

Speed Reading Workbook

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Introduction:

I am creating this workbook in order to help people learn Tim Ferriss' speed reading technique. The explanation of it can be found at his blog (<https://tim.blog/2015/06/09/speed-reading/>), with instructional videos on his Youtube channel as well (https://youtu.be/ZwEquW_Yij0). This is how I learned the technique and certainly advise anyone using this workbook to take a look at his videos to get an idea of how it works.

The challenge with the method that I have found is making the modifications to your own books (drawing the lines, counting words etc.) so in this workbook I have done that work for you so you can just jump right in and train your eye movements to speed up your reading.

For the practice text I am using a selection of Brothers Grimm fairy tales. This is a work that is in the public domain and is fairly comfortable and straight forward for all reading levels. I wanted a work that could be easily partitioned into relatively bite sized parts to demonstrate the techniques and provide longer sections for practice. While the content is not the main point of this book, I do hope that you enjoy the old style tales.

My approach to this workbook is to first get a baseline of your reading speed and comprehension, then one by one introduce the various techniques to improve your reading speed, give you time to practice and get used to them. Then you can test your reading speed and comprehension again to see the difference. Lastly, you will remove the formatting aids while keeping the techniques to see how that affects your speed and comprehension.

The sections where you are testing comprehension will have questions at the end, and each section includes its word count so that you can easily calculate your reading speed with just a timer.

The only other tools you will need for this besides some sort of timing device is a pacer and a small notepad to record your answers to the comprehension questions. The pacer can be a pen, short stick, or anything of that shape that you can use to help your eye track along the lines, you can certainly use your finger, though I do find that something with a smaller point is more helpful.

I hope that you find this technique as beneficial as I have and that this workbook makes learning it that much easier.

Part 1

Baseline

When trying to improve anything you first need to know where you are starting. This section is to get a baseline measurement on both your reading speed and comprehension.

Get settled in with your timer and read the following story. Read at a comfortable pace and time how long it takes. Afterwards we will test comprehension and calculate your reading speed.

CAT AND MOUSE IN PARTNERSHIP

A certain cat had made the acquaintance of a mouse, and had said so much to her about the great love and friendship she felt for her, that at length the mouse agreed that they should live and keep house together. 'But we must make a provision for winter, or else we shall suffer from hunger,' said the cat; 'and you, little mouse, cannot venture everywhere, or you will be caught in a trap some day.' The good advice was followed, and a pot of fat was bought, but they did not know where to put it. At length, after much consideration, the cat said: 'I know no place where it will be better stored up than in the church, for no one dares take anything away from there. We will set it beneath the altar, and not touch it until we are really in need of it.' So the pot was placed in safety, but it was not long before the cat had a great yearning for it, and said to the mouse: 'I want to tell you something, little mouse; my cousin has brought a little son into the world, and has asked me to be godmother; he is white with brown spots, and I am to hold him over the font at the christening. Let me go out today, and you look after the house by yourself.' 'Yes, yes,' answered the mouse, 'by all means go, and if you get anything very good to eat, think of me. I should like a drop of sweet red christening wine myself.' All this, however,

was untrue; the cat had no cousin, and had not been asked to be godmother. She went straight to the church, stole to the pot of fat, began to lick at it, and licked the top of the fat off. Then she took a walk upon the roofs of the town, looked out for opportunities, and then stretched herself in the sun, and licked her lips whenever she thought of the pot of fat, and not until it was evening did she return home. ‘Well, here you are again,’ said the mouse, ‘no doubt you have had a merry day.’ ‘All went off well,’ answered the cat. ‘What name did they give the child?’ ‘Top off!’ said the cat quite coolly. ‘Top off!’ cried the mouse, ‘that is a very odd and uncommon name, is it a usual one in your family?’ ‘What does that matter,’ said the cat, ‘it is no worse than Crumb-stealer, as your godchildren are called.’

Before long the cat was seized by another fit of yearning. She said to the mouse: ‘You must do me a favour, and once more manage the house for a day alone. I am again asked to be godmother, and, as the child has a white ring round its neck, I cannot refuse.’ The good mouse consented, but the cat crept behind the town walls to the church, and devoured half the pot of fat. ‘Nothing ever seems so good as what one keeps to oneself,’ said she, and was quite satisfied with her day’s work. When she went home the mouse inquired: ‘And what was the child christened?’ ‘Half-done,’ answered the cat. ‘Half-done!

What are you saying? I never heard the name in my life, I'll wager anything it is not in the calendar!

The cat's mouth soon began to water for some more licking. 'All good things go in threes,' said she, 'I am asked to stand godmother again. The child is quite black, only it has white paws, but with that exception, it has not a single white hair on its whole body; this only happens once every few years, you will let me go, won't you?' 'Top-off! Half-done!' answered the mouse, 'they are such odd names, they make me very thoughtful.' 'You sit at home,' said the cat, 'in your dark-grey fur coat and long tail, and are filled with fancies, that's because you do not go out in the daytime.' During the cat's absence the mouse cleaned the house, and put it in order, but the greedy cat entirely emptied the pot of fat. 'When everything is eaten up one has some peace,' said she to herself, and well filled and fat she did not return home till night. The mouse at once asked what name had been given to the third child. 'It will not please you more than the others,' said the cat. 'He is called All-gone.' 'All-gone,' cried the mouse 'that is the most suspicious name of all! I have never seen it in print. All-gone; what can that mean?' and she shook her head, curled herself up, and lay down to sleep.

From this time forth no one invited the cat to be godmother, but when the winter had come and there was no longer anything to be found outside, the mouse thought of their provision, and said: ‘Come, cat, we will go to our pot of fat which we have stored up for ourselves—we shall enjoy that.’ ‘Yes,’ answered the cat, ‘you will enjoy it as much as you would enjoy sticking that dainty tongue of yours out of the window.’ They set out on their way, but when they arrived, the pot of fat certainly was still in its place, but it was empty. ‘Alas!’ said the mouse, ‘now I see what has happened, now it comes to light! You are a true friend! You have devoured all when you were standing godmother. First top off, then half-done, then—’ ‘Will you hold your tongue,’ cried the cat, ‘one word more, and I will eat you too.’ ‘All-gone’ was already on the poor mouse’s lips; scarcely had she spoken it before the cat sprang on her, seized her, and swallowed her down. Verily, that is the way of the world.

Comprehension:

Record the time it took to read the above passage. We will work out your reading speed later, but for now we want to test your comprehension while the text is still fresh in your mind.

To test comprehension here are 10 questions based on the above text. This is not exact but as a ballpark your reading comprehension is around 10% times the number of questions you get right. 7 questions right translates into a 70% comprehension. The answers for the questions will be on the following page.

1. What did the cat and mouse buy to last them through the winter?
2. Where in the church did they hide the fat?
3. What did the cat say their job was at their godchild's christening?
4. What was the name the cat said was given to their first godchild?
5. What does the cat say the names of the mouses godchildren are?
6. When the cat eats the fat the second time how much do they finish?

7. When the mouse exclaims that they have never heard the name Half-done before they wager that it is not in the ... ?
8. What colour is the third fictional godchild of the cat?
9. The cat said that the mouse would enjoy the pot of fat as much as what?
10. What was the last phrase the mouse spoke before the cat ate them?

Answers:

1. A pot of fat
2. Under the altar
3. To hold them
4. Top-Off
5. Crumb-stealer
6. Half
7. Calendar
8. Black with white paws
9. Sticking their tongue out the window
10. All-gone

Compare the answers you wrote to the above and record how you did. This is not a test but just gives you a quick measurement of your comprehension at your current reading pace.

The text above was 982 words, divide that by the number of minutes that it took to read to get your reading speed in words per minute. We will be doing this calculation after each section to keep an eye on how fast you are reading and to see how close you are coming to your goals.

Part 2

Underline and pacing

A large problem that most of us have that slows down our reading is our eyes skipping backwards, losing our place, and generally jumping around the page.

The first thing that you are going to do is add underlining to your text to help your eyes track along the line as well as using a pacer to help your eyes focus on each individual word.

These technique sections will first introduce the technique and practice for speed and precision of movement. Then after the last section there will be a comprehension test in order to ensure that your increased reading speed is not coming at the cost of understanding the work you are reading.

Grab your pacer and as you are reading the next section trace the pacer just below the underline as you are reading. Make sure to focus on the word above your pacer as it moves.

For the next section just read at a comfortable pace and get used to the feeling of reading with the pacer. It will likely be a bit faster than reading unaided but don't push the pace just yet.

Start your timer and proceed.

THE ELVES AND THE SHOEMAKER

There was once a shoemaker, who worked very hard and was very honest: but still he could not earn enough to live upon; and at last all he had in the world was gone, save just leather enough to make one pair of shoes.

Then he cut his leather out, all ready to make up the next day, meaning to rise early in the morning to his work. His conscience was clear and his heart light amidst all his troubles; so he went peaceably to bed, left all his cares to Heaven, and soon fell asleep. In the morning after he had said his prayers, he sat himself down to his work; when, to his great wonder, there stood the shoes all ready made, upon the table. The good man knew not what to say or think at such an odd thing happening. He looked at the workmanship; there was not one false stitch in the whole job; all was so neat and true, that it was quite a masterpiece.

