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Study materials are getting bulkier day by day and prioritizing our time is one of the important ways in which we can manage our time efficiently. If you are studying in a college or work in an office where you have to sift through sheaf of papers then speeding reading training is a must for you. Reading can be very taxing and you will need relaxation once in a while and watch FiOS TV can be one of it. But never expose yourself to excess of watching TV or reading, often they have a negative effect on your health. So training yourself in the art of speed reading can be really helpful. Here are some tips you may want to try. Be patient, you shouldnâ€™t expect results to come fast, but when they do come ultimately you will reap the benefits of your labor.

Keep all your reading for the early morning preferably a full 30 minutes after you have woken up. Do some mind exercise before you start, or if that is not your cup of tea, then watching TV for a while, the news perhaps, will help put your mind in the right frame to start reading. In the beginning you may not find much improvement, all after there are a lot of tricks you need to master before the results begin to show. But rest assured that early morning reading can help you double the normal speed or even treble if you consistently practice the art.

Prioritize your materials. The most important one should be the first to consider reading, and that is because, it is the time when your mind is at it freshest and grasping the contents can quick. If you are reading a document on the computer then first highlight the important points so that you can return back to them to give a detailed look over. Having someone with you during the first few months of practice can be really refreshing. If you canâ€™t find someone you can even switch on a TV show in the background and occasionally do some watching. Try never to push too hard and be conscious that you want to do speed reading. It can be too boring and difficult to sustain.

Skim through all the materials you have to read for the day, but donâ€™t mark them with indelible ink, and markings remember make you lose sight of the little things you may have missed. Remember that speed reading is about doing things fast and the easy way; not just making a dotting of the finer points. But over a period you will have to give up this habit. If you are really serious about speed reading then you should be able to give up this habit and be on the right path to speed reading fast. If you need a little break why not even call someone you know and discuss a TV show. It can relax your mind and get back to reading.

Speed reading is an intricate job until it becomes a habit, so having a relaxed atmosphere is all that important. See that you are not trouble by the insects or the loud sound from a TV next door or even one from within your household. Stay a little away from the kitchen; even a cup of coffee being brewed by your spouse can be distracting. Keep the windows open and let fresh air circulate through your room. They can all give that right environment to making reading a pleasure, and unless reading is a pleasure, remember speed reading can be evasive however hard you may try.

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Nathan Brown is an independent freelance writer and likes reading books and watching TV. Readers are welcome to learn more about a FiOS TV with no obligation whatsoever.

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