

The Speed Reading Workbook

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Traditionally, teaching reading has consisted of three steps. That is, teaching the alphabet, the phonics and oral reading, with oral reading immediately taught after the phonics. This results in the development of poor reading skills. As the student focuses on each word, as opposed to reading in phrases. Additionally, the student develops a habit of mentally pronouncing each word. This process of mentally sub-vocalizing the words of the text renders slow, methodical reading skills. Moreover, slow reading leads to the vulnerability of distractions, as extraneous thoughts compete with the reader's attention. It is the goal of this workbook to provide a solution to this problem.

Many speed reading courses have been developed. The essences of the course is to tell the student to: *skip and skim, and read faster than is comfortable, and skip basics words, such as, the and then.* The courses do not provide a curriculum for practice of the appropriate reading skills. Therefore speed reading courses are tantamount to giving a child a manual on riding a bicycle, with the expectation of the child learning to ride the bicycle without practice. It simply will not happen! This workbook provides basic sight-reading practice. Sight-reading is reading by sight, without mentally decoding the words phonetically. In others words, reading without pronouncing the words in your head.

The goal of this workbook is to provide phrase reading practice. Ultimately the the student will learn to read without pronouncing the words, as the phrase reading skill is developed. Speed reading is defined as reading one thousand words per minute. Although this may be obtainable by a few, it is not a realistic goal for the average student. The brain can, however, adequately handle 400 to 500 words per minute. This is an appropriate goal. A reading speed of 200 to 400 words per minute is needed for college level studies.

Hot To Use This Workbook:

On each page of this workbook, the same sentence is repeated multiple times. One sentence on each page is irregular. The student skims the page, and identifies the irregular sentence. This daily practice will develop phrase reading skills. The student should skim the page as quickly as possible. All one 100 pages should be skimmed daily. Individual progress will vary. Several months of continuous daily practice is needed.

As previously stated, slow reading skills invite thoughts to creep in the reader's mind. Therefore as reading speed is increased, comprehension will be enhanced. Thus, the world of reading becomes an opportunity, as opposed to a challenge.

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I am glad. I am glad. I am glad.
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I have it. I have it. I have it.
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Go get it. Go get it. He got it.
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Sure I am. Sure I am. Sure I am.
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Sure I am. Sure I am. Sure I am.
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Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Here I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
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Sure I am. Sure I am. Sure I am.

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I am glad. I am glad. I am glad.
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I am glad. I am glad. I am glad.
I am glad. I am glad. I am glad.
I am glad. I am glad. I am well.
I am glad. I am glad. I am glad.

I have it. I have it. I have it.
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I am well. I am well. I am well.
I am well. I am sure. I am well.
I am well. I am well. I am well.
I am well. I am well. I am well.
I am fine. I am well. I am well.
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I knew it. I knew it. I knew it.
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I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I hear it. I knew it. I knew it.
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I am fine. I am fine. I am fine.
I am fine. I am fine. I am fine.
I am fine. I am fine. I am fine.
I am well. I am fine. I am fine.
I am fine. I am fine. I am fine.
I am fine. I am fine. I am fine.

Go get it. Go get it. Go get it.
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Go get it. He get it. Go get it.
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Sure I am. Sure I am. Sure I am.
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Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Here I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.

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It is new. It is sad. It is sad.
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It is sad. It is sad. It is sad.

It is fun. It is fun. It is fun.
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It is fun. It is fun. It is fun.
It is fun. It is fun. It is fun.
It is fun. It is fun. It is fun.
It is fun. It is fun. It is fun.
It is fun. It is fun. It is too.
It is fun. It is fun. It is fun.
It is fun. It is fun. It is fun.

I did not. I did not. I did not.
I did not. I did not. I did not.
I did not. I did not. I did not.
I did not. I did not. I did not.
I did not. I did not. I did not.
I did not. I did not. I did not.
I did not. I did not. I did not.
I did not. I did not. I did not.
I did too. I did not. I did not.
I did not. I did not. I did not.
I did not. I did not. I did not.
I did not. I did not. I did not.
I did not. I did not. I did not.
I did not. I did not. I did not.

Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. He got it. Go get it.
Go get it. Go get it. Go get it.
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Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go got it.
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Go get it. Go get it. Go get it.

Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Here I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
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Sure I am. Sure I am. Sure I am.

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It is sad. It is sad. It is not.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.

I am glad. I am glad. I am glad.
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I am glad. I am glad. I am glad.
I am glad. I am glad. I am glad.
I am glad. I am glad. I am well.
I am glad. I am glad. I am glad.

I have it. I have it. I have it.
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I know it. I have it. I have it.
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I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I hear it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.

