

How to get the best from BookMuncher™



BookMuncher™ is often referred to as:

Reading Improvement Software

Speed Reading Software

Productivity Reading Tool

Self-Improvement Educational Reading Tool

Reading Fluency Software

Vision Training Software

BookMuncher™ can be used to:

1. Assess your current reading level
2. Improve your reading speed and comprehension, both online and offline
3. Help you read faster while on the computer, by utilizing special display modes.

In today's fast-paced information age, it is more important than ever to be a proficient reader.

Everyone from high-powered executives to children just learning to read at school, can benefit from BookMuncher™

Our goal is to help you read faster, while maintaining or even improving your comprehension.

When you accomplish this, reading becomes like watching a movie.

It becomes fun to read because you're able to absorb more material in a shorter amount of time. In short, it leads to more success and a better overall quality of life.

Like anything, it takes practice. BookMuncher™ is not designed to teach you how to read, but instead focuses on helping you be more proficient at your reading both on and off the computer.

Installing & Using BookMuncher 2007 PC

If you have **downloaded** BookMuncher 2007 PC, the application will install on your PC and set up the BookMuncher™ Icon on your desktop

If you have **purchased** a Retail Box, follow the instructions on the inside cover and BookMuncher™ will auto install.

You will need to be online to register your product using the Product Registration code supplied with your product.



WARNING!

BookMuncher™ contains flashing text and if you suffer from Epilepsy or have any concerns please consult your Doctor before using

Using BookMuncher™

BookMuncher™ is the next generation in accelerated reading & presents information in the perfect manner to enable you to start speed reading immediately

No Longer will you need to spend days or weeks developing lengthy speed reading techniques

Through its fully customizable toolbox, you will be able to configure the reading screen to suit your own needs, speed and even mood.

Those with special needs will find the simple configuration of the size and colour of text or background can dramatically improve their reading ability.

These can be retained for future reading, so BookMuncher™ will always start up in the right screen for you

This makes using BookMuncher™ simple and easy to use, irrespective of your age, ability and computing skills

BookMuncher™ helps you break two major reading habits:

1. Sub-vocalization - pronouncing the words in your mind while you read
2. Re-Reading/Regression - letting your eyes wander back to re-read text

BookMuncher™ paces you to read at higher speeds. At these higher speeds, it becomes physically impossible to sub-vocalize & because BookMuncher™ displays text by flashing word sets, you will be forced to read ahead and will not have the opportunity to regress.

BookMuncher™ will also help you:

- a. Reduce Your Eye Fixation Time - time spent when your eyes are focused on a single point
- b. Expand Your Eye Fixation Zone - ability to read a wider text width when your eyes are focused on a single point
- c. Increase Your Re-Fixation Speed - ability to reposition your eyes at a rapid rate

Technologies Used:

BookMuncher™ utilizes a well know technology known as RAPID SERIAL VISUAL or WordVideo™ where the text is displayed in the centre of the text area.

WordVideo™ can help you to read faster than normal because your eyes do not need to move, the words come to your eyes instead of your eyes going to the words.

So by playing words to you singularly, at a speed you can personalize, the brain is able to read and comprehend at speeds higher than you can speak

Your brain and eyes can absorb information very quickly, but most reading is so slow that your brain gets bored and finds something else to do.

By increasing your reading speed, you can stop the boredom which will increase your comprehension and allow you to remember more.

BookMuncher™ will allow you to explore your current reading speed and provide you with the ideal tool to develop it further.

But the most important thing is just like reading any good book.....RELAX

10 Easy Steps....

1. **CLICK** on the BookMuncher™ Icon and you are ready to go
2. **RESIZE** the viewing screen to suit your needs
3. **CLICK** the Folder Icon to choose the file or Book you wish to read (BookMuncher 2007 comes preloaded with 25 Books ready to read)
4. **OPEN** or DRAG the file into the BookMuncher™ viewing screen
5. **DRAG** the slider to your preferred reading speed. We suggest you start at 150 wpm and build up as your brain finds it too slow.
6. **CLICK** on the PLAY icon and READ!
7. BookMuncher™ can be **PAUSED** at any time using the SPACEBAR
8. BookMuncher™ is able to **MOVE** directly (forward or back) to a sentence, paragraph, chapter using the relevant buttons
9. **CUSTOMISE** your viewing screen using the BookMuncher™ toolbox to choose the best text, background and option for your needs.
10. **BOOKMARK** your position so you are able to continue reading from the same point

Using the **TOOLBOX** BookMuncher™ can be fully customised to the reading style best suited to your requirements