The same day a customer came in, and the shoes suited him so well that he willingly paid a price higher than usual for them; and the poor shoemaker, with the money, bought leather enough to make two pairs more. In the evening he cut out the work, and went to bed early, that he might get up and begin betimes next day; but he was saved all the trouble, for when he got up in the morning the work was done ready to his hand. Soon in came

buyers, who paid him handsomely for his goods, so that he bought leather enough for four pair more. He cut out the work again overnight and found it done in the morning, as before; and so it went on for some time: what was got ready in the evening was always done by daybreak, and the good man soon became thriving and well off again.

One evening, about Christmas-time, as he and his wife were sitting over the fire chatting together, he said to her, 'I should like to sit up and watch tonight, that we may see who it is that comes and does my work for me.' The wife liked the thought; so they left a light burning, and hid themselves in a corner of the room, behind a curtain that was hung up there, and watched what would happen.

As soon as it was midnight, there came in two little naked dwarfs; and they sat themselves upon the shoemaker's bench, took up all the work that was cut out, and began to ply with their little fingers, stitching and rapping and tapping away at such a rate, that the shoemaker was all wonder, and could not take his eyes off them. And on they went, till the job was quite done, and the shoes stood ready for use upon the table. This was long before daybreak; and then they bustled away as quick as lightning.

The next day the wife said to the shoemaker. 'These little wights have made us rich, and we ought to be thankful to them, and do them a good turn if we can. I am quite sorry to see them run about as they do; and indeed it is not very decent, for they have nothing upon their backs to keep off the cold. I'll tell you what, I will make each of them a shirt, and a coat and waistcoat, and a pair of pantaloons into the bargain; and do you make each of them a little pair of shoes.'

The thought pleased the good cobbler very much; and one evening, when all the things were ready, they laid them on the table, instead of the work that they used to cut out, and then went and hid themselves, to watch what the little elves would do.

This text is 748 words long so calculate your reading speed from that by dividing 748 by the number of minutes it took to get your words per minute reading speed.

This exercise was likely a little faster. The underlines and the pacer help keep your eyes from bouncing around. This saves time. Now, let's start to push the pace a little.

Based on your baseline reading speed pick a target reading speed that you want to achieve by the end of this workbook. Usually 2-3 times your base reading speed is a good choice. This will serve as a guide to set the pace for some of the sections.

For this next section the goal is speed. Don't worry about comprehension. This is to train the movement of your eyes and the pacer. Try to go even faster than your goal reading speed. We will pull back on the speed and work on comprehension in a later section. If possible try to get to double your goal speed. You should push hard enough for it to feel uncomfortable and difficult. Feel free to come back and read it again for understanding later.

Start your timer and proceed.

THE WHITE SNAKE

A long time ago there lived a king who was famed for his wisdom through all the land. Nothing was hidden from him, and it seemed as if news of the most secret things was brought to him through the air. But he had a strange custom; every day after dinner, when the table was cleared, and no one else was present, a trusty servant had to bring him one more dish. It was covered, however, and even the servant did not know what was in it, neither did anyone know, for the king never took off the cover to eat of it until he was quite alone.

This had gone on for a long time, when one day the servant, who took away the dish, was overcome with such curiosity that he could not help carrying the dish into his room. When he had carefully locked the door, he lifted up the cover, and saw a white snake lying on the dish. But when he saw it he could not deny himself the pleasure of tasting it, so he cut of a little bit and put it into his mouth. No sooner had it touched his tongue than he heard a strange whispering of little voices outside his window. He went and listened, and then noticed that it was the sparrows who were chattering together, and telling one another of all kinds of things which they had seen in the fields and woods. Eating the snake had given him power of understanding the language of animals.

Now it so happened that on this very day the queen lost her most beautiful ring, and suspicion of having stolen it fell upon this trusty servant, who was allowed to go everywhere. The king ordered the man to be brought before him, and threatened with angry words that unless he could before the morrow point out the thief, he himself should be looked upon as guilty and executed. In vain he declared his innocence; he was dismissed with no better answer.

In his trouble and fear he went down into the courtyard and took thought how to help himself out of his trouble. Now some ducks were sitting together quietly by a brook and taking their rest; and, whilst they were making their feathers smooth with their bills, they were having a confidential conversation together. The servant stood by and listened. They were telling one another of all the places where they had been waddling about all the morning, and what good food they had found; and one said in a pitiful tone: 'Something lies heavy on my stomach; as I was eating in haste I swallowed a ring which lay under the queen's window.' The servant at once seized her by the neck, carried her to the kitchen, and said to the cook: 'Here is a fine duck; pray, kill her.' 'Yes,' said the cook, and weighed her in his hand; 'she has spared no trouble to fatten herself, and has been waiting to be roasted long enough.' So he cut off her

head, and as she was being dressed for the spit, the queen's ring was found inside her.

The servant could now easily prove his innocence; and the king, to make amends for the wrong, allowed him to ask a favour, and promised him the best place in the court that he could wish for. The servant refused everything, and only asked for a horse and some money for travelling, as he had a mind to see the world and go about a little. When his request was granted he set out on his way, and one day came to a pond, where he saw three fishes caught in the reeds and gasping for water. Now, though it is said that fishes are dumb, he heard them lamenting that they must perish so miserably, and, as he had a kind heart, he got off his horse and put the three prisoners back into the water. They leapt with delight, put out their heads, and cried to him: 'We will remember you and repay you for saving us!'

He rode on, and after a while it seemed to him that he heard a voice in the sand at his feet. He listened, and heard an ant-king complain: 'Why cannot folks, with their clumsy beasts, keep off our bodies? That stupid horse, with his heavy hoofs, has been treading down my people without mercy!' So he turned on to a side path and the ant-king cried out to him: 'We will remember you—one good turn deserves another!'

The path led him into a wood, and there he saw two old ravens standing by their nest, and throwing out their young ones. ‘Out with you, you idle, good-for-nothing creatures!’ cried they; ‘we cannot find food for you any longer; you are big enough, and can provide for yourselves.’ But the poor young ravens lay upon the ground, flapping their wings, and crying: ‘Oh, what helpless chicks we are! We must shift for ourselves, and yet we cannot fly! What can we do, but lie here and starve?’ So the good young fellow alighted and killed his horse with his sword, and gave it to them for food. Then they came hopping up to it, satisfied their hunger, and cried: ‘We will remember you—one good turn deserves another!’

And now he had to use his own legs, and when he had walked a long way, he came to a large city. There was a great noise and crowd in the streets, and a man rode up on horseback, crying aloud: ‘The king’s daughter wants a husband; but whoever seeks her hand must perform a hard task, and if he does not succeed he will forfeit his life.’ Many had already made the attempt, but in vain; nevertheless when the youth saw the king’s daughter he was so overcome by her great beauty that he forgot all danger, went before the king, and declared himself a suitor.

So he was led out to the sea, and a gold ring was thrown into it, before his eyes; then the king ordered him to fetch this ring up from the bottom of the sea, and added: 'If you come up again without it you will be thrown in again and again until you perish amid the waves.' All the people grieved for the handsome youth; then they went away, leaving him alone by the sea.

He stood on the shore and considered what he should do, when suddenly he saw three fishes come swimming towards him, and they were the very fishes whose lives he had saved. The one in the middle held a mussel in its mouth, which it laid on the shore at the youth's feet, and when he had taken it up and opened it, there lay the gold ring in the shell. Full of joy he took it to the king and expected that he would grant him the promised reward.

But when the proud princess perceived that he was not her equal in birth, she scorned him, and required him first to perform another task. She went down into the garden and strewed with her own hands ten sacksful of millet-seed on the grass; then she said: 'Tomorrow morning before sunrise these must be picked up, and not a single grain be wanting.'

The youth sat down in the garden and considered how it might be possible to perform this task, but he could think of nothing, and there he sat sorrowfully awaiting the

break of day, when he should be led to death. But as soon as the first rays of the sun shone into the garden he saw all the ten sacks standing side by side, quite full, and not a single grain was missing. The ant-king had come in the night with thousands and thousands of ants, and the grateful creatures had by great industry picked up all the millet-seed and gathered them into the sacks.

Presently the king's daughter herself came down into the garden, and was amazed to see that the young man had done the task she had given him. But she could not yet conquer her proud heart, and said: 'Although he has performed both the tasks, he shall not be my husband until he had brought me an apple from the Tree of Life.' The youth did not know where the Tree of Life stood, but he set out, and would have gone on for ever, as long as his legs would carry him, though he had no hope of finding it. After he had wandered through three kingdoms, he came one evening to a wood, and lay down under a tree to sleep. But he heard a rustling in the branches, and a golden apple fell into his hand. At the same time three ravens flew down to him, perched themselves upon his knee, and said: 'We are the three young ravens whom you saved from starving; when we had grown big, and heard that you were seeking the Golden Apple, we flew over the sea to the end of the world, where the Tree of Life stands, and have brought

you the apple.’ The youth, full of joy, set out homewards, and took the Golden Apple to the king’s beautiful daughter, who had now no more excuses left to make. They cut the Apple of Life in two and ate it together; and then her heart became full of love for him, and they lived in undisturbed happiness to a great age.

