

“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).