Speed of text

Font colour

Font size

Font style

Background colour

Sentence bar visualisation

Word length speed ratio

Sentence pause

Paragraph pause

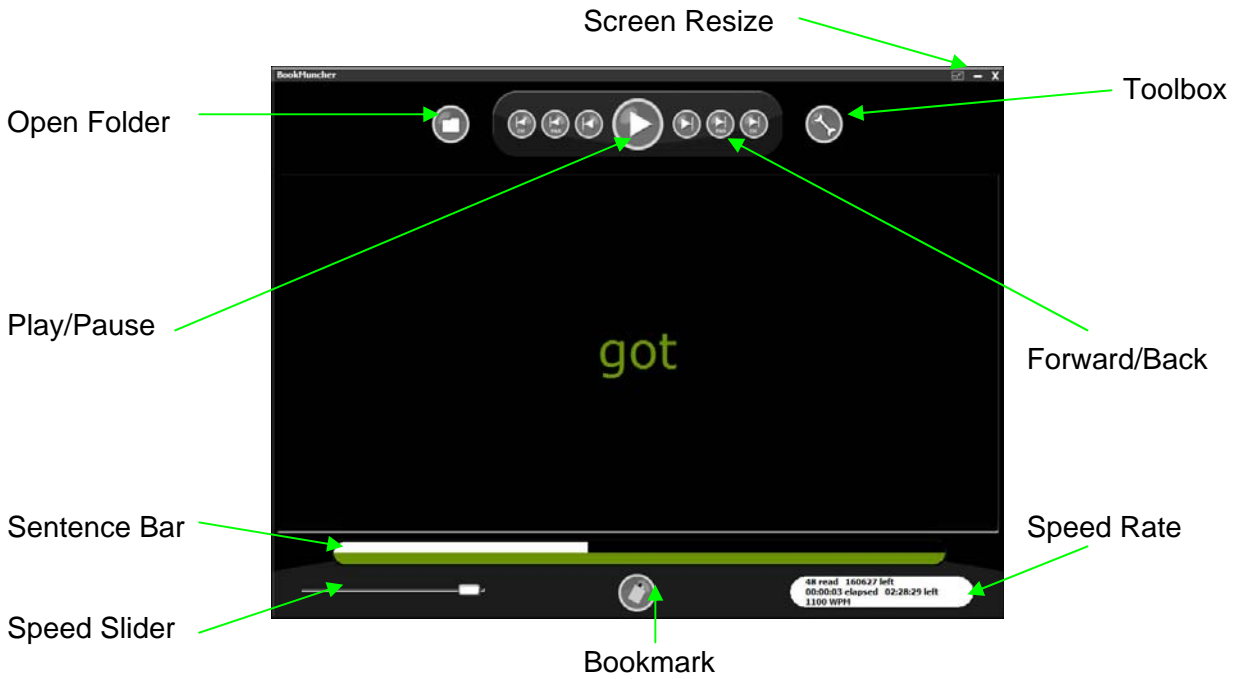
Chapter pause

Show extra words

Greyscale extra words

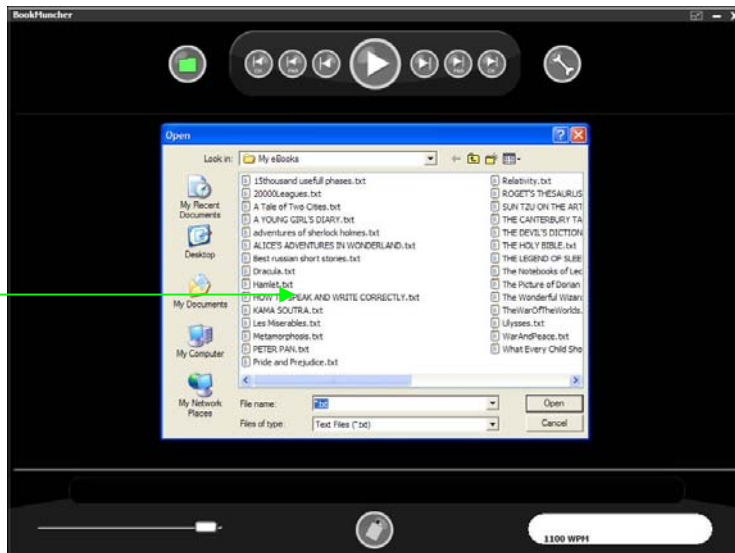
If you discover any BookMuncher™ settings that work for you, why not email feedback@bookmuncher.co.uk and we will include them in future updates

