

BECOME AN EXPERT LEARNER

MANUAL

**DON'T OPEN THE MANUAL
UNTIL INSTRUCTED**

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Opening Test

Popular Myths and misconceptions of reading

Myth #1 : You should aim to understand 100 % of what you read the first time.

Reality is it's not possible to understand 100 % of what you read the first time for many books. Understanding comes in layers and it may take multiple readings to reach that position.

There are some books, which I have read for more than 25 times. Even after reading for more than 25 times I get new insights while reading for 26th time. It doesn't mean that I haven't read properly before.

So, when you are reading don't have the expectations of understanding 100% in first reading itself.

Myth #2 : You should read at same speed for all reading materials.

Reality: Your reading speed should vary depending upon the material you are reading.

An expert reader varies his reading speed according to the book he is reading. Speed would be less for technical materials whereas reading speed would be at maximum while reading a fiction book or less technical books.

Myth #3: For better comprehension you should read slowly and carefully./ If you read faster, then your comprehension is reduced.

Reality: Your brain has capability to read at faster rate and understand as well. Your brain likes speed. Contrary to the popular belief, comprehension and concentration will be much higher if you read faster.

Comprehension will reduce if you read faster than what your present skill is. You are reading slowly because you haven't trained yourself to read faster.

Myth #4: Word-to- word reading helps comprehension. You should read all the words when you read.

Reality : Word to word reading is not at all necessary to understand what the author is saying. You can understand the text even after skipping many words. Sometimes, even after skipping entire paragraph, you can still understand what author is trying to say.

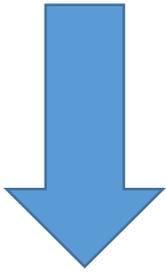
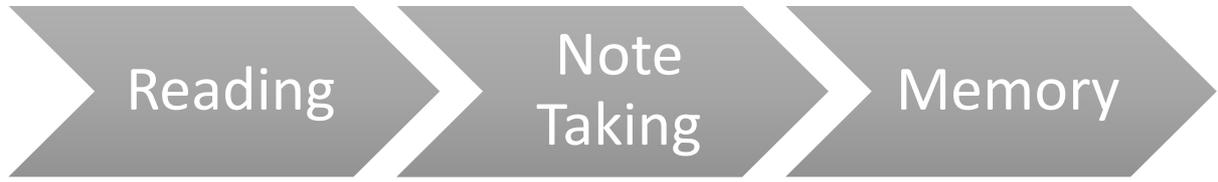
You need to strategically skip words, paragraphs while reading.

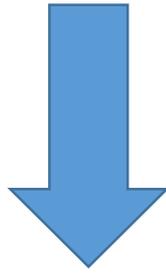
(Number of words: 322)

Time taken to read _____ (Write in seconds)

Your reading speed _____ (322X 60) / time taken in seconds

Learning Stages and their purpose







Bad Reading Habits

Bad Habit 1: - *Regressions And Progressions*

Regression is the behaviour we engage when reading a book and you go back to re-read something or look at the text you've already read in order to be sure if we really understood the message we read.

Progression is when you try to read the text that is about to come.

Regression or progression happens when you are looking at anything other than the text you are supposed to read.

These movements are unnecessary and waste lot of time and energy of the reader.

Bad Habit 2: -**Poor Vision Span**

Ineffective reader takes a pause at every word. In this pause, he sees and reads the word he is looking at. This pause is called fixation. To read faster, the number of fixations or eye-stops made per line must be reduced.

Lets say, that you read one word per fixation. With training, your vision span has increased and now you start seeing 2 words per fixation, it means that now you have doubled your reading speed.

To reduce the number of fixations, it is necessary to **train the eyes to see a larger area of the page each time they stop (fixate).**

Bad Habit 3:- **Vocalization and Sub-Vocalization**

Vocalization means **reading aloud** and

Sub-vocalization means reading aloud **silently** in your mind.

Reading is a visual process. You see the words on the page and your brain recognizes these words and understands them.

By vocalizing and sub-vocalizing, you are involving and auditory aspect which is totally irrelevant. To increase your reading speed, you need to eliminate the auditory aspect from reading.

If there is a moment in your tongue, lips, jaw, throat, it means you are subvocalizing. If there is a voice in your mind that is repeating the words you are reading, it means you sub vocalizing.

Note that, You can't eliminate sub vocalization completely, you can only reduce it.

