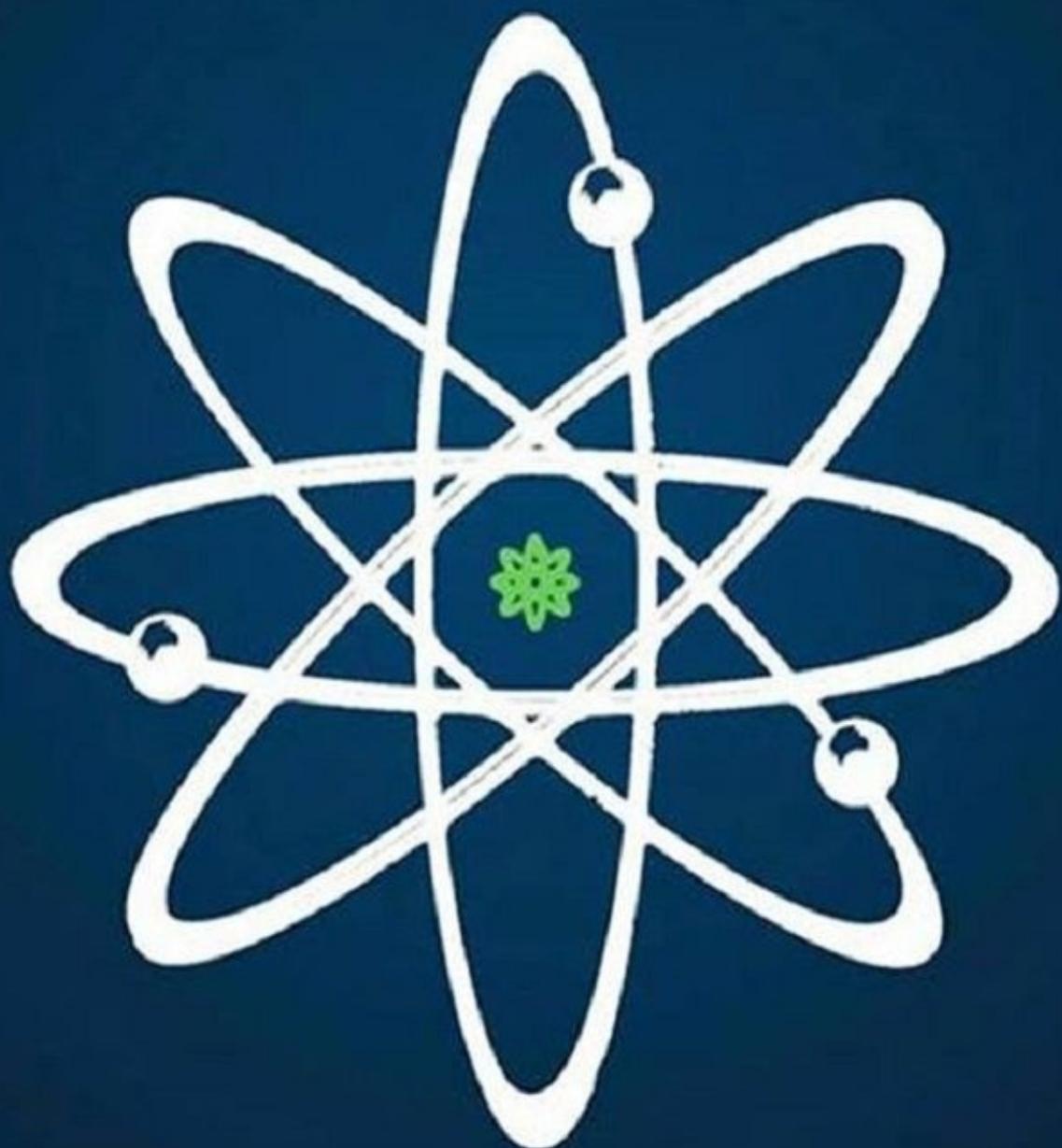


SECRETS TO BECOMING A

GENIUS



**Increase your Brain Power, Speed Reading,
Learning Efficiency, and Advanced Memory!**

Become a Genius:

