

Hacks On Reading More

Change your mindset Try to change your mindset from thinking "I can read"; that it is something you have learnt to do and that journey has ended. "Reading must become as natural as eating and breathing to you. It's not something you do because you feel like it, but because it's a reflex, a default." writes Media strategist and author Ryan Holiday.

Don't make towering reading goals If you're not an established reader then don't commit yourself to reading more books than you can handle. In other words, don't set lofty goals - goals that you probably can't achieve. Start by setting a reading goal that is easily attainable - such as reading 20 pages a day.

Settle down When you're mind is preoccupied and racing-a-mile-a-minute it's challenging to sit down and actually enjoy a book. Try to complete nagging tasks prior to reading. Many find that exercising and meditating help put their mind at ease.

Cut-off All Distractions Start by reading in a room that is quiet and doesn't have temptations like a TV. All notifications should also be turned off. Keep it quiet and the benefits will be greater.

Set a dedicated reading time This helps make reading a habit. For me, I set aside 20-30 minutes in the morning to read and listen to an audiobook for 20-30 minutes before I go to bed. This prevents distractions and ensures that I'm reading around an hour every day.

Borrow reading time from something less important The thought of reading for an hour a day may seem like a serious time commitment to some people. But if you borrow time from something else you'll realize that it's really pretty easy. For example, cut your Video watching time from 2 to 1 hour.

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Hijack your Facebook habit "Habits begin with a Trigger, which then leads to an Action, which then leads to a Reward. Over time, you build your Investment. The cycle repeats." writes Design for Hackers author David Kadavy.

In this case, you can replace your bad Facebook habit and turn it into a good reading habit, in the words of Kadavy try these:

1. Reduce friction. For this particular habit, there's something that blocks you from enjoying books the way you read Facebook. Opening a book feels like a big commitment. So, you need to give yourself permission to read tiny chunks of books. Pick a book that has a short chapters or a new topic on every page.

2. Hijack your Trigger. Every time you feel your Facebook Trigger, instead of reaching for your mobile device, grab a book. It's best if it's a physical book at first, because a mobile device is too tempting. If you have to use a mobile, rearrange your icons so Facebook is hidden, and Kindle is prominent.

3. Replace your Action. Now, read the book! To start, just pick a page in the book and start reading.

Listen to Audiobooks Stuck in Traffic? Need to do the dishes? Need to get your steps up! Listen to an Audiobook while doing your repetitive tasks and save time while learning something new. I have found that some books are even better in audio format because it allows you to better understand certain intentions of the author that you might not get in writing.

Share what you read Pass along the information or insights about what you have read and you will be more likely to get new recommendations from people.

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Read around your interests and tv/film choices If you enjoy football you may enjoy books fact or fiction books on that topic. If you enjoy watching Lemony Snickets you may enjoy the book.

Give yourself permission to go short It is easy to be overwhelmed by a weighty novel. You may find that shorter books feel more manageable and give you a sense of achievement.

Shake off your preconceptions that books with pictures are for weak readers Beautiful books that enhance the reading experience with eye-catching bindings and atmospheric illustrations are the trend in books now.

Make a list When someone recommends a book to me or you see an interesting book on Amazon, add it to the list. This way you will always have reading ideas.

Have your next book on stand-by Take a couple of minutes and select the next book to read. I then jump from one book into another immediately.

Read multiple books This strategy may not work for everyone, but I have several different books in different locations. Having a variety of books to read at once is challenging and keeps me from getting bored.

Eliminate decision fatigue Yes. Decision fatigue is an actual thing that can prevent you from being productive and adopting habits like reading. Instead of aimlessly searching for thousands and thousands of new book releases, search for lists or ask for recommendations.

Take notes Whether you use highlighters, jot down notes in the book margins, or on a Post-it don't be embarrassed. This is still going to improve your literacy skills, which in turn will make you a lean, mean reading machine.