills to enhance your reading ability and speed through practice and exercises. Soon, you could soon be reading twice as fast as you ever have and retaining valuable information to increase your comprehension and improve your grades.

Dr. Jay Polmar, founder of www.speedread.org, a research organization that's developed speed reading courses for people worldwide has taught over 100,000 students throughout the world in 5 different languages.

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