The text is 1606 words. Calculate your reading speed by dividing 1606 by the number of minutes it took to read. Were you able to read as quickly as the goal you set earlier? Don't worry about whether you understood anything. The only goal is to follow the pointer with your eyes as it passes under each line in the text. At 1600 words the text should have taken a few minutes to read.

More practice will improve your performance. Feel free to go back over the previous sections as often as needed to get comfortable with the motions.

Now we switch to comprehension.

The speed should still feel like work. Expect your comprehension to be lower than your baseline. The goal is to understand the text being read while still pushing your reading speed.

Take a short break. Maintaining the focus required to read like this is difficult, at least it was for me it is best to take breaks after these more strenuous sections.

Now, get your timer ready and proceed.

THE QUEEN BEE

Two kings' sons once upon a time went into the world to seek their fortunes; but they soon fell into a wasteful foolish way of living, so that they could not return home again. Then their brother, who was a little insignificant dwarf, went out to seek for his brothers: but when he had found them they only laughed at him, to think that he, who was so young and simple, should try to travel through the world, when they, who were so much wiser, had been unable to get on. However, they all set out on their journey together, and came at last to an ant-hill. The two elder brothers would have pulled it down, in order to see how the poor ants in their fright would run about and carry off their eggs. But the little dwarf said, 'Let the poor things enjoy themselves, I will not suffer you to trouble them.'

So on they went, and came to a lake where many many ducks were swimming about. The two brothers wanted to catch two, and roast them. But the dwarf said, 'Let the poor things enjoy themselves, you shall not kill them.' Next they came to a bees'-nest in a hollow tree, and there was so much honey that it ran down the trunk; and the two brothers wanted to light a fire under the tree and kill the bees, so as to get their honey. But the dwarf held

them back, and said, 'Let the pretty insects enjoy themselves, I cannot let you burn them.'

At length the three brothers came to a castle: and as they passed by the stables they saw fine horses standing there, but all were of marble, and no man was to be seen. Then they went through all the rooms, till they came to a door on which were three locks: but in the middle of the door was a wicket, so that they could look into the next room. There they saw a little grey old man sitting at a table; and they called to him once or twice, but he did not hear: however, they called a third time, and then he rose and came out to them.

He said nothing, but took hold of them and led them to a beautiful table covered with all sorts of good things: and when they had eaten and drunk, he showed each of them to a bed-chamber.

The next morning he came to the eldest and took him to a marble table, where there were three tablets, containing an account of the means by which the castle might be disenchanted. The first tablet said: 'In the wood, under the moss, lie the thousand pearls belonging to the king's daughter; they must all be found: and if one be missing by set of sun, he who seeks them will be turned into marble.'

The eldest brother set out, and sought for the pearls the whole day: but the evening came, and he had not found the first hundred: so he was turned into stone as the tablet had foretold.

The next day the second brother undertook the task; but he succeeded no better than the first; for he could only find the second hundred of the pearls; and therefore he too was turned into stone.

At last came the little dwarf's turn; and he looked in the moss; but it was so hard to find the pearls, and the job was so tiresome!—so he sat down upon a stone and cried. And as he sat there, the king of the ants (whose life he had saved) came to help him, with five thousand ants; and it was not long before they had found all the pearls and laid them in a heap.

The second tablet said: 'The key of the princess's bed-chamber must be fished up out of the lake.' And as the dwarf came to the brink of it, he saw the two ducks whose lives he had saved swimming about; and they dived down and soon brought in the key from the bottom.

The third task was the hardest. It was to choose out the youngest and the best of the king's three daughters. Now they were all beautiful, and all exactly alike: but he was told that the eldest had eaten a piece of sugar, the next

some sweet syrup, and the youngest a spoonful of honey; so he was to guess which it was that had eaten the honey. Then came the queen of the bees, who had been saved by the little dwarf from the fire, and she tried the lips of all three; but at last she sat upon the lips of the one that had eaten the honey: and so the dwarf knew which was the youngest. Thus the spell was broken, and all who had been turned into stones awoke, and took their proper forms. And the dwarf married the youngest and the best of the princesses, and was king after her father's death; but his two brothers married the other two sisters.

Comprehension:

Record your reading time. As before you will do the comprehension test before you work out your reading speed.

1. What is the first thing that the three brothers come to together on their journey?
2. What do the older brothers want to do to the bees nest to kill the bees?
3. What were the horses at the castle made of?
4. How many times did they have to call the grey old man to get him to hear?
5. What items were the three tasks written on?
6. How many pearls do each of the older brothers find in the woods?
7. What animals help the youngest brother find the pearls quickly?
8. What is the second task the youngest brother needs to carry out?
9. What had the three daughters eaten?
10. Which of the princesses did the youngest brother marry?

Answers:

1. An ant hill
2. Light a fire under it
3. Marble
4. Three
5. Tablets
6. About a hundred
7. The ants
8. Get a key from a lake
9. One ate sugar, one ate syrup, one ate honey
10. The youngest who ate the honey

The text was 854 words. Calculate your reading speed from that by dividing 854 by the time it took in minutes.

Check in here. How is the speed of your reading? How is your comprehension?

We are going to be adding another technique in the next section. If you need more practice with the pacer go over the texts in this section again.

Part 3

Using your peripheral vision

In addition to controlling the precision of your eye movements with the pacer you can reduce the distance your eyes need to scan by using your peripheral vision.

Limiting the movement of your eyes to between the vertical lines allows you to use your peripheral vision to catch a few words on either end. You will start with about one word in from the edge of the line and work your way to two. If a smaller indent works better for you for now, that is totally fine. Do as much as you can and with practice it will improve further. The greater the indent you can manage the less your eyes will have to move and the faster you will read.

Use the guiding lines in the following sections to indicate where to start and end focusing your eyes on each page. Use your peripheral vision to get the words outside these lines. Continue the use of the pacer so don't set it aside just yet.

Practice on this next short section at a normal pace to get a feel for how it works.

Keep using the timer to track your words per minute.

THE MOUSE, THE BIRD, AND THE SAUSAGE

Once upon a time, a mouse, a bird, and a sausage, entered into partnership and set up house together. For a long time all went well; they lived in great comfort, and prospered so far as to be able to add considerably to their stores. The bird's duty was to fly daily into the wood and bring in fuel; the mouse fetched the water, and the sausage saw to the cooking.

When people are too well off they always begin to long for something new. And so it came to pass, that the bird, while out one day, met a fellow bird, to whom he boastfully expatiated on the excellence of his household arrangements. But the other bird sneered at him for being a poor simpleton, who did all the hard work, while the other two stayed at home and had a good time of it. For, when the mouse had made the fire and fetched in the water, she could retire into her little room and rest until it was time to set the table. The sausage had only to watch the pot to see that the food was properly cooked, and when it was near dinner-time, he just threw himself into the broth, or rolled in and out among the vegetables three or four times, and there they were, buttered, and salted, and ready to be served. Then, when the bird came home and had laid aside his burden, they sat down to table, and when they had finished their meal, they could sleep their

fill till the following morning: and that was really a very delightful life.

Influenced by those remarks, the bird next morning refused to bring in the wood, telling the others that he had been their servant long enough, and had been a fool into the bargain, and that it was now time to make a change, and to try some other way of arranging the work. Beg and pray as the mouse and the sausage might, it was of no use; the bird remained master of the situation, and the venture had to be made. They therefore drew lots, and it fell to the sausage to bring in the wood, to the mouse to cook, and to the bird to fetch the water.

And now what happened? The sausage started in search of wood, the bird made the fire, and the mouse put on the pot, and then these two waited till the sausage returned with the fuel for the following day. But the sausage remained so long away, that they became uneasy, and the bird flew out to meet him. He had not flown far, however, when he came across a dog who, having met the sausage, had regarded him as his legitimate booty, and so seized and swallowed him. The bird complained to the dog of this bare-faced robbery, but nothing he said was of any avail, for the dog answered that he found false credentials on the sausage, and that was the reason his life had been forfeited.

He picked up the wood, and flew sadly home, and told the mouse all he had seen and heard. They were both very unhappy, but agreed to make the best of things and to remain with one another.

So now the bird set the table, and the mouse looked after the food and, wishing to prepare it in the same way as the sausage, by rolling in and out among the vegetables to salt and butter them, she jumped into the pot; but she stopped short long before she reached the bottom, having already parted not only with her skin and hair, but also with life.

Presently the bird came in and wanted to serve up the dinner, but he could nowhere see the cook. In his alarm and flurry, he threw the wood here and there about the floor, called and searched, but no cook was to be found. Then some of the wood that had been carelessly thrown down, caught fire and began to blaze. The bird hastened to fetch some water, but his pail fell into the well, and he after it, and as he was unable to recover himself, he was drowned.