I am fine. I am fine. I am fine.
I am fine. I am fine. I am fine.
I am fine. I am fine. I am fine.
I am fine. I am fine. I am fine.
I am fine. I am fine. I am fine.
I am fine. I am fine. I am fine.
I am fine. I am fine. I am fine.
I am fine. I am fine. I am fine.
I am fine. I am fine. I am fine.
I am fine. I am well. I am fine.
I am fine. I am fine. I am fine.
I am fine. I am fine. I am fine.
I am fine. I am fine. I am fine.
I am fine. I am fine. I am fine.
I am fine. I am fine. I am fine.

Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
We got it. Go get it. Go got it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.

Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I do.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.

He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is too. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.

It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is not. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.

I am glad. I am glad. I am glad.
I am glad. I am glad. I am glad.
I am glad. I am glad. I am glad.
I am glad. I am glad. I am glad.
I am glad. I am glad. I am glad.
I am glad. I am glad. I am glad.
I am glad. I am glad. I am glad.
I am glad. I am glad. I am glad.
I am glad. I am glad. I am glad.
I am glad. I am glad. I am glad.
I am glad. I am glad. I am glad.
I am glad. I am glad. I am glad.
I am glad. I am glad. I am well.
I am glad. I am glad. I am glad.

I was not. I was not. I was not.
I was not. I was not. I was not.
I was not. I was not. I was not.
I was not. I was not. I was not.
I was not. I was not. I was not.
I was not. I was not. I was not.
I was not. I was not. I was not.
I was not. I was not. I was not.
I was not. I was not. I was not.
I was not. I was not. I was not.
I was not. I was not. I was not.
I was not. I was not. I was not.
I was not. I was new. I was not.
I was not. I was not. I was not.

It is fun. It is fun. It is fun.
It is fun. It is fun. It is fun.
It is fun. It is fun. It is fun.
It is fun. It is fun. It is fun.
It is fun. It is fun. It is fun.
It is fun. It is fun. It is fun.
It is fun. It is fun. It is fun.
It is fun. It is fun. It is fun.
It is fun. It is fun. It is fun.
It is fun. It is fun. It is fun.
It is fun. It is fun. It is fun.
It is fun. It is fun. It is not.
It is fun. It is fun. It is fun.
It is fun. It is fun. It is fun.

Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go got it.
Go get it. Go get it. Go get it.
Go get it. Go get it. Go get it.
Go get it. He got it. Go get it.

Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Here I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.
Sure I am. Sure I am. Sure I am.

He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.
He is not. He is now. He is not.
He is not. He is not. He is not.
He is not. He is not. He is not.

It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is new. It is sad.
It is sad. It is sad. It is sad.
It is sad. It is sad. It is sad.

I have it. I have it. I have it.
I have it. I have it. I have it.
I have it. I have it. I have it.
I have it. I have it. I have it.
I have it. I have it. I have it.
I have it. I have it. I have it.
I have it. I have it. I have it.
I have it. I have it. I have it.
I have it. I have it. I have it.
I have it. I have it. I have it.
I have it. I like it. I have it.
I have it. I have it. I have it.
I have it. I have it. I have it.

I am well. I am well. I am well.
I am well. I am well. I am well.
I am well. I am well. I am well.
I am well. I am well. I am well.
I am well. I am well. I am well.
I am well. I am well. I am well.
I am well. I am sure. I am well.
I am well. I am well. I am well.
I am well. I am well. I am well.
I am well. I am well. I am well.
I am well. I am well. I am well.
I am glad. I am well. I am well.
I am well. I am well. I am well.
I am well. I am well. I am well.

I like it. I like it. I like it.
I like it. I like it. I like it.
I like it. I like it. I like it.
I like it. I like it. I like it.
I like it. I like it. I like it.
I like it. I like it. I like it.
I like it. I like it. I like it.
I like it. I like it. I like it.
I like it. I like it. I like it.
I like it. I like it. I like it.
I like it. I like it. I know it.
I like it. I like it. I like it.
I like it. I like it. I like it.

I am here. I am here. I am here.
I am here. I am here. I am here.
I am here. I am here. I am here.
I am here. I am here. I am here.
I am here. I am here. I am here.
I am here. I am here. I am here.
I am here. I am here. I am here.
I am here. I am here. I am here.
I am here. I am here. I am here.
I am here. I am here. I am here.
I am here. I am here. I am here.
I am here. I am well. I am here.
I am here. I am here. I am here.
I am here. I am here. I am here.

I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I love it.
I knew it. I knew it. I knew it.
I knew it. I knew it. I knew it.