The BookMuncher™ Interface



25 Free Books Included with BookMuncher

Opens up in My EBooks

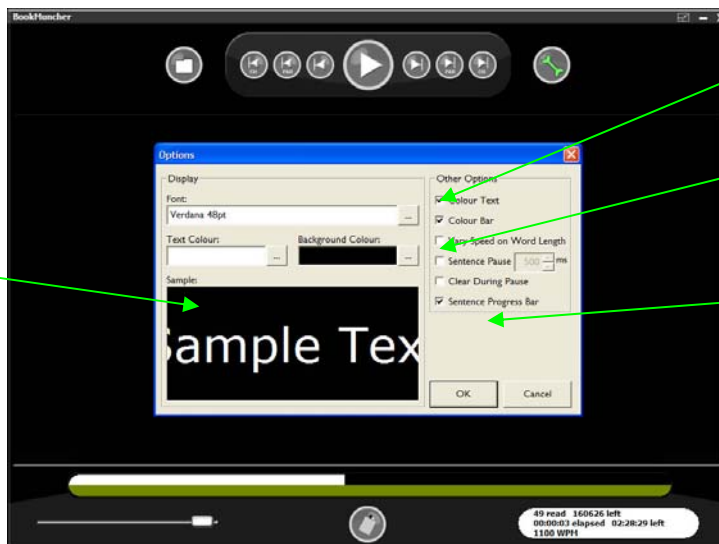


Toolbox Options can be easily configured to suit your personal style

Change Font

Change Colour

Change Background



How else can BookMuncher™ be used?

1. Self-Improvement Educational Tool

Learn to read faster, both on and off your computer, by practicing at configurable speed settings. Track your progress by the increase in WPM scale

Break two major bad reading habits:

- Sub-vocalization,
- Re-Reading

Once you've broken these habits, you will find yourself reading x2, x3 or even faster.

The more you practice, the better you will get!

2. Productivity Tool

Read faster while on your computer

Use BookMuncher™ to read and skim text rapidly from a variety of documents and from your clipboard.

The clipboard allows you to import text from other applications and text from the Internet (i.e. Web pages, e-mail, newsgroups).

3. Pacing Tool

Some teachers have noted that BookMuncher™ is a modern-day software version of the tachistoscope machines from years ago. Tachistoscopes, which would flash text onto a screen at configurable speeds, were used to help many students and teachers learn how to read better by pacing their eye movement.

4. Warm Up Tool

Use BookMuncher™ to warm up your reading skills. It's the same as picking up several bats and taking a few swings before stepping up to the plate. Then you can switch over to read online or offline, increasing your speed in the process.

5. Low Vision Aid

Read without eye movement. Change the text font and background colour to meet your needs.

6. Self-Improvement Programmer

Step up the speed and rapidly display messages to yourself for the purpose of programming your subconscious with positive suggestions.

7. Foreign Languages Trainer

Use BookMuncher™ as a computerized flash card system to read and re-read text for the purpose of learning a foreign language.

BookMuncher™ supports the international ASCII character set (i.e. English, Spanish, German, French, Italian, Nordic etc.) so non English text can be read without the need for further conversion

8. ESL Trainer

Use BookMuncher™ to help learn English as a Second Language by improving your English reading skills.

9. Dyslexia Aid

Read by viewing one or a few words at a time. Easily adjust the speed to your fit your needs. Changing the background and font colours to BLUE & YELLOW

10. Eye Tracking

Use BookMuncher™ to assist your eye tracking at configured speeds. This will help break common bad reading habits that slow you down (i.e. sub-vocalization and regression...)

Proficient Reading = Proficient Learning.

Once you unlock your reading potential, you will unlock your ability to learn everything more proficiently.

Better results in school? Teach your children skills that will pay benefits through their school life and into the workplace.

Better performance on the job where reading skills are more and more important.

More hours in your life as your reading speed increases.

Better quality of life as your reading, understanding and retention grow year after year.

Want to know more about Speed Reading?

History

Speed reading is not a new reading technique. Speed reading educators claim that the process is all about retraining people to use the brain's capability of taking in more than one word at a time. Psychologists and educational specialists working on the visual acuity devised the tachistoscope, a machine designed to flash images at varying rates on a screen. The experiment started with large pictures of aircraft being displayed for participants. The images were gradually reduced in size and the flashing-rate was increased. They found that, with training, an average person could identify minute images of different planes when flashed on the screen for only one-five-hundredth of a second. The results had implications for reading.

Using the same methodology, the U.S. Air Force soon discovered that they could flash four words simultaneously on the screen at rates of one five-hundredth of a second with full recognition by the reader. This training demonstrated that reading speeds could be increased from reading rates to skimming rates. Not only could they be increased but the improvements were made by improving visual processing. Therefore, the next step was to train eye movements by means of a variety of pacing techniques in an attempt to improve reading. The reading courses that followed used the tachistoscope to increase reading speeds; it assumed that readers were able to increase their effective speeds from 200 to 400 words per minute using the machine.