The above text was 711 words. Divide 711 by the number of minutes it took to read to get your reading speed.

Next is a longer practice with you pushing the speed as you were for the comprehension portion in the previous section. Use the pacer, and read slightly faster than is comfortable for understanding everything.

This is one of the longer practice sections and so should take a couple minutes of focused reading.

Start your timer and proceed.

THE ADVENTURES OF CHANTICLEER AND PARTLET

1. HOW THEY WENT TO THE MOUNTAINS TO EAT NUTS:

‘The nuts are quite ripe now,’ said Chanticleer to his wife Partlet, ‘suppose we go together to the mountains, and eat as many as we can, before the squirrel takes them all away.’ ‘With all my heart,’ said Partlet, ‘let us go and make a holiday of it together.’

So they went to the mountains; and as it was a lovely day, they stayed there till the evening. Now, whether it was that they had eaten so many nuts that they could not walk, or whether they were lazy and would not, I do not know: however, they took it into their heads that it did not become them to go home on foot. So Chanticleer began to build a little carriage of nutshells: and when it was finished, Partlet jumped into it and sat down, and bid Chanticleer harness himself to it and draw her home. ‘That’s a good joke!’ said Chanticleer; ‘no, that will never do; I had rather by half walk home; I’ll sit on the box and be coachman, if you like, but I’ll not draw.’ While this was passing, a duck came quacking up and cried out, ‘You thieving vagabonds, what business have you in my grounds? I’ll give it you well for your insolence!’ and upon that she fell upon Chanticleer most

lustily. But Chanticleer was no coward, and returned the duck's blows with his sharp spurs so fiercely that she soon began to cry out for mercy; which was only granted her upon condition that she would draw the carriage home for them. This she agreed to do; and Chanticleer got upon the box, and drove, crying, 'Now, duck, get on as fast as you can.' And away they went at a pretty good pace.

After they had travelled along a little way, they met a needle and a pin walking together along the road: and the needle cried out, 'Stop, stop!' and said it was so dark that they could hardly find their way, and such dirty walking they could not get on at all: he told them that he and his friend, the pin, had been at a public-house a few miles off, and had sat drinking till they had forgotten how late it was; he begged therefore that the travellers would be so kind as to give them a lift in their carriage. Chanticleer observing that they were but thin fellows, and not likely to take up much room, told them they might ride, but made them promise not to dirty the wheels of the carriage in getting in, nor to tread on Partlet's toes.

Late at night they arrived at an inn; and as it was bad travelling in the dark, and the duck seemed much tired, and waddled about a good deal from one side to the

other, they made up their minds to fix their quarters there: but the landlord at first was unwilling, and said his house was full, thinking they might not be very respectable company: however, they spoke civilly to him, and gave him the egg which Partlet had laid by the way, and said they would give him the duck, who was in the habit of laying one every day: so at last he let them come in, and they bespoke a handsome supper, and spent the evening very jollily.

Early in the morning, before it was quite light, and when nobody was stirring in the inn, Chanticleer awakened his wife, and, fetching the egg, they pecked a hole in it, ate it up, and threw the shells into the fireplace: they then went to the pin and needle, who were fast asleep, and seizing them by the heads, stuck one into the landlord's easy chair and the other into his handkerchief; and, having done this, they crept away as softly as possible. However, the duck, who slept in the open air in the yard, heard them coming, and jumping into the brook which ran close by the inn, soon swam out of their reach.

An hour or two afterwards the landlord got up, and took his handkerchief to wipe his face, but the pin ran into him and pricked him: then he walked into the kitchen to light his pipe at the fire, but when he stirred it up the eggshells flew into his eyes, and almost blinded him.

‘Bless me!’ said he, ‘all the world seems to have a design against my head this morning’: and so saying, he threw himself sulkily into his easy chair; but, oh dear! the needle ran into him; and this time the pain was not in his head. He now flew into a very great passion, and, suspecting the company who had come in the night before, he went to look after them, but they were all off; so he swore that he never again would take in such a troop of vagabonds, who ate a great deal, paid no reckoning, and gave him nothing for his trouble but their apish tricks.

2. HOW CHANTICLEER AND PARTLET WENT TO VISIT MR KORBES

Another day, Chanticleer and Partlet wished to ride out together; so Chanticleer built a handsome carriage with four red wheels, and harnessed six mice to it; and then he and Partlet got into the carriage, and away they drove. Soon afterwards a cat met them, and said, ‘Where are you going?’ And Chanticleer replied,

‘All on our way

A visit to pay

To Mr Korbes, the fox, today.’

Then the cat said, ‘Take me with you,’ Chanticleer said, ‘With all my heart: get up behind, and be sure you do not fall off.’

'Take care of this handsome coach of mine,
Nor dirty my pretty red wheels so fine!
Now, mice, be ready,
And, wheels, run steady!
For we are going a visit to pay
To Mr Korbes, the fox, today.'

Soon after came up a millstone, an egg, a duck, and a pin; and Chanticleer gave them all leave to get into the carriage and go with them.

When they arrived at Mr Korbes's house, he was not at home; so the mice drew the carriage into the coach-house, Chanticleer and Partlet flew upon a beam, the cat sat down in the fireplace, the duck got into the washing cistern, the pin stuck himself into the bed pillow, the millstone laid himself over the house door, and the egg rolled himself up in the towel.

When Mr Korbes came home, he went to the fireplace to make a fire; but the cat threw all the ashes in his eyes: so he ran to the kitchen to wash himself; but there the duck splashed all the water in his face; and when he tried to wipe himself, the egg broke to pieces in the towel all over his face and eyes. Then he was very angry, and went without his supper to bed; but when he laid his head on the pillow, the pin ran into his cheek: at this he became quite furious, and, jumping up, would have run

out of the house; but when he came to the door, the millstone fell down on his head, and killed him on the spot.

3. HOW PARTLET DIED AND WAS BURIED, AND HOW CHANTICLEER DIED OF GRIEF

Another day Chanticleer and Partlet agreed to go again to the mountains to eat nuts; and it was settled that all the nuts which they found should be shared equally between them. Now Partlet found a very large nut; but she said nothing about it to Chanticleer, and kept it all to herself: however, it was so big that she could not swallow it, and it stuck in her throat. Then she was in a great fright, and cried out to Chanticleer, 'Pray run as fast as you can, and fetch me some water, or I shall be choked.' Chanticleer ran as fast as he could to the river, and said, 'River, give me some water, for Partlet lies in the mountain, and will be choked by a great nut.' The river said, 'Run first to the bride, and ask her for a silken cord to draw up the water.' Chanticleer ran to the bride, and said, 'Bride, you must give me a silken cord, for then the river will give me water, and the water I will carry to Partlet, who lies on the mountain, and will be choked by a great nut.' But the bride said, 'Run first, and bring me my garland that is hanging on a willow in the garden.' Then Chanticleer ran to the garden, and took the garland from the bough

where it hung, and brought it to the bride; and then the bride gave him the silken cord, and he took the silken cord to the river, and the river gave him water, and he carried the water to Partlet; but in the meantime she was choked by the great nut, and lay quite dead, and never moved any more.

Then Chanticleer was very sorry, and cried bitterly; and all the beasts came and wept with him over poor Partlet. And six mice built a little hearse to carry her to her grave; and when it was ready they harnessed themselves before it, and Chanticleer drove them. On the way they met the fox. 'Where are you going, Chanticleer?' said he. 'To bury my Partlet,' said the other. 'May I go with you?' said the fox. 'Yes; but you must get up behind, or my horses will not be able to draw you.' Then the fox got up behind; and presently the wolf, the bear, the goat, and all the beasts of the wood, came and climbed upon the hearse.

So on they went till they came to a rapid stream. 'How shall we get over?' said Chanticleer. Then said a straw, 'I will lay myself across, and you may pass over upon me.' But as the mice were going over, the straw slipped away and fell into the water, and the six mice all fell in and were drowned. What was to be done? Then a large log of wood came and said, 'I am big enough; I will lay myself

across the stream, and you shall pass over upon me.' So he laid himself down; but they managed so clumsily, that the log of wood fell in and was carried away by the stream. Then a stone, who saw what had happened, came up and kindly offered to help poor Chanticleer by laying himself across the stream; and this time he got safely to the other side with the hearse, and managed to get Partlet out of it; but the fox and the other mourners, who were sitting behind, were too heavy, and fell back into the water and were all carried away by the stream and drowned.

Thus Chanticleer was left alone with his dead Partlet; and having dug a grave for her, he laid her in it, and made a little hillock over her. Then he sat down by the grave, and wept and mourned, till at last he died too; and so all were dead.

The above text was 1877 words. Calculate your reading speed by dividing 1877 by the number of minutes it took.

How did that feel? Was it difficult to catch the words at the edges without directly looking at them? If you need to, feel free to go over that section again to practice.

Now you are going to move the margins in about another word. This will give you 2 words in from each edge of the line.