CHUNKING

A Town Mouse once visited
in the country. For
served wheat stalks,
with a dash of cold
Town Mouse ate very
a little of this and
by her manner making
she ate the simple
After the meal the
talk, or rather the
her life in the city
listened. They then
nest in the hedgerow
and comfort until morning.
Mouse dreamed she was
the luxuries and delights
friend had described
day when the Town Mouse
to go home with her
said yes. When they
in which the Town Mouse
the table in the dining

a relative who lived
lunch the Country Mouse
roots, and acorns,
water for drink. The
sparingly, nibbling
a little of that, and
it very plain that
food only to be polite.
friends had a long
Town Mouse talked about
while the Country Mouse
went to bed in a cozy
and slept in quiet
In her sleep the Country
a Town Mouse with all
of city life that her
for her. So the next
asked the Country Mouse
to the city, she gladly
reached the mansion
lived, they found on
room the leavings of

a very fine banquet.
and jellies, pastries,
indeed, the most tempting
can imagine. But just
was about to nibble
she heard a Cat mew
at the door. In great
to a hiding place,
still for a long time,
When at last they ventured
the door opened suddenly
to clear the table,
Dog. The Country Mouse
Mouse's den only long
carpet bag and umbrella.
and dainties that I
as she hurried away,
food and simple life
the peace and security
with security is better
midst of fear and
uncertainty.

There were sweetmeats
delicious cheeses,
foods that a Mouse
as the Country Mouse
a dainty bit of pastry,
loudly and scratch
fear the Mice scurried
where they lay quite
hardly daring to breathe.
back to the feast,
and in came the servants
followed by the House
stopped in the Town
enough to pick up her
"You may have luxuries
have not," she said
"but I prefer my plain
in the country with
that go with it." Poverty
than plenty in the

Gulliver's Travels

My father had a small estate in Nottinghamshire: I was the third of five sons. He sent me to Emanuel College in Cambridge at fourteen years old, where I resided three years, and applied myself close to my studies; but the charge of maintaining me, although I had a very scanty allowance, being too great for a narrow fortune, I was bound apprentice to Mr. James Bates, an eminent surgeon in London, with whom I continued four years. My father now and then sending me small sums of money, I laid them out in learning navigation, and other parts of the mathematics, useful to those who intend to travel, as I always believed it would be, sometime or other, my fortune to do. When I left Mr. Bates, I went down to my father: where, by the assistance of him and my uncle John, and some other relations, I got forty pounds, and a promise of thirty pounds a year to maintain me at Leyden: there I studied physic two years and seven months, knowing it would be useful in long voyages.

Soon after my return from Leyden, I was recommended by my good master, Mr. Bates, to be surgeon to the *Swallow*, Captain Abraham Pannel, commander; with whom I continued three years and a half, making a voyage or two into the Levant, and some other parts. When I came back I resolved to settle in London; to which Mr. Bates, my master, encouraged me, and by him I was recommended to several patients. I took part of a small house in the Old Jewry; and being advised to alter my condition, I married Mrs. Mary Burton, second daughter to Mr. Edmund Burton, hosier, in Newgate-street, with whom I received four hundred pounds for a portion.

But my good master Bates dying in two years after, and I having few friends, my business began to fail; for my conscience would not suffer me to imitate the bad practice of too many among my brethren. Having therefore consulted with my wife, and some of my acquaintance, I determined to go again to sea. I was surgeon successively in two ships, and made several voyages, for six years, to the East and West Indies, by which I got some addition to my fortune. My hours of leisure I spent in reading the best authors, ancient and modern, being always provided with a good number of books; and when I was ashore, in observing the manners and dispositions of the people, as well as learning their language; wherein I had a great facility, by the strength of my memory.

The last of these voyages not proving very fortunate, I grew weary of the sea, and intended to stay at home with my wife and family. I removed from the Old Jewry to Fetter Lane, and from thence to Wapping, hoping to get business among the sailors; but it would not turn to account. After three years expectation that things would mend, I accepted an advantageous offer from Captain William Prichard, master of the *Antelope*, who was making a voyage to the South Sea. We set sail from Bristol, May 4, 1699, and our voyage was at first very prosperous.

It would not be proper, for some reasons, to trouble the reader with the particulars of our adventures in those seas; let it suffice to inform him, that in our passage from thence to the East Indies, we were driven by a violent storm to the north-west of Van Diemen's Land. By an

observation, we found ourselves in the latitude of 30 degrees 2 minutes south. Twelve of our crew were dead by immoderate labor and ill food; the rest were in a very weak condition.