**Secrets To Increase Your Brain Power,
Speed Reading, Learning Efficiency,
And Advanced Memory**

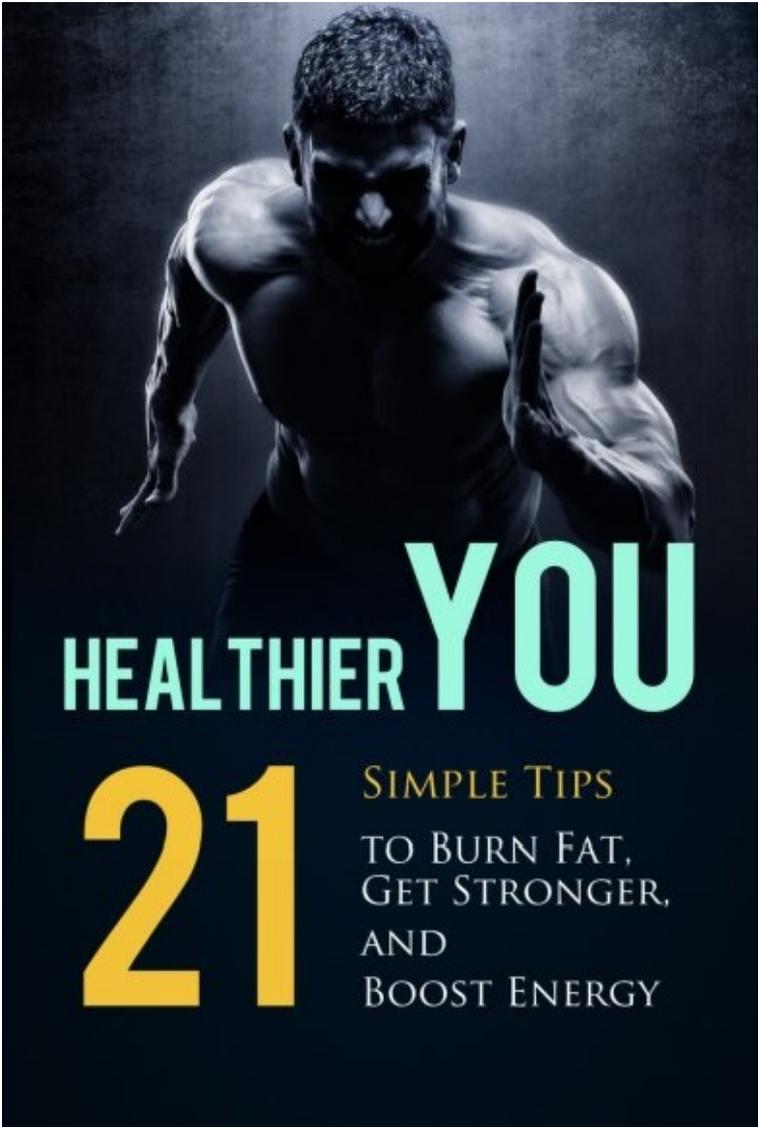
Copyright © 2015

By Marco Guerrero

All rights reserved. No part of this book may be reproduced in any form without permission in writing from the author. No part of this publication may be reproduced or transmitted in any form or by any means, mechanic, electronic, photocopying, recording, by any storage or retrieval system, or transmitted by email without the permission in writing from the author and publisher. For information regarding permissions write to author at:

guerrero.marcoa@gmail.com.

Other Books by Marco Guerrero



Introduction

Three and a half years ago, I started my Business degree in one of the toughest universities in Western Canada. Soon after I had my first class, I was panicking –I thought I was not smart enough and I was not going to make it through the four years.

I realized it took me hours just to read one chapter of the textbooks, and even after reading it for hours I did not remember what I had just read and I could not make sense, or come into a smart classroom discussion about these topics... So I went ahead and started researching the best and most simple ways to help me through this nightmare.

After months of researching, I found the best techniques and applied them in my life. They have definitely helped me get through my first three and a half years of university, and now I am in my last semester upon graduation with an outstanding GPA. I am now able to read almost 20,000 words a minute, I can memorize large texts, and I definitely feel smarter and smarter.

So, I decided to write and share my secret - these simple techniques helped me not only in my academic life but also in many other aspects of my life.

Who is this book for?

Do you want to read up to 25,000 words a minute?

Do you have difficulty in memorizing? Do you simply want to increase your memorization capacity?

Are you interested in increasing your brain power and reaching your potential?

Well then this book is for you!

What will this book teach you?

This book contains proven tips and strategies on how to read faster, to increase capacity for memorization, and to increase your brain power to reach your potential.

However, this book is no magic. Reading this book alone will not help you reach your potential. I strongly encourage you to not only read my book, but to also take action and apply strategies I teach you, you into your life.

Once you start applying the strategies, you will see amazing results!

Now, if you are ready to commit and put in this extra effort, then you are ready to start reading this book...

Let's jump in!

Table of Contents

Introduction

Who is this book for?

