

Learn how the mind and memory work and how to train yourself to remember more. Plus, discover basic speed-reading techniques and the importance of reading and how to develop a basic reading plan.

QUESTIONS FOR REFLECTION:

Q. Are you a reader?

Q. Do you have a reading plan? At what time of the day could you read?

Q. Which of the books on my list have you read? When will you read the ones you haven't?

ACTION POINTS:

1. Develop your reading plan this week.

2. Set aside a time each day to read and then do it.

3. Pick up one of the books on Jim's list that you haven't read yet. If you have read them all, then pick another book or even reread one of those on the list.

4. Develop your memory by memorizing the “body pegs” outlined in this week’s supplemental notes. Then begin to use them. Memorize 10 facts that would be helpful to you this week using that list.