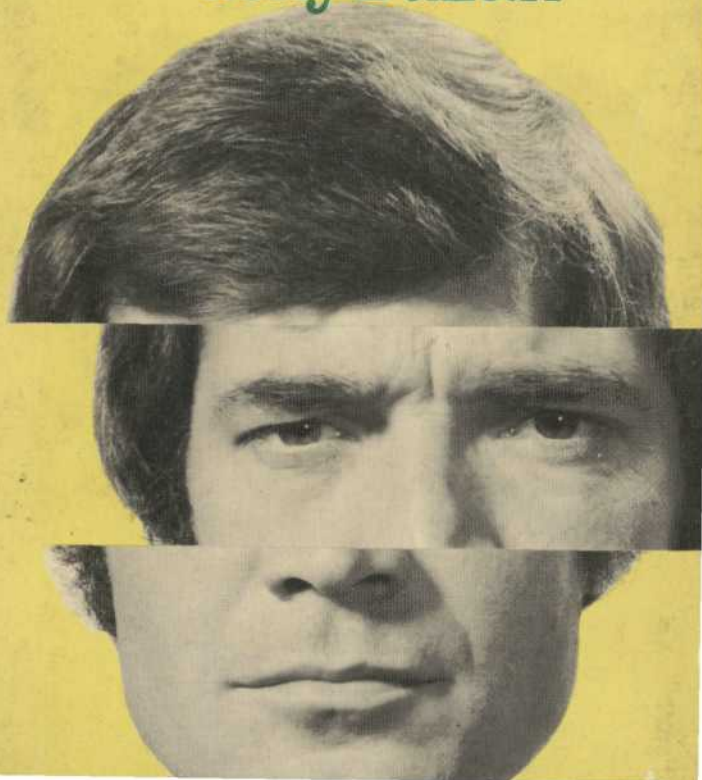


'Use your head...'



SPEED READING

Tony Buzan



4

TABLE OF CONTENTS

Editor's Foreword	5
Preface	9
1. INTRODUCTION	13
Self Test 1—The Methods of Science	
2. EYE MOVEMENTS	19
Perception Exercise I	
3. READING PROBLEMS—A DISCUSSION	32
Self Test 2—Introduction to Psychology	
4. VOCABULARY (I)	41
Prefixes and Exercises	
5. CONCENTRATION, COMPREHENSION & CONDITIONS	47
Self Test 3—The Human Brain and Nervous System	
6. SKIMMING AND SCANNING	58
Perception Exercise (II)	
7. PARAGRAPH STRUCTURE	69
8. PREVIEWING	72
Self Test 4—The Major Musical Instruments	
9. NEWSPAPERS	79
10. LOGIC	84
11. VOCABULARY (II)	89
Suffixes and Exercises	
12. NOTE-TAKING	94
Self Test 5—A History of the Machine	

Self Test 6—History

- | | |
|---|-----|
| 14. LITERATURE AND POETRY | 116 |
| Self Test 7—Art, Primitive to Christian | |
| 15. VOCABULARY (III) | 126 |
| Roots and Exercises | |
| Self Test 8—Art, Gothic to National Schools | |
| 16. ADVANCED TECHNIQUES | 136 |
| Perception Exercises (III) | |
| Self Test 9—Astronomy | |
| 17. SUMMARY | 150 |
| Self Test 10—History of Communications | |