What will this book teach you?

Table of Contents

Super Reading (Speed Reading)

Skimming

Scanning

Meta guiding

Rapid Serial Visualizations (Software guided speed-reading)

See it to Believe it (Visualization)

Important tips

Memorization (Increasing Memory Ability)

Repeat, Repeat, Repeat (Rote learning)

Mnemonic

Chunking

Unleash Your Power (Increasing Brain Power)

Mind Mapping

Critical and lateral Thinking

Mental stimulation

Important points to note

Final Words

Super Reading (Speed Reading)

I know reading can be tedious especially when you have to read volumes of books, hundreds/thousands of emails, blogs, letters and reports to get whatever information you might need. Can you imagine how much time you would use? I know that you would want to do it much faster so that you have time to do other things or read even more.

Most of our reading speed is appalling. For instance, you could be the kind of person who has to say every word in your mind, which means that your reading speed is almost at par with your speech, which is between 120-200 words per minute. Obviously, this speed won't make you read through piles of books and other reading material within a short time. This doesn't mean that you can never learn how to read faster. In fact, you can train yourself to read 25,000 words every minute. I know that is impressive because you can read at lightning speeds with high level of comprehension. So, how do you start reading faster? Before you begin, it is important to note that learning to speed read takes time; you shouldn't be expecting to move from reading 150 words per minute to 2000 words per minute in a day or two! As you get started, you should know that you should stop reading with your inner voice and start reading with your eyes. Before you get started, you should avoid keep in mind that you have to stop some of the bad reading habits that you may be having presently. Here are a few of them:

#1: Regression

Regression happens when you have to look back over text that you have already read. Most of us do this just to re-read the word so that we can get a clearer meaning. The truth is that this wastes time and makes you a slow reader whether you are re-reading a familiar phrase or unfamiliar one. You can stop regression by covering the text that you have read so that you won't feel the temptation to re-read it. You can also use software that display a single word or sentence at a time.

#2 Sub vocalization

This is where you read every word as though you are speaking to someone. This makes your reading speed to match your speaking speed, which means that you really cannot read volumes of books with that habit because you are a slow reader. Ending sub vocalization comes with practice and discipline. You can start creating pictures of what you are reading as opposed to seeing them as individual texts. In any case, do you hear words when someone speaks to you about his or her mansion or do you picture how the mansion looks like during the conversation? You should also learn to keep your mouth busy so that you can stop focusing too much on speaking what you are reading. Another important tip for dealing with sub vocalization is to concentrate 100% when reading.

#3 Slow fixation rate

If you have to move your eyes from one word to the next, you really cannot read much faster. Actually, do you know that you are likely to be slow when reading complex text than simple ones because your fixation rate is considerably low? If you fixate on one word at a time, your average reading speed will be the time you spend fixating multiplied by the total time. So, if you want to read faster, you have to work towards ensuring that the fixation rate is as low as possible. You can deal with fixation problems through expanding your vocabulary and familiarizing yourself with the subject matter. You can also start using photo-reading technique to increase your reading speed.

Now that you know what you shouldn't be doing when reading, let's get started on the techniques you should adopt in order to start reading through text at impressive speeds.

Skimming

Skimming involves visually searching the sentences of a page for clues to meaning. Although this technique will come naturally for some people, it can also be an acquired practice. Most of those who practice skimming are adults who are simply trying to get some information about a subject matter; you really cannot use this technique to prepare for an exam! Adults seem to be more interested in knowing general content in a text as opposed to gaining deeper understanding or for mere entertainment.

When you use skimming, you can start reading up to 700 – 800 words per minute, which is really impressive compared to the normal reading speed, which stands at about 200 to 230 words per minute.

You can do this through reading the first and last paragraphs and then reading all the last sentences of all paragraphs. As you master how to skim, you have to understand how the text is organized given that different authors or writers structure their content differently. For enhanced comprehension, you should read the text in detail so that you are aware of the general information in the text. Skimming is best suited for reading non-fiction material since all you have to do is to go through the headings, and first paragraphs and sentences. Many people may easily confuse skimming text for scanning. Let's take a look at what scanning is to eliminate the confusion.

Scanning

Scanning entails reading through text just to look for specific information; you could even read an entire book just to look for specific points. This is unlike skimming where your goal is to get a general idea of what the content is all about. For instance, you could scan a book to look for specific information such as the middle name of a certain character in the book or the day when a certain event took place. Although almost everyone can scan, it is important to know how to scan effectively. Here are the steps on how to go about it:

Understand the structure of whatever content you are reading to make it easy to locate what you are looking for. This will save you lots of time that you would use going through each page or paragraph. The structure can be such that the text is arranged in paragraphs, chapters, headings, chronologically, alphabetically or any other format. The best way to go about it is to run your finger on the text and follow it just to ensure that you don't regress. Keep in mind that the more you do it, the better you will become at it.

