

Be Dynamic Through Speed Reading



动力快速阅读

[美] Dr. Jay C. Polmar 著

李莉 译

使用《动力快速阅读》提供的蛇行移动法、Z行移动法、连环或无限法等快速阅读技巧，你会发现自己的阅读速度有了惊人的提高。

对外经济贸易大学出版社

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INSTRUCTIONS:

1. Study and practice with the book for three days following the plan below:
 - a. Set aside about 3 hours daily per segment.
 - b. Study in 45-50 minutes segments.
 - c. Take 10-15 minutes breaks.
2. Practice all exercises daily. Increase speed and productivity every day as you practice.
3. Record all self-talk exercises on tape. *The scripts are in italics.* Play tapes daily.
4. Practice daily by speed reading this book.
5. After 30 days of practice, use tapes only once weekly.

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and the thousands of students throughout the country who have assisted and continue to confirm this unique speed reading research program.

Sincerely,

Dr. Jay C. Felman

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Class One

**The Attitude
of Learning**

**Total Educational
Success Package
Ages 17 and up**



CLASS ONE

TEST YOUR READING RATE

THIS IS A READING TEST.

*Have a watch handy, mark your starting time, and
begin reading when you are ready to time yourself.*

START

The SPEED READING DYNAMICS method is designed for those who read large volumes of printed material. Sometimes they get frustrated when they can't keep up with all the intriguing literature that is released. Authors around the world produce printed data and fiction, at a rate so phenomenal, that even the most avid

of readers struggle to keep up. With our DYNAMIC SPEED READING method, you'll easily be able to read twice to three times the amount you now read in the same time.

The human brain/mind is capable of comprehending and cataloging from 10,000 to 50,000 units of information every minute (one unit being equal to one word) and this is based upon old statistics. Based on new technology in education and strides in self-development, your brain/mind is capable of much more.

The human body is a vehicle that records various senses and transfer them to our brain/mind. The brain/mind acts like a computer. Perhaps the brain/mind is the body's operational computer to make easier for us to learn. We learn through information (data) which is transmitted in many ways. We receive data through our five physical senses, and our brain/mind makes decisions, choices and judgments from those factors.

We learn through our five senses plus conscious thought processing. The five senses, i.e. sight, smell, hearing, touch, taste, are pre-programmed for automatic reaction. In a later example, we mention the effect of teenage aroma sensors when pizza is around. That's somewhat similar to a Pavlovian dog experiment.

What has taken place is that the physical sense or senses, have sent a thought, perhaps subconscious (or automatic in nature) to the brain/mind.

The act of sensing our favorite food is mental in nature; the reaction of swallowing is physical. Therefore, brain/mind is where the action is...body is where the reaction is.

This course teaches techniques for becoming Dynamic. We expect you, minimally, to become a speed reader who loves to read and improve the quality of your life. Maximally, we expect great, positive successes from our students. A beginning average reading speed for the average American high school graduate is about 250 words per minute. Those from the south read somewhat slower because of their drawl. Those who stutter also read slower.

An average college student reads approximately 300 w.p.m.

No matter what your "baseline" reading speed is, it's very different from your speed reading potential after learning all the techniques offered in this course. Why? Because scientists who've researched the human brain/mind concur that our potential is unlimited. BE DY-

NAMIC THROUGH SPEED READING guarantees to teach you how to achieve your greatest potential, become an avid speed reader and more.

There is one restriction to consider. Our brain/mind functions as the result of (electrical) energy and operates continuously.

It is an always ON. It is a total awareness sensing device. I.E.: when you walk down the street and you sense someone behind you or watching you. Therein lies the cog in the otherwise perfect system, our one limitation. We have physical bodies to deal with, to house, to feed, to clothe, to protect, to maintain.

Some of us have been taught we possess bodies which are physically limited; thus, we receive messages saying that we cannot achieve beyond disabilities. Sometimes elders have said that we, individually, are less than perfect. You and I and everyone else have heard negative messages at one time or another that have inadvertently restricted our success.

It happens at school and home. I remember being told "You can only do one thing at a time, and" usually "not too well".