

# Slow Reading in a Hurried Age: Reconