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Lingua di pubblicazione	Inglese
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Nota di contenuto	Cover -- Title Page -- Copyright -- Contents -- About the author -- Acknowledgements -- Foreword -- Introduction -- Chapter 1 Putting your reading speed into context -- Chapter 2 A definition of reading -- Chapter 3 Understanding your eyes -- Chapter 4 Managing your motivation and state of mind -- Chapter 5 Developing your peripheral vision -- Chapter 6 Skimming, scanning and selective reading -- Chapter 7 Use of a guide -- Chapter 8 Comprehension and retention -- Chapter 9 Reading for study -- Chapter 10 Reading from computer screens -- Chapter 11 Improving your vocabulary -- Chapter 12 Conclusion -- Appendix 1: Answers to comprehension questions -- Appendix 2: Speed reading hall of fame -- Further reading -- Index.
Sommario/riassunto	READ FASTER, LEARN MORE, ACHIEVE MORE Improve Your Speed Reading Skills and breeze through books, newspapers, textbooks, reports, webpages Ð whatever you need to read, however you want to read it.