The lines in this book are about 10 words from end to end so cutting off 4 words in total means that we only have to move our eye over 60% of the line.

Take a short break first to give your eyes and brain a rest. When you feel ready, start on the next text. Read it just like the previous one, pushing yourself for speed, but now use your peripheral vision even more to catch the words at the ends of the lines.

Start your timer and proceed.

THE BLUE LIGHT

There was once upon a time a soldier who for many years had served the king faithfully, but when the war came to an end could serve no longer because of the many wounds which he had received. The king said to him: 'You may return to your home, I need you no longer, and you will not receive any more money, for he only receives wages who renders me service for them.' Then the soldier did not know how to earn a living, went away greatly troubled, and walked the whole day, until in the evening he entered a forest. When darkness came on, he saw a light, which he went up to, and came to a house wherein lived a witch. 'Do give me one night's lodging, and a little to eat and drink,' said he to her, 'or I shall starve.' 'Oho!' she answered, 'who gives anything to a run-away soldier? Yet will I be compassionate, and take you in, if you will do what I wish.' 'What do you wish?' said the soldier. 'That you should dig all round my garden for me, tomorrow.' The soldier consented, and next day laboured with all his strength, but could not finish it by the evening. 'I see well enough,' said the witch, 'that you can do no more today, but I will keep you yet another night, in payment for which you must tomorrow chop me a load of wood, and chop it small.' The soldier spent the whole day in doing it, and in the

evening the witch proposed that he should stay one night more. 'Tomorrow, you shall only do me a very trifling piece of work. Behind my house, there is an old dry well, into which my light has fallen, it burns blue, and never goes out, and you shall bring it up again.' Next day the old woman took him to the well, and let him down in a basket. He found the blue light, and made her a signal to draw him up again. She did draw him up, but when he came near the edge, she stretched down her hand and wanted to take the blue light away from him. 'No,' said he, perceiving her evil intention, 'I will not give you the light until I am standing with both feet upon the ground.' The witch fell into a passion, let him fall again into the well, and went away.

The poor soldier fell without injury on the moist ground, and the blue light went on burning, but of what use was that to him? He saw very well that he could not escape death. He sat for a while very sorrowfully, then suddenly he felt in his pocket and found his tobacco pipe, which was still half full. 'This shall be my last pleasure,' thought he, pulled it out, lit it at the blue light and began to smoke. When the smoke had circled about the cavern, suddenly a little black dwarf stood before him, and said: 'Lord, what are your commands?' 'What my commands are?' replied the soldier, quite astonished. 'I must do everything you bid me,' said the little man. 'Good,' said

the soldier; 'then in the first place help me out of this well.' The little man took him by the hand, and led him through an underground passage, but he did not forget to take the blue light with him. On the way the dwarf showed him the treasures which the witch had collected and hidden there, and the soldier took as much gold as he could carry. When he was above, he said to the little man: 'Now go and bind the old witch, and carry her before the judge.' In a short time she came by like the wind, riding on a wild tom-cat and screaming frightfully. Nor was it long before the little man reappeared. 'It is all done,' said he, 'and the witch is already hanging on the gallows. What further commands has my lord?' inquired the dwarf. 'At this moment, none,' answered the soldier; 'you can return home, only be at hand immediately, if I summon you.' 'Nothing more is needed than that you should light your pipe at the blue light, and I will appear before you at once.' Thereupon he vanished from his sight.

The soldier returned to the town from which he came. He went to the best inn, ordered himself handsome clothes, and then bade the landlord furnish him a room as handsome as possible. When it was ready and the soldier had taken possession of it, he summoned the little black manikin and said: 'I have served the king faithfully, but he has dismissed me, and left me to hunger, and now I

want to take my revenge.’ ‘What am I to do?’ asked the little man. ‘Late at night, when the king’s daughter is in bed, bring her here in her sleep, she shall do servant’s work for me!’ The manikin said: ‘That is an easy thing for me to do, but a very dangerous thing for you, for if it is discovered, you will fare ill.’ When twelve o’clock had struck, the door sprang open, and the manikin carried in the princess. ‘Aha! are you there?’ cried the soldier, ‘get to your work at once! Fetch the broom and sweep the chamber.’ When she had done this, he ordered her to come to his chair, and then he stretched out his feet and said: ‘Pull off my boots,’ and then he threw them in her face, and made her pick them up again, and clean and brighten them. She, however, did everything he bade her, without opposition, silently and with half-shut eyes. When the first cock crowed, the manikin carried her back to the royal palace, and laid her in her bed.

Next morning when the princess arose she went to her father, and told him that she had had a very strange dream. ‘I was carried through the streets with the rapidity of lightning,’ said she, ‘and taken into a soldier’s room, and I had to wait upon him like a servant, sweep his room, clean his boots, and do all kinds of menial work. It was only a dream, and yet I am just as tired as if I really had done everything.’ ‘The dream may have been true,’ said the king. ‘I will give you a piece of advice.

Fill your pocket full of peas, and make a small hole in the pocket, and then if you are carried away again, they will fall out and leave a track in the streets.' But unseen by the king, the manikin was standing beside him when he said that, and heard all. At night when the sleeping princess was again carried through the streets, some peas certainly did fall out of her pocket, but they made no track, for the crafty manikin had just before scattered peas in every street there was. And again the princess was compelled to do servant's work until cock-crow.

Next morning the king sent his people out to seek the track, but it was all in vain, for in every street poor children were sitting, picking up peas, and saying: 'It must have rained peas, last night.' 'We must think of something else,' said the king; 'keep your shoes on when you go to bed, and before you come back from the place where you are taken, hide one of them there, I will soon contrive to find it.' The black manikin heard this plot, and at night when the soldier again ordered him to bring the princess, revealed it to him, and told him that he knew of no expedient to counteract this stratagem, and that if the shoe were found in the soldier's house it would go badly with him. 'Do what I bid you,' replied the soldier, and again this third night the princess was obliged to work like a servant, but before she went away, she hid her shoe under the bed.

Next morning the king had the entire town searched for his daughter's shoe. It was found at the soldier's, and the soldier himself, who at the entreaty of the dwarf had gone outside the gate, was soon brought back, and thrown into prison. In his flight he had forgotten the most valuable things he had, the blue light and the gold, and had only one ducat in his pocket. And now loaded with chains, he was standing at the window of his dungeon, when he chanced to see one of his comrades passing by. The soldier tapped at the pane of glass, and when this man came up, said to him: 'Be so kind as to fetch me the small bundle I have left lying in the inn, and I will give you a ducat for doing it.' His comrade ran thither and brought him what he wanted. As soon as the soldier was alone again, he lighted his pipe and summoned the black manikin. 'Have no fear,' said the latter to his master. 'Go wheresoever they take you, and let them do what they will, only take the blue light with you.' Next day the soldier was tried, and though he had done nothing wicked, the judge condemned him to death. When he was led forth to die, he begged a last favour of the king. 'What is it?' asked the king. 'That I may smoke one more pipe on my way.' 'You may smoke three,' answered the king, 'but do not imagine that I will spare your life.' Then the soldier pulled out his pipe and lighted it at the blue light, and as soon as a few wreaths

of smoke had ascended, the manikin was there with a small cudgel in his hand, and said: 'What does my lord command?' 'Strike down to earth that false judge there, and his constable, and spare not the king who has treated me so ill.' Then the manikin fell on them like lightning, darting this way and that way, and whosoever was so much as touched by his cudgel fell to earth, and did not venture to stir again. The king was terrified; he threw himself on the soldier's mercy, and merely to be allowed to live at all, gave him his kingdom for his own, and his daughter to wife.

The above text is 1742 words. Calculate your reading speed by dividing 1742 by the number of minutes it took. It will have taken a good few minutes to read.

This is the peak of the aids for this method. It is often quite hard to work with an indent this large without practice. If you were able to get it after just the practice above that is fantastic. If not don't worry. For the rest of the text that includes the indents I will be including lines at both 1 and 2 words in, so work with the one that most benefits you at the moment. If you want to, you can go back to the above text, or re read texts later on in the book and practice with the larger indent there.

Take a break, the next section is much shorter and will have a comprehension test at the end. Try to maintain the same reading speed that you had for the two previous practice sections.

Start your timer and proceed.

THE THREE LANGUAGES

An aged count once lived in Switzerland, who had an only son, but he was stupid, and could learn nothing. Then said the father: 'Hark you, my son, try as I will I can get nothing into your head. You must go from hence, I will give you into the care of a celebrated master, who shall see what he can do with you.' The youth was sent into a strange town, and remained a whole year with the master. At the end of this time, he came home again, and his father asked: 'Now, my son, what have you learnt?' 'Father, I have learnt what the dogs say when they bark.' 'Lord have mercy on us!' cried the father; 'is that all you have learnt? I will send you into another town, to another master.' The youth was taken thither, and stayed a year with this master likewise. When he came back the father again asked: 'My son, what have you learnt?' He answered: 'Father, I have learnt what the birds say.' Then the father fell into a rage and said: 'Oh, you lost man, you have spent the precious time and learnt nothing; are you not ashamed to appear before my eyes? I will send you to a third master, but if you learn nothing this time also, I will no longer be your father.' The youth remained a whole year with the third master also, and when he came home again, and his father inquired: 'My son, what have you learnt?' he answered: 'Dear father, I have this

year learnt what the frogs croak.’ Then the father fell into the most furious anger, sprang up, called his people thither, and said: ‘This man is no longer my son, I drive him forth, and command you to take him out into the forest, and kill him.’ They took him forth, but when they should have killed him, they could not do it for pity, and let him go, and they cut the eyes and tongue out of a deer that they might carry them to the old man as a token.

