

Published based on [Speed Reading In Only One Hour - Understanding The Mechanics](#)

Speed Reading In Only One Hour - Understanding The Mechanics

The mind is an extraordinary power of which we only use a very small portion. In our book, "Speed Reading in only One Hour" we will show you how to tap some of that unused power and use it for your personal success in high school, college, and life.

Your brain can understand from 10,000 to 50,000 bits of data per minute; one bit equates to one word. Although this information comes from old statistics (1980's), based on recently developed speed reading technology, and strides in various types of learning technology, you can achieve phenomenal reading speeds.

In the US the average HS grad, when tested, reads about 250 words per minute. The average US college student reads at an average of about 300 words per minute. But, no matter what your starting reading speed when you are tested, don't worry, it is only the beginning. Can you imagine what an advantage you will have to be able to read over 100% faster than you had before? 200% 300% -- The possibilities are limitless.

We receive information through our five physical senses, (touching, tasting, hearing, smelling, and seeing) and through those senses we make decisions. We make choices and judgments from various factors that the physical senses bring into play. The five physical senses (sight, smell, hearing, taste, touch) are pre-programmed for automatic response.

We learn, not only from physical senses, but through various forms of thought. Most thought is conscious in nature. Senses however work automatically. An example of an automatic reaction might be: when a hungry teenager smells pizza, he or she begins salivating. What's taking place is that the sense of smell (called olfactory senses) has automatically delivered a thought, "PIZZA", to the brain and mind. The thought may be unconscious.

Sensing food is a physical expression of your sense smell and possibly taste. It is a mental sensation (unconsciously or consciously) through your thought processes. And finally, there seems to be a physical sensation by eating, swallowing, and smiling. To summarize the PIZZA concept here: Mind is where the "action" is -- and your body is where your "reaction" is.

The brain and the mind has enormous untapped power; I'll teach you how to tap into that potential through Speed Reading in One Hour, available at www.speedread.org . I'll show you how you can be a total success in your college life and beyond.

Learn to be a speed reader in only one hour [Double/Triple Your Reading Speed, Improve Comprehension, Better Your Grades](#), Learn speed reading today [Be a speed reader now!](#) This article, [Speed Reading In Only One Hour - Understanding The Mechanics](#) is available for free reprint.

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