

## “It’s Never Too Late to Read Better”

Break bad reading habits in order to read more quickly and absorb more material.

***If you read out loud***—which slows you down because speaking is much slower than reading—hold a pencil between your lips. If you move your lips, chew gum or suck on candy while reading.

***If you tend to backtrack***—force your eyes to keep moving ahead by using a card to cover what you have already read.

***To improve your reading speed:*** Read two pages a day—as fast as you can—for one week. You will notice improvement within that week. Keep practicing and you will read even faster. **Tip:** If you use your fingertips to “scan” from left to right under the line you are reading, you can pace yourself faster and faster. Your comprehension will build, too.

*How to Prepare for College* by Marjorie Eberts, Danville, California, and Margaret Gisler, Indianapolis, nationally syndicated columnists and former teachers (VGM Career Horizons/\$9.95).

From *Bottom Line Personal*, October 15, 1996.

## **Wolf Naps – A Refreshing Technique for Mind and Body**

“Wolf Naps” help you take regular sleep refreshment breaks from your studies. They are particularly helpful when you do not have time for a regular full night’s sleep. They are also useful when you must go for extended periods without sleep. *A single “wolf nap” can replace about four (4) hours of regular sleep.* (Try it today and see for yourself.)

First, wear something comfortable to rest in.

Second, turn around 3 – 4 times on all fours (like a wolf or other canine) in your chosen resting spot. A bed works very well, as does a sleeping mat on the floor. These turn-arounds are the key to the whole positive effect! (I have even done them in a reclining car seat.)

Third, curl up into a fetal position (like a baby on its side) and sleep.

Typically, you will wake up in about 10 – 15 minutes without any prompting, feeling rejuvenated and refreshed.

**VERY IMPORTANT FOURTH STEP! When you do wake up, be sure to turn around on all fours another 3 – 4 times. This last step enables you to practice this procedure successfully many times in succession, if necessary.**

If you are worried at first about waking up, set an alarm or have someone wake you.

**CAUTION!** Family members like to see you resting, so make sure they promise to get you up! (Better yet, set a timer—it is more reliable.)

This technique has been shown to be a powerful tool for maintaining brain function, alertness and overall health.\*

\*Mowat, Farley. *Never Cry Wolf*. Bantam Books, New York: 1988, (58, 60-1).