On the 5th of November, which was the beginning of summer in those parts, the weather being very hazy, the seamen spied a rock within half a cable's length of the ship; but the wind was so strong, that we were driven directly upon it, and immediately split. Six of the crew, of whom I was one, having let down the boat into the sea, made a shift to get clear of the ship and the rock. We rowed, by my computation, about three leagues, till we were able to work no longer, being already spent with labor while we were in the ship.

We therefore trusted ourselves to the mercy of the waves, and in about half an hour the boat was upset by a sudden flurry from the north. What became of my companions in the boat, as well as of those who escaped on the rock, or were left in the vessel, I cannot tell; but conclude they were all lost.

For my own part, I swam as fortune directed me, and was pushed forward by wind and tide. I often let my legs drop, and could feel no bottom; but when I was almost gone, and able to struggle no longer, I found myself within my depth; and by this time the storm was much abated. The declivity was so small, that I walked near a mile before I got to the shore, which I conjectured was about eight o'clock in the evening.

I then advanced forward near half a mile, but could not discover any sign of houses or inhabitants; at least I was in so weak a condition, that I did not observe them. I was extremely tired, and with that, and the heat of the weather, and about half a pint of brandy that I drank as I left the ship, I found myself much inclined to sleep. I lay down on the grass, which was very short and soft, where I slept sounder than ever I remembered to have done in my life, and, as I reckoned, about nine hours; for when I awaked, it was just daylight. I attempted to rise, but was not able to stir: for, as I happened to lie on my back, I found my arms and legs were strongly fastened on each side to the ground; and my hair, which was long and thick, tied down in the same manner. I likewise felt several slender ligatures across my body, from my arm-pits to my thighs...

FINAL READING TEST

Step by Step System to read any book

When people start to read any book, they open the first page and start reading. In my research, I have found that this approach is the least effective way to read any book.

In this article I am going to share a Complete blueprint on how to read any book the most effective way.

Step 1 : Begin with end in mind – Set a purpose

Before you start reading any book, **You must have clear idea of why you are reading the book and what you want to get out of the book.**

If you are not clear about your purpose, it is better you don't read the book. You are not going to get any benefit from the book anyway.

Step 2 : Go to learning state

You must go to learning state/alpha state before you read any book. It takes less than 10 seconds to go to the state and it will save you hours.

Step 3: Preview

In this step, your focus will be to get the overview of the book. It's like watching a trailer before you watch the movie.

*In this step, you **look** at table of contents, index , headings, author writing style , whether any diagrams are used and at any key words popping out in each page.*

Remember, You are only looking the important sections and **not** reading at this stage. Don't spend more than 5 seconds per page at this step. It will take less than 15 minutes to preview a 200 page book.

This step will help you become familiar with the book and author's writing style.

Step 4 : Read

You would have noticed that many people start with this step and skip all the previous steps. That is why they are average readers and you are an expert reader.

In this stage, you will do the actual reading.

For Non-fiction books I recommend you do 2 readings

In the 1st reading, read to get the **main ideas of the book**. It normally takes 60 minutes to 90 minutes to complete reading a book.

In 2nd reading, **read everything**. I do 2nd reading only if I want to get more information or it is worthwhile to read. In most of the books, my purpose is solved in 1st reading. If it is a technical book, then it is required to do the 2nd reading as well.

If you follow this strategy, then you would have read the book multiple times and your understanding will be deeper.

Step 5: Review.

If the book is very important, it is recommend you review the book multiple times in the span on next few weeks.

STOP

(Number of words: 450)

Time taken to read _____ (Write in seconds)

Your reading speed _____ (450X 60) / time taken in seconds

Important: You can follow the above steps for majority of the books. For remaining books, you can eliminate few steps depending upon the book. For eg. You don't need to do 1st reading and review for reading a fiction book. If you any book, where you have difficulty in applying the above steps, mention below I will guide you.

Feedback form

Name:	
Mobile:	
Email id:	

(I will send you a FREE eBook – “How to read a book in a week?”)

	Reading Speed (WPM)	Comprehension (%)
First Test		
Final Test		

What frustrates you most about reading What are the other challenges/ problems you face while reading?

1. –
2. –
3. –

What benefits will you see in your life if you could read anything 3X faster? / What would your life or business look like if you could read 3x faster from today?

Which part of the session was most useful to you? Which concept/ technique did you find most useful?

If you could offer one advice/ tip to Srinivas to become a world class trainer, what would it be?

Your testimonial about the workshop (optional). (It will not be published anywhere without your permission).

Thank you for your feedback.