Meta guiding

This technique involves using an object as a pointer through the text. You can either use a pen or your finger as a guide for your eyes as you read through the text. When using a pointer, your eyes will significantly move faster through the text as opposed to normal reading. The idea of using objects to guide your eye through the reading text is that you create an invisible shape on a page of text in order to broaden the visual span across the text at once. The shape gives your eye the text that is meant to be read at once. This means you will read more information over a shorter period as opposed to if you read the specific text word by word.

Pointers will guide your eyes to the specific words meant to be read, which significantly makes you read much faster. This is because it can help you reduce the internal speech or the silent speech that goes on in your head whenever you are reading something which causes you to read slowly. I already mentioned that this is called sub vocalization. Although sub vocalization is a natural process in reading, it tends to burden the cognitive resources, which significantly reduces your reading speed.

To reduce the sounding of the internal speech in your head count 1, 2, 3, 4 over and over in your head as you read. Start slowly then quicken the numbers when you have adjusted. Just ensure that you understand the content when you read as you count instead of listening to your speech. The point is that you should understand the content of the material as normal but not with it sounding in your head.

You can also break sub vocalization by reading blocks of words that are much harder to sub vocalize. Sub vocalization is only possible when you read word by word; reading in groups eliminates the chances of this internal speech that slows down your reading speed.

During the first stages of practice, you will notice that it can be harder to completely eliminate internal speech. When you notice you are falling back, pause your reading and stop yourself each time you notice the silent speech creeping back. You can also chant sounds as you read to stop this speech; the chant sounds should be irrelevant to the text you are reading and should be uniform to ensure that you are not distracted from the contents of the main text. It can be easy to get caught in the chant and not remain keen on the text, which means that it will make it harder for you to achieve fast speed-reading with high levels of comprehension. Whichever method you use, it is important to continue to comprehend the contents of whatever it is that you are reading.

Start the counting slowly as you read since starting with a fast pace might make it hard to comprehend what you are reading since your mind is not used to that. The whole point of starting slowly is for your mind to adapt first. Find a balance between speed and understanding; that's the only way it will be worth it.

The whole point of Meta guiding is for you to be able to read a chunk of information at once and have the information imprinted to your subconscious for storage making it easy to retrieve the information later.

Rapid Serial Visualizations (Software guided speed-reading)

This is a more recent technique of speed-reading. Rapid serial visualization is in digital format, and more and more apps are being built to aid you in your quest for learning speed-reading. In this particular technique, you will read through a screen as opposed to text written on a page. You will have single words flash across the screen so your eyes focus on one word only. You will only read one word at a time. You can start with a much slower pace to get your mind used to it. When it adapts, you can increase the speed of the words on the screen meaning your reading speed increases.

When you use rapid serial visualization to help you in reading, you will be able to build focus and mental alertness, which are key requirements for you to achieve reading fast. Rapid serial visualization is made possible through different applications, which have been specially designed for making speed reading easy. Here are a few of them to get you started:

Spread

Spread is chrome extension that flashes words on your screen for you to read. It is just like the normal way you access the web only that its aim is to enhance your reading. You select the text you want from a web page just as you normally would. Once selected, spread starts flashing the entire text word by word. That way, you read more words in a lesser time.

OpenSpritz

Open spritz addresses the issue of space consumed by traditional reading materials. This includes saving on space otherwise occupied by screen or books occupying the table space and shelves. Most reading programs address this by resizing the size of the text so that it takes up lesser space than normal. Small sized text can be quite frustrating and uncomfortable to read.

To address these issues, spritz offers compact text streaming where words are flashed one at a time ensuring you don't strain over a large chunk of small font text. By flashing one word at a time the software doesn't have limitation in terms of space therefore the text will be as large as you are comfortable reading. With this software, you also won't have to move your eyes across the page as you read, which would be the case with a large chunk of information.

With open spritz software, one letter of each word flashed across the screen is highlighted to make you focus and maintain a constant eye position. This ultimately results to faster reading speed.

The Spritz technology also allows for the integration of photos, maps and videos together with text. This makes reading more fun and interesting. Additionally, the use of multimedia is a great way to promote a more effective communication platform.

