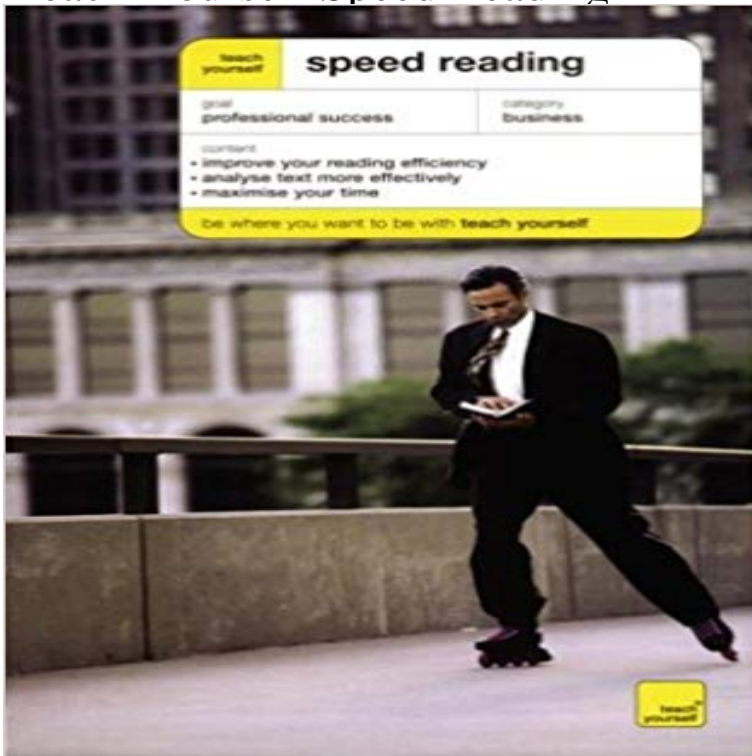


# Teach Yourself Speed Reading



Speed-reading is about reading--and being able to recall--more written information in less time. Following a unique five-step system, this practical guide teaches readers the basics of speed-reading in less than an hour. It includes tools and information on a variety of reading and memory techniques that allow readers to start using and practicing the techniques as they read--and therefore finish this book in a fraction of the time they would have taken previously. The book shows how to read effectively under pressure and concentrate in today's noisy, distracting environments.

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