



## How to Read a Book in a Day and Remember It! ®

Improve Your Reading Speed and Retention by as Much as 3X

*with Pat Wyman, M.A.*

1. *Please print this workbook out, bring it to the Masterclass and fill in the first 2 questions before the Workshop begins.*
2. *Please print out and take the Eye-Q Reading Inventory to check the visual skills that you need to be strongest to read a book in a day and remember it.*

### **Words Per Minute – Please record this before the workshop**

- A. Set your phone timer for 1 minute and read a book section you have not read before. (Make sure the book has no pictures in the section you are reading). At the end of 1 minute, count each word (do not multiply average number of words per line), and record the date and number of words per minute you read here:

**Date:** \_\_\_\_\_ **Number of words per minute:** \_\_\_\_\_

1. What is your big 'why' – your most important reason for wanting to read faster and remember what you read? What benefits will you receive?

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# How to Read a Book in a Day and Remember It!

2. Who is counting on you to read faster – you, your family, your employer, for school?

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**The next items are for during the workshop. Please bring a pen and the rest of this workbook along so you can take notes.**

# How to Read a Book in a Day and Remember It!

**Goal for the course:** You will learn the 5 step plan with brain proven strategies for how to read a book in a day and remember it so you can set your own challenge and read up to 300 books per year.

Practice during workshop masterclass to improve speed immediately and compare with wpm you had before the workshop.

## Course Overview:

1. Welcome, Intro, Background
2. Quick Stats and Why Read More Books in a Year. Advantages of Faster Reading and Memory
3. The 5 Step Process to Read a Book in a Day and Remember It
4. Identify the Things That Slow Reading Down - IRRPPPF
5. How to Resolve the 7 Things That Slow Reading Down
6. Use APDC – How to Use this Proven Method to Immediately Double and Triple Your Reading Speed and Memory, and Why It Works So Well
7. Add Memory Strategies to Make Your Reading Stick in Your Mind
8. “Sticky” Memory Strategies – TIM, MM, SR, MP
9. Practice During Workshop for Immediate Improvement in Your Speed – Then Perfect Practice with 3, 2, 1 and More at Home
10. Turn your New Learning into Action
11. Review, Questions
12. Set up Your Own Reading Challenge; Next Steps...

## 2. Stats and Advantages of Faster Reading

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How long does it take the typical reader to read a 300 page book?

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### 3. The 5 Step Process: What are the 7 things that slow reading down?

I \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

P \_\_\_\_\_

P \_\_\_\_\_

P \_\_\_\_\_

F \_\_\_\_\_

### 4. What are the best ways to prevent and resolve each item?

IM \_\_\_\_\_

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**Best ways to prevent R**

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**Best ways to resolve R**

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**Best ways to resolve P**

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## 5. Exercise

3	17	21	8	4
10	6	15	25	13
24	20	1	9	22
19	12	7	14	16
2	18	23	11	5

**Best ways to resolve P**

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**If you notice any P challenges, what step do you take?**

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**Best ways to resolve F**

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### 6. What does APDC stand for?

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Why does it work so well to improve your memory of what you read?

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What is one helpful online site to speed up your reading? (Chrome app also)

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**7. Sticky memory strategies to remember what you read**

**8. Use these “sticky” memory strategies and multi-sensory**

T.I.M. \_\_\_\_\_

MM \_\_\_\_\_

SR \_\_\_\_\_

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MP \_\_\_\_\_

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Practice: 321

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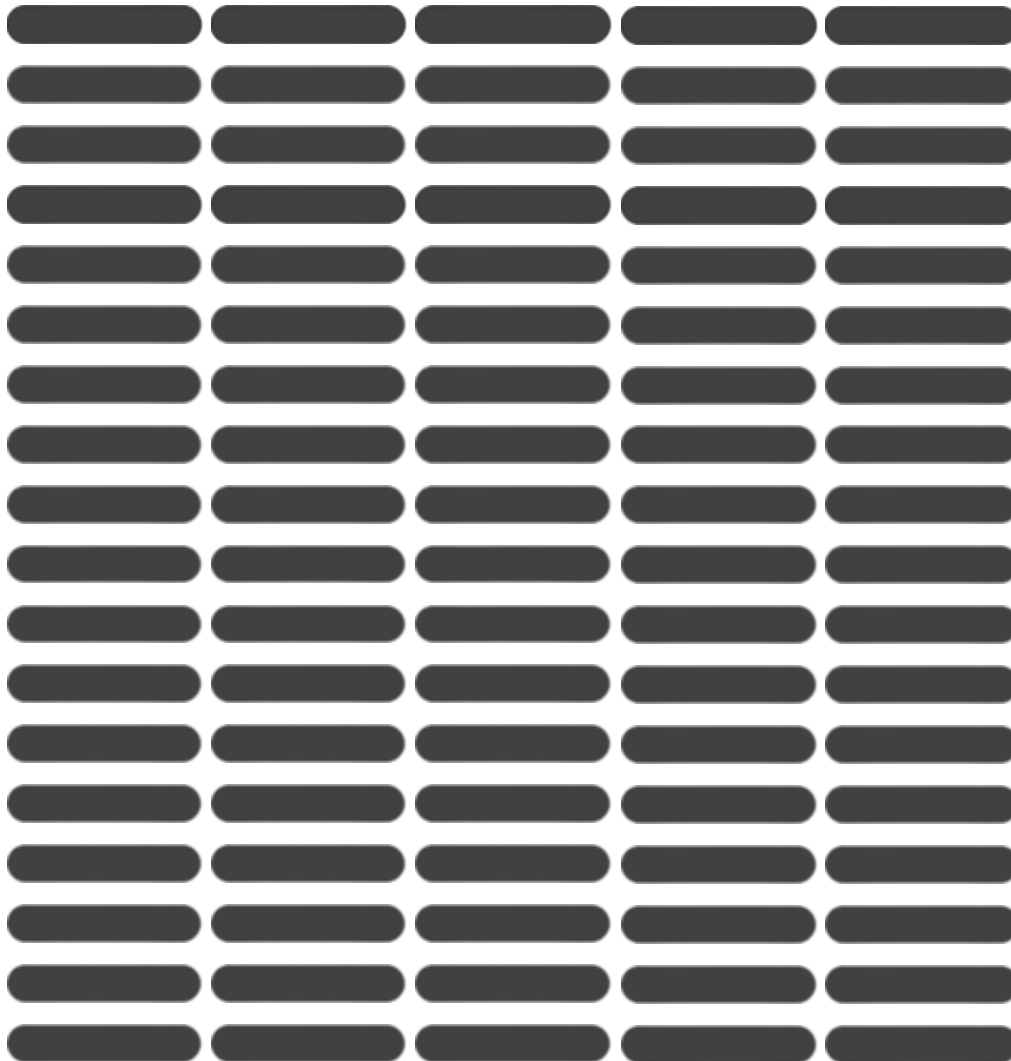


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## 9. Practice During Workshop





# How to Read a Book in a Day and Remember It!

Passage from *As a Man Thinketh* by James Allen (with small writer's license)

(Please wait till workshop to read this passage)

Man's mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will, bring forth.

If no useful seeds are put into it, then an abundance of useless weed-seeds will fall therein, and will continue to produce their kind.

Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits which he requires, so may a man tend the garden of his mind, weeding out all the wrong, and useless thoughts, and cultivating toward perfection the flowers and fruits of right, useful, and helpful thoughts.

By pursuing this process, a man sooner or later discovers that he is the master-gardener of his soul, the director of his life. He also reveals, within himself, the laws of thought, and understands, with ever-increasing accuracy, how the thought-forces and mind elements operate in the shaping of his character, circumstances, and destiny.

Thought and character are one, and as character can only manifest and discover itself through environment and circumstance, the outer conditions of a person's life will always be found to be harmoniously related to his inner state.

This does not mean that a man's circumstances at any given time are an indication of his entire character, but that those circumstances are so intimately connected with some vital thought-element within himself that, for the time being, they are indispensable to his development.

Every man is where he is by the law of his being; the thoughts which he has built into his character have brought him there, and in the arrangement of his life there is no element of chance, but all is the result of a law which cannot err.

This is just as true of those who feel "out of harmony" with their surroundings as of those who are contented with them.

As a progressive and evolving being, man is where he is that he may learn that he may grow; and as he learns the spiritual lesson which any circumstance contains for him, it passes away and gives place to other circumstances. Man is buffeted by circumstances so long as he believes himself to be the creature of outside conditions, but when he realizes that he is a creative power, and that he may command hidden soil and seeds of his being out of which circumstances grow, he then becomes the rightful master of himself.

That circumstances grow out of thought every man knows who has for any length of time practiced self-control and self-purification, for he will have noticed that the alteration in his circumstances has been in exact ratio with his altered mental condition.

So true is this that when a man earnestly applies himself to remedy the defects in his character, and makes swift and marked progress, he passes rapidly through a succession of vicissitudes.

The soul attracts that which it secretly harbors, that which it loves, and also that which it fears; it reaches the height of its cherished aspirations; it falls to the level of its unchastened desires and circumstances are the means by which the soul receives its own.

Every thought-seed sown or allowed to fall into the mind, and to take root there, produces its own, blossoming sooner or later into act, and bearing its own fruitage of opportunity and circumstance.

Good thoughts bear good fruit, bad thoughts bad fruit.

The outer world of circumstances shapes itself to the inner world of thought, and both pleasant and unpleasant external conditions are factors, which make for the ultimate good of the individual.

As the reaper of his own harvest, man learns both by suffering and bliss.

613 words Your new wpm \_\_\_\_\_

## **10. Turn New Learning into Action**

When

How

Where, Why

See page 11 for more...



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For more in-depth reading, learning and memory training, see:

**Total Recall Learning course at [HowtoLearn.Teachable.com](http://HowtoLearn.Teachable.com)**

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