See it to Believe it (Visualization)

As we discussed, Visualization entails creating mental pictures of whatever text you are reading as opposed to reading word for word. It will be much easier to comprehend and even understand chunks of text that you have converted into mental images. It is just similar to verbal communication in that you don't have to listen to what someone is trying to describe but picture it. In doing visualization, you have to relate the information with normal (everyday) activities in order to associate what you are reading with such activities. It could be pictures, movies, photos, places or anything else that you can use as a mental hook. You can then combine this technique with those described above for greater comprehension since you will be creating mental pictures as you read through the text while using meta guiding technique. This means that you won't have to worry about regression in the process of visualization.

Other speed reading techniques include photo reading and quantum speed reading each of which can help you read more than 10,000 words per minute. We won't go into much detail about them in this book since these are really not for beginners. The effectiveness of these speed reading techniques in comprehension has also been questioned; that's another reason why we won't go into details about how to speed read using these techniques.

Important tips

#1: For you to master the art of speed-reading, you have to keep practicing. This won't be a day's activity.

#2: If you are a beginner in speed reading, start with books or texts which are easy and you find enjoyable. This will increase the chances of you mastering speed reading after which you can start applying it in reading more advanced text.

#3: As you go about speed reading, take note that not all documents can be speed read so be wise in choosing that which you will speed read. For example, a legal document written with legal jargon can be quite challenging to speed read and still be able to understand it if you are not an attorney.

#4: Take words in groups or chunks when reading as opposed to a single word. Hold the book or the screen a bit farther from the eyes. This will ensure that you can take in more words than you normally would. As you do this, ensure that it is just far enough not to cause you to strain to see the words.

#5: Stop going back and forth through the text. Regression could be making you to skip a certain part of text then come back to read it later. You may also be the kind of person who has to re-read text to understand it better. To increase your reading speed, read one paragraph after the other and don't go back at it again. Train yourself to do this repeatedly so that it becomes a habit to only read once through the text while ensuring you maintain comprehension.

#6: Read when your mind is most alert and active. Start with materials that are most important then go back to reading what is not that important such as leisure material. Always prioritize your reading into important, moderate and least important. This will reduce chances of going back and forth for the purposes of comprehension.

#7: Time yourself whenever practicing so that you know if you are making progress. The lesser the time it takes you to read and comprehend, the more you know you are making progress.

#8: When reading, first skim through the material for main ideas to know which parts need more concentration and which ones don't. This way, you do not waste your time on irrelevant stuff therefore lessening the time you spend reading the text.

#9: Work towards keeping off external distractions such as noise and ensure that the area is properly lit.

Memorization (Increasing Memory Ability)

Memorization is the deliberate mental process undertaken to store information in the memory for later remembrance; it can be bible verses, pictures, movies, music, people's names, or stories.

Your brain in itself never loses information that it receives; it has the capacity to store it all. When you forget things, it means that your brain failed to store the information properly in the first place, which means that such information cannot be retrieved. It could also mean that your brain doesn't have the ability to retrieve information, which means that you cannot remember what you want and when you want. Forgetfulness could also mean that there was failure to store that particular information appropriately for easy retrieval making it hard to remember that information.

We all know how important it is to remember different types of information in our life. So, we won't go into details about that. However, few of us know how they can actually eliminate or at least reduce forgetfulness. Let's discuss some of the most effective memorization techniques you can use to increase your memory ability.

Repeat, Repeat, Repeat (Rote learning)

This technique focuses not only on understanding of the concept but also on the memorization of concepts by means of repetition.

When learning using this technique, you will have to repeat whatever you are learning numerous times out aloud or write it down repeatedly until you master it comfortably such that if you are asked about it, the concept or the list comes from your memory without struggle. The idea behind rote learning is that you should be able to recall the subject of study much easier by repeating it more times during the learning phase.

One category of rote learning is known as Vedic chant, which has been used for thousands of years to master and remember concepts for a longer period without studying it over and over again. Vedic chant was majorly used for the preservation of ancient intonation and lexical accuracy for very long periods. Vedic chanting involves reciting of text in a certain way so that it doesn't end up being distorted even when passed on to another person.

Rote learning can also help with short-term remembrance for those who have a problem with recalling things in the short term.

When you are trying to master the art of rote learning, read over whatever you want to recall. Classify the information into batches then recite them over and over again until it is stored up in your mind. If you feel comfortable that it has been stored, take a break of a day or two then test yourself; that's when you will know that you have truly mastered rote learning.

Research shows rehearsal of new information then incorporating with old information that is related to it will give you a deeper understanding of the content. This is a good way to improve your memory.