The youth wandered on, and after some time came to a fortress where he begged for a night’s lodging. ‘Yes,’ said the lord of the castle, ‘if you will pass the night down there in the old tower, go thither; but I warn you, it is at the peril of your life, for it is full of wild dogs, which bark and howl without stopping, and at certain hours a man has to be given to them, whom they at once devour.’ The whole district was in sorrow and dismay because of them, and yet no one could do anything to stop this. The youth, however, was without fear, and said: ‘Just let me go down to the barking dogs, and give me something that I can throw to them; they will do nothing to harm me.’ As he himself would have it so, they gave him some food for the wild animals, and led him down to the tower. When he went inside, the dogs did not bark at him, but wagged their tails quite amicably around him, ate what he set before them, and did not hurt one hair of his head. Next morning, to the astonishment

of everyone, he came out again safe and unharmed, and said to the lord of the castle: 'The dogs have revealed to me, in their own language, why they dwell there, and bring evil on the land. They are bewitched, and are obliged to watch over a great treasure which is below in the tower, and they can have no rest until it is taken away, and I have likewise learnt, from their discourse, how that is to be done.' Then all who heard this rejoiced, and the lord of the castle said he would adopt him as a son if he accomplished it successfully. He went down again, and as he knew what he had to do, he did it thoroughly, and brought a chest full of gold out with him. The howling of the wild dogs was henceforth heard no more; they had disappeared, and the country was freed from the trouble.

After some time he took it in his head that he would travel to Rome. On the way he passed by a marsh, in which a number of frogs were sitting croaking. He listened to them, and when he became aware of what they were saying, he grew very thoughtful and sad. At last he arrived in Rome, where the Pope had just died, and there was great doubt among the cardinals as to whom they should appoint as his successor. They at length agreed that the person should be chosen as pope who should be distinguished by some divine and miraculous token. And just as that was decided on, the

young count entered into the church, and suddenly two snow-white doves flew on his shoulders and remained sitting there. The ecclesiastics recognized therein the token from above, and asked him on the spot if he would be pope. He was undecided, and knew not if he were worthy of this, but the doves counselled him to do it, and at length he said yes. Then was he anointed and consecrated, and thus was fulfilled what he had heard from the frogs on his way, which had so affected him, that he was to be his Holiness the Pope. Then he had to sing a mass, and did not know one word of it, but the two doves sat continually on his shoulders, and said it all in his ear.

Comprehension:

Record the time it took to read, as usual we will do the comprehension questions first.

1. Where does this story take place?
2. How long does the youth spend with each master?
3. What animals does the youth learn to speak with from the three masters?
4. How did the count's people fake that they had killed the youth?
5. What was the danger at the fortress where the youth spends the night?
6. What is the one thing the youth asks for when going to stay in the tower for the night?
7. What is the treasure under the tower?
8. What did the youth hear from the frogs on his way to Rome?
9. What was the divine sign that showed the cardinals received?
10. How did the youth get by singing mass even though he didn't know the words?

Answers:

1. Switzerland
2. A year
3. Dogs, birds and frogs
4. With the eyes and tongue of a deer
5. Wild dogs
6. Some food for the dogs
7. A chest full of gold
8. That he would be pope
9. Doves landed on the youth's shoulders
10. The doves on his shoulders told him

The text was 949 words. Calculate your reading speed as before by dividing 949 by the time it took in minutes.

How does this new speed compare to your baseline? To your goal speed? How is your comprehension holding up?

Ideally you want to be close to the same level of comprehension you had at your baseline. It will go up over time with practice at this new speed so don't worry if it is slightly lower. If it has gone up you can likely push yourself a little harder.

Part 4

Taking it away

Now that you have learned all the techniques and are somewhat comfortable applying them, you are going to start taking them away. The goal is to read normal text faster. No normal book is going to have all this formatting to help out.

If you want more practice, go over previous sections as many times as needed.

Take a break before continuing. I want to congratulate you on your work so far. The rest is transitioning back to regular text. No more techniques to add.

First you will remove the underlining. This is a fairly small step and you should feel free to continue to use a pacer. The pacer is the one tool that you can use on any book as it does not need any formatting. If you have a pen or anything pen shaped (even your finger will do) you have a pacer.

I find that I still use one on and off depending on the task. It does allow me to read faster but is more cumbersome as it requires holding the book in a way that leaves one hand free. This is not always possible.

Start your timer and proceed.

THE FOUR CLEVER BROTHERS

‘Dear children,’ said a poor man to his four sons, ‘I have nothing to give you; you must go out into the wide world and try your luck. Begin by learning some craft or another, and see how you can get on.’ So the four brothers took their walking-sticks in their hands, and their little bundles on their shoulders, and after bidding their father goodbye, went all out at the gate together. When they had got on some way they came to four crossways, each leading to a different country. Then the eldest said, ‘Here we must part; but this day four years we will come back to this spot, and in the meantime each must try what he can do for himself.’

So each brother went his way; and as the eldest was hastening on a man met him, and asked him where he was going, and what he wanted. ‘I am going to try my luck in the world, and should like to begin by learning some art or trade,’ answered he. ‘Then,’ said the man, ‘go with me, and I will teach you to become the cunningest thief that ever was.’ ‘No,’ said the other, ‘that is not an honest calling, and what can one look to earn by it in the end but the gallows?’ ‘Oh!’ said the man, ‘you need not fear the gallows; for I will only teach you to steal what will be fair game: I meddle with nothing but what no one else can get or care anything about, and

where no one can find you out.’ So the young man agreed to follow his trade, and he soon showed himself so clever, that nothing could escape him that he had once set his mind upon.

The second brother also met a man, who, when he found out what he was setting out upon, asked him what craft he meant to follow. ‘I do not know yet,’ said he. ‘Then come with me, and be a star-gazer. It is a noble art, for nothing can be hidden from you, when once you understand the stars.’ The plan pleased him much, and he soon became such a skilful star-gazer, that when he had served out his time, and wanted to leave his master, he gave him a glass, and said, ‘With this you can see all that is passing in the sky and on earth, and nothing can be hidden from you.’

The third brother met a huntsman, who took him with him, and taught him so well all that belonged to hunting, that he became very clever in the craft of the woods; and when he left his master he gave him a bow, and said, ‘Whatever you shoot at with this bow you will be sure to hit.’

The youngest brother likewise met a man who asked him what he wished to do. ‘Would not you like,’ said he, ‘to be a tailor?’ ‘Oh, no!’ said the young man; ‘sitting cross-legged from morning to night, working backwards and

forwards with a needle and goose, will never suit me.’ ‘Oh!’ answered the man, ‘that is not my sort of tailoring; come with me, and you will learn quite another kind of craft from that.’ Not knowing what better to do, he came into the plan, and learnt tailoring from the beginning; and when he left his master, he gave him a needle, and said, ‘You can sew anything with this, be it as soft as an egg or as hard as steel; and the joint will be so fine that no seam will be seen.’

After the space of four years, at the time agreed upon, the four brothers met at the four cross-roads; and having welcomed each other, set off towards their father’s home, where they told him all that had happened to them, and how each had learned some craft.

Then, one day, as they were sitting before the house under a very high tree, the father said, ‘I should like to try what each of you can do in this way.’ So he looked up, and said to the second son, ‘At the top of this tree there is a chaffinch’s nest; tell me how many eggs there are in it.’ The star-gazer took his glass, looked up, and said, ‘Five.’ ‘Now,’ said the father to the eldest son, ‘take away the eggs without letting the bird that is sitting upon them and hatching them know anything of what you are doing.’ So the cunning thief climbed up the tree, and brought away to his father the five eggs from under the

bird; and it never saw or felt what he was doing, but kept sitting on at its ease. Then the father took the eggs, and put one on each corner of the table, and the fifth in the middle, and said to the huntsman, ‘Cut all the eggs in two pieces at one shot.’ The huntsman took up his bow, and at one shot struck all the five eggs as his father wished.

‘Now comes your turn,’ said he to the young tailor; ‘sew the eggs and the young birds in them together again, so neatly that the shot shall have done them no harm.’ Then the tailor took his needle, and sewed the eggs as he was told; and when he had done, the thief was sent to take them back to the nest, and put them under the bird without its knowing it. Then she went on sitting, and hatched them: and in a few days they crawled out, and had only a little red streak across their necks, where the tailor had sewn them together.