It was not until the late 1950s that a portable, reliable and 'handy' device would be developed as a tool for promoting reading speed increases. The researcher was a school-teacher named Evelyn Wood. She was committed to understanding why some people were naturally faster at reading than others and was trying to force herself to read very quickly. It is told that while brushing off the pages of the book she had thrown down in despair, she discovered that the sweeping motion of her hand across the page caught the attention of her eyes, and helped them move more smoothly across the page.

She then utilized the hand as a pacer, and called it the "Wood Method." which was renamed into Reading Dynamics in 1958.

More recently, speed reading courses and books have been developed promising even higher increases in reading speed, some at with high comprehension.

Businesses selling courses and manuals on speed reading claim that it is possible to increase the rate of reading to beyond 1000 words per minute with full comprehension, provided the course is followed and that the exercises are constantly practiced. However, a good deal of these courses and manuals are conflicting as to why and how speed reading should be adopted as a method. Some courses claim that reading at over 1000 wpm is advantageous for all types of reading material, whereas others say that it is best only for novels. Some say that speed reading is not appropriate for reading poetry and others say that it is. Some sources go even further, claiming that speed reading will increase IQ, memory, and comprehension ability. Other sources claim that it will only improve rate and comprehension.

One point of contention between the various speed reading courses is the assertions concerning sub-vocalization. Some courses claim that the main obstacle to speed reading is any form of sub-vocalization. Other courses claim that sub-vocalization can be used on keywords in order to speed

up learning and reading. And some proponents of speed reading claim that sub-vocalization can be broken down into two levels, only one of which will reduce reading speed.

Speed reading courses and books take a variety of approaches to the concept of reading comprehension. Some courses and books claim that good comprehension is essential to speed reading, and that comprehension will improve with speed reading. Special non-standardized reading comprehension questionnaires are provided in order to convince the reader of the effects of the program. Some courses advise that while comprehension is important, it should not be measured or promoted above the speed of reading. Other courses and books argue that 90% of reading material is irrelevant and so comprehension should simply be ignored.

Prescriptions and training

Speed reading courses and books prescribe a variety of techniques that they claim will increase reading rate whilst retaining good comprehension. Speed reading learners are instructed to

- Read words at a faster pace
- Breathe diaphragmatically whilst reading
- Avoid intake of high glycemic index foods
- Hum a familiar tune whilst reading, to eliminate early stage sub-vocalization.
- Sit upright
- Make lazy “S” shapes across the page with a guide
- Reading each line in time to a metronome
- Reading down the page rather than left to right
- Reading backwards
- Use photographic memory training
- Attain an alpha or theta brainwave state
- Relax attention
- Zen focus
- Super read by flipping the pages
- Some speed reading courses and books also include study and memorization techniques such as Learning 3Rs Read, Record and Recite

.....so it's easy to see why BookMuncher™ is such an easy way to read faster, more & better

Claims of real life speed readers

According to some speed reading advocates, the World Championship Speed Reading Competition stresses reading comprehension as critical, and that the top contestants typically read around 1000 to 2000 words per minute with approximately 50% comprehension.

Scholarly research

Some reading research has indicated that instructing a group or class of readers to speed up their reading rate will increase reading comprehension to a limited degree. In fact, inexperienced readers will often choose a rate slower than is appropriate for the material being read. However, this is only true to up to a point. When reading rate is increased to beyond the reading for comprehension rate (over approximately 400wpm), comprehension may drop to an unacceptable level

Research on reading rate indicates that reading for comprehension is best achieved at 200-350 words per minute. This has been found to be constant for all competent readers. Research conducted on rapid reading courses indicates that they are actually teaching a limited kind of skimming. Skimming can be learned easily without the need for an expensive course, and involves reading at a rapid rate for the purpose of searching rather than comprehension

Research on sub-vocalization, shows that it is a natural process which can help comprehension, and can be encouraged, especially for the purpose of reading high quality prose. Sub-vocalizing will only decrease reading rate if it is accompanied by obviously visible movements of the mouth, jaw or throat.

Professional reading rate researchers' general advice about speed reading courses is simply not to enrol. Skimming can be learned easily without the need for expensive courses, and comprehensive study techniques can be learned for free or for a small fee at community colleges. Indeed, great results can be obtained using reading rates appropriate to the material, a wide repertoire of learning strategies, and an accurate judgment of reading comprehension.

BookMuncher™ Software

BookMuncher's Speed Reading Program uses a different approach to the usual 'speed reading' tips where a few words are grouped together to be read. The software presents words to the reader one at a time in the same position, stopping the eyes from having to move around as they would on a normal paragraph.

The data is presented as a serial stream as the only way the brain handles text is breaking it up into a serial stream before parsing and interpreting it. BookMuncher's Speed Reading Program pre-processes and serializes text, so the brain does not need to do so.