‘Well done, sons!’ said the old man; ‘you have made good use of your time, and learnt something worth the knowing; but I am sure I do not know which ought to have the prize. Oh, that a time might soon come for you to turn your skill to some account!’

Not long after this there was a great bustle in the country; for the king’s daughter had been carried off by a mighty dragon, and the king mourned over his loss day

and night, and made it known that whoever brought her back to him should have her for a wife. Then the four brothers said to each other, 'Here is a chance for us; let us try what we can do.' And they agreed to see whether they could not set the princess free. 'I will soon find out where she is, however,' said the star-gazer, as he looked through his glass; and he soon cried out, 'I see her afar off, sitting upon a rock in the sea, and I can spy the dragon close by, guarding her.' Then he went to the king, and asked for a ship for himself and his brothers; and they sailed together over the sea, till they came to the right place. There they found the princess sitting, as the star-gazer had said, on the rock; and the dragon was lying asleep, with his head upon her lap. 'I dare not shoot at him,' said the huntsman, 'for I should kill the beautiful young lady also.' 'Then I will try my skill,' said the thief, and went and stole her away from under the dragon, so quietly and gently that the beast did not know it, but went on snoring.

Then away they hastened with her full of joy in their boat towards the ship; but soon came the dragon roaring behind them through the air; for he awoke and missed the princess. But when he got over the boat, and wanted to pounce upon them and carry off the princess, the huntsman took up his bow and shot him straight through the heart so that he fell down dead. They were still not

safe; for he was such a great beast that in his fall he overset the boat, and they had to swim in the open sea upon a few planks. So the tailor took his needle, and with a few large stitches put some of the planks together; and he sat down upon these, and sailed about and gathered up all pieces of the boat; and then tacked them together so quickly that the boat was soon ready, and they then reached the ship and got home safe.

When they had brought home the princess to her father, there was great rejoicing; and he said to the four brothers, 'One of you shall marry her, but you must settle amongst yourselves which it is to be.' Then there arose a quarrel between them; and the star-gazer said, 'If I had not found the princess out, all your skill would have been of no use; therefore she ought to be mine.' 'Your seeing her would have been of no use,' said the thief, 'if I had not taken her away from the dragon; therefore she ought to be mine.' 'No, she is mine,' said the huntsman; 'for if I had not killed the dragon, he would, after all, have torn you and the princess into pieces.' 'And if I had not sewn the boat together again,' said the tailor, 'you would all have been drowned, therefore she is mine.' Then the king put in a word, and said, 'Each of you is right; and as all cannot have the young lady, the best way is for neither of you to have her: for the truth is, there is somebody she likes a great deal better. But to make up for your loss, I

will give each of you, as a reward for his skill, half a kingdom.' So the brothers agreed that this plan would be much better than either quarrelling or marrying a lady who had no mind to have them. And the king then gave to each half a kingdom, as he had said; and they lived very happily the rest of their days, and took good care of their father; and somebody took better care of the young lady, than to let either the dragon or one of the craftsmen have her again.

The above text was 1702 words. Calculate your reading speed by dividing 1702 by the time it took in minutes. The goal is to have it stay fairly consistent from the end of the last section, though you can expect it to drop a little as you take away the assistive formatting.

As always, feel free to go over it again for practice if needed.

Now, finally, you will take away the margins. This will leave you with regular text. Do your best to keep your eyes moving as if the indented lines were there and use your peripheral vision for the edges.

Things will likely slow down here as you get used to reading the centre of the lines without the guides but do your best to keep the same pace as before. The pacer will help significantly as it should continue to trace as if the lines were there.

Start your timer and proceed.

FREDERICK AND CATHERINE

There was once a man called Frederick: he had a wife whose name was Catherine, and they had not long been married. One day Frederick said. 'Kate! I am going to work in the fields; when I come back I shall be hungry so let me have something nice cooked, and a good draught of ale.' 'Very well,' said she, 'it shall all be ready.' When dinner-time drew nigh, Catherine took a nice steak, which was all the meat she had, and put it on the fire to fry. The steak soon began to look brown, and to crackle in the pan; and Catherine stood by with a fork and turned it: then she said to herself, 'The steak is almost ready, I may as well go to the cellar for the ale.' So she left the pan on the fire and took a large jug and went into the cellar and tapped the ale cask. The beer ran into the jug and Catherine stood looking on. At last it popped into her head, 'The dog is not shut up—he may be running away with the steak; that's well thought of.' So up she ran from the cellar; and sure enough the rascally cur had got the steak in his mouth, and was making off with it.

Away ran Catherine, and away ran the dog across the field: but he ran faster than she, and stuck close to the steak. 'It's all gone, and "what can't be cured must be endured",' said Catherine. So she turned round; and as

she had run a good way and was tired, she walked home leisurely to cool herself.

Now all this time the ale was running too, for Catherine had not turned the cock; and when the jug was full the liquor ran upon the floor till the cask was empty. When she got to the cellar stairs she saw what had happened. ‘My stars!’ said she, ‘what shall I do to keep Frederick from seeing all this slopping about?’ So she thought a while; and at last remembered that there was a sack of fine meal bought at the last fair, and that if she sprinkled this over the floor it would suck up the ale nicely. ‘What a lucky thing,’ said she, ‘that we kept that meal! we have now a good use for it.’ So away she went for it: but she managed to set it down just upon the great jug full of beer, and upset it; and thus all the ale that had been saved was set swimming on the floor also. ‘Ah! well,’ said she, ‘when one goes another may as well follow.’ Then she strewed the meal all about the cellar, and was quite pleased with her cleverness, and said, ‘How very neat and clean it looks!’

At noon Frederick came home. ‘Now, wife,’ cried he, ‘what have you for dinner?’ ‘O Frederick!’ answered she, ‘I was cooking you a steak; but while I went down to draw the ale, the dog ran away with it; and while I ran after him, the ale ran out; and when I went to dry up the

ale with the sack of meal that we got at the fair, I upset the jug: but the cellar is now quite dry, and looks so clean!’ ‘Kate, Kate,’ said he, ‘how could you do all this?’ Why did you leave the steak to fry, and the ale to run, and then spoil all the meal?’ ‘Why, Frederick,’ said she, ‘I did not know I was doing wrong; you should have told me before.’

The husband thought to himself, ‘If my wife manages matters thus, I must look sharp myself.’ Now he had a good deal of gold in the house: so he said to Catherine, ‘What pretty yellow buttons these are! I shall put them into a box and bury them in the garden; but take care that you never go near or meddle with them.’ ‘No, Frederick,’ said she, ‘that I never will.’ As soon as he was gone, there came by some pedlars with earthenware plates and dishes, and they asked her whether she would buy. ‘Oh dear me, I should like to buy very much, but I have no money: if you had any use for yellow buttons, I might deal with you.’ ‘Yellow buttons!’ said they: ‘let us have a look at them.’ ‘Go into the garden and dig where I tell you, and you will find the yellow buttons: I dare not go myself.’ So the rogues went: and when they found what these yellow buttons were, they took them all away, and left her plenty of plates and dishes. Then she set them all about the house for a show: and when Frederick came back, he cried out, ‘Kate, what have you been doing?’

‘See,’ said she, ‘I have bought all these with your yellow buttons: but I did not touch them myself; the pedlars went themselves and dug them up.’ ‘Wife, wife,’ said Frederick, ‘what a pretty piece of work you have made! those yellow buttons were all my money: how came you to do such a thing?’ ‘Why,’ answered she, ‘I did not know there was any harm in it; you should have told me.’

Catherine stood musing for a while, and at last said to her husband, ‘Hark ye, Frederick, we will soon get the gold back: let us run after the thieves.’ ‘Well, we will try,’ answered he; ‘but take some butter and cheese with you, that we may have something to eat by the way.’ ‘Very well,’ said she; and they set out: and as Frederick walked the fastest, he left his wife some way behind. ‘It does not matter,’ thought she: ‘when we turn back, I shall be so much nearer home than he.’

Presently she came to the top of a hill, down the side of which there was a road so narrow that the cart wheels always chafed the trees on each side as they passed. ‘Ah, see now,’ said she, ‘how they have bruised and wounded those poor trees; they will never get well.’ So she took pity on them, and made use of the butter to grease them all, so that the wheels might not hurt them so much. While she was doing this kind office one of her cheeses

fell out of the basket, and rolled down the hill. Catherine looked, but could not see where it had gone; so she said, 'Well, I suppose the other will go the same way and find you; he has younger legs than I have.' Then she rolled the other cheese after it; and away it went, nobody knows where, down the hill. But she said she supposed that they knew the road, and would follow her, and she could not stay there all day waiting for them.

At last she overtook Frederick, who desired her to give him something to eat. Then she gave him the dry bread. 'Where are the butter and cheese?' said he. 'Oh!' answered she, 'I used the butter to grease those poor trees that the wheels chafed so: and one of the cheeses ran away so I sent the other after it to find it, and I suppose they are both on the road together somewhere.' 'What a goose you are to do such silly things!' said the husband. 'How can you say so?' said she; 'I am sure you never told me not.'

They ate the dry bread together; and Frederick said, 'Kate, I hope you locked the door safe when you came away.' 'No,' answered she, 'you did not tell me.' 'Then go home, and do it now before we go any farther,' said Frederick, 'and bring with you something to eat.'

Catherine did as he told her, and thought to herself by the way, 'Frederick wants something to eat; but I don't think

he is very fond of butter and cheese: I'll bring him a bag of fine nuts, and the vinegar, for I have often seen him take some.'

When she reached home, she bolted the back door, but the front door she took off the hinges, and said, 'Frederick told me to lock the door, but surely it can nowhere be so safe if I take it with me.' So she took her time by the way; and when she overtook her husband she cried out, 'There, Frederick, there is the door itself, you may watch it as carefully as you please.' 'Alas! alas!' said he, 'what a clever wife I have! I sent you to make the house fast, and you take the door away, so that everybody may go in and out as they please—however, as you have brought the door, you shall carry it about with you for your pains.' 'Very well,' answered she, 'I'll carry the door; but I'll not carry the nuts and vinegar bottle also—that would be too much of a load; so if you please, I'll fasten them to the door.'

Frederick of course made no objection to that plan, and they set off into the wood to look for the thieves; but they could not find them: and when it grew dark, they climbed up into a tree to spend the night there. Scarcely were they up, than who should come by but the very rogues they were looking for. They were in truth great rascals, and belonged to that class of people who find

things before they are lost; they were tired; so they sat down and made a fire under the very tree where Frederick and Catherine were. Frederick slipped down on the other side, and picked up some stones. Then he climbed up again, and tried to hit the thieves on the head with them: but they only said, 'It must be near morning, for the wind shakes the fir-apples down.'

Catherine, who had the door on her shoulder, began to be very tired; but she thought it was the nuts upon it that were so heavy: so she said softly, 'Frederick, I must let the nuts go.' 'No,' answered he, 'not now, they will discover us.' 'I can't help that: they must go.' 'Well, then, make haste and throw them down, if you will.' Then away rattled the nuts down among the boughs and one of the thieves cried, 'Bless me, it is hailing.'

A little while after, Catherine thought the door was still very heavy: so she whispered to Frederick, 'I must throw the vinegar down.' 'Pray don't,' answered he, 'it will discover us.' 'I can't help that,' said she, 'go it must.' So she poured all the vinegar down; and the thieves said, 'What a heavy dew there is!'

At last it popped into Catherine's head that it was the door itself that was so heavy all the time: so she whispered, 'Frederick, I must throw the door down soon.' But he begged and prayed her not to do so, for he

was sure it would betray them. ‘Here goes, however,’ said she: and down went the door with such a clatter upon the thieves, that they cried out ‘Murder!’ and not knowing what was coming, ran away as fast as they could, and left all the gold. So when Frederick and Catherine came down, there they found all their money safe and sound.

The previous text was 1908 words. Calculate your reading speed by dividing 1908 by the number of minutes it took.

How was your speed without any formatting aids whatsoever? If it slowed down significantly from the last measurement then go back and practice more. It is hard to transition to reading indented without guides and takes practice. Your speed will have dropped somewhat, but hopefully not too much.

This is about what you should expect for your new reading speed which ideally is a good sight faster than the initial baseline. How do they compare? You will get faster with practice.

Take a short break, get up, have a drink and walk around a bit. We are just about done. Now, finally, we will test your comprehension at this new pace without any aids.

When you are ready start your timer and proceed.

THE WILLOW-WREN AND THE BEAR

Once in summer-time the bear and the wolf were walking in the forest, and the bear heard a bird singing so beautifully that he said: 'Brother wolf, what bird is it that sings so well?' 'That is the King of birds,' said the wolf, 'before whom we must bow down.' In reality the bird was the willow-wren. 'IF that's the case,' said the bear, 'I should very much like to see his royal palace; come, take me thither.' 'That is not done quite as you seem to think,' said the wolf; 'you must wait until the Queen comes,' Soon afterwards, the Queen arrived with some food in her beak, and the lord King came too, and they began to feed their young ones. The bear would have liked to go at once, but the wolf held him back by the sleeve, and said: 'No, you must wait until the lord and lady Queen have gone away again.' So they took stock of the hole where the nest lay, and trotted away. The bear, however, could not rest until he had seen the royal palace, and when a short time had passed, went to it again. The King and Queen had just flown out, so he peeped in and saw five or six young ones lying there. 'Is that the royal palace?' cried the bear; 'it is a wretched palace, and you are not King's children, you are disreputable children!' When the young wrens heard that, they were frightfully angry, and screamed: 'No, that we

are not! Our parents are honest people! Bear, you will have to pay for that!’

The bear and the wolf grew uneasy, and turned back and went into their holes. The young willow-wrens, however, continued to cry and scream, and when their parents again brought food they said: ‘We will not so much as touch one fly’s leg, no, not if we were dying of hunger, until you have settled whether we are respectable children or not; the bear has been here and has insulted us!’ Then the old King said: ‘Be easy, he shall be punished,’ and he at once flew with the Queen to the bear’s cave, and called in: ‘Old Growler, why have you insulted my children? You shall suffer for it—we will punish you by a bloody war.’ Thus war was announced to the Bear, and all four-footed animals were summoned to take part in it, oxen, asses, cows, deer, and every other animal the earth contained. And the willow-wren summoned everything which flew in the air, not only birds, large and small, but midges, and hornets, bees and flies had to come.

When the time came for the war to begin, the willow-wren sent out spies to discover who was the enemy’s commander-in-chief. The gnat, who was the most crafty, flew into the forest where the enemy was assembled, and hid herself beneath a leaf of the tree where the password

was to be announced. There stood the bear, and he called the fox before him and said: 'Fox, you are the most cunning of all animals, you shall be general and lead us.' 'Good,' said the fox, 'but what signal shall we agree upon?' No one knew that, so the fox said: 'I have a fine long bushy tail, which almost looks like a plume of red feathers. When I lift my tail up quite high, all is going well, and you must charge; but if I let it hang down, run away as fast as you can.' When the gnat had heard that, she flew away again, and revealed everything, down to the minutest detail, to the willow-wren. When day broke, and the battle was to begin, all the four-footed animals came running up with such a noise that the earth trembled. The willow-wren with his army also came flying through the air with such a humming, and whirring, and swarming that every one was uneasy and afraid, and on both sides they advanced against each other. But the willow-wren sent down the hornet, with orders to settle beneath the fox's tail, and sting with all his might. When the fox felt the first sting, he started so that he lifted one leg, from pain, but he bore it, and still kept his tail high in the air; at the second sting, he was forced to put it down for a moment; at the third, he could hold out no longer, screamed, and put his tail between his legs. When the animals saw that, they thought all was

lost, and began to flee, each into his hole, and the birds had won the battle.

Then the King and Queen flew home to their children and cried: 'Children, rejoice, eat and drink to your heart's content, we have won the battle!' But the young wrens said: 'We will not eat yet, the bear must come to the nest, and beg for pardon and say that we are honourable children, before we will do that.' Then the willow-wren flew to the bear's hole and cried: 'Growler, you are to come to the nest to my children, and beg their pardon, or else every rib of your body shall be broken.' So the bear crept thither in the greatest fear, and begged their pardon. And now at last the young wrens were satisfied, and sat down together and ate and drank, and made merry till quite late into the night.

Comprehension:

Record the time it took to read the passage.

1. Who was the bear's partner walking through the forest?
2. What does the bear need to see to prove the willow-wren is the king?
3. What is the question the little wrens want settled before they will eat again?
4. How are the sides divided in this war between the bear and the wren?
5. Who does the wren choose as their spy?
6. Who does the bear choose as their leader?
7. What signal does the fox choose to charge and retreat?
8. How does the wren take advantage of the signal?
9. What is the name the wren uses to refer to the bear?
10. After the battle what do the young wrens insist happens before they eat again?

Answers:

1. The wolf
2. His palace
3. Whether they are respectable or not
4. Animals with four legs and animals that can fly
5. The gnat
6. The fox
7. Lifting up his tail to charge and lowering it to retreat
8. He sends the hornet to sting the fox so that he drops his tail
9. Growler
10. The bear apologizes and recognizes the young wren's honour

The text was 914 words. Calculate your reading speed by dividing 914 by the time it took in minutes.

How was your reading speed and comprehension? I hope that you are approaching or have exceeded your goals.

This brings us to the end of this workbook. Your skill with this method will only increase as you practice and feel free to come back to this book, or to Tim Ferriss' blog or videos for a refresher.

Lastly, I want to say that; just because you can read quickly does not mean that you have to all the time. I do find this technique to be somewhat intense and when reading for pleasure I like to slow down and take my time. I find few things more useful than this technique when I am trying to take in information quickly, but it is also important to read for the enjoyment of it so as to not burn out.

Thank you so much for trying out this workbook. Reading is one of the greatest pleasures in my life and I hope that this workbook has helped you apply the technique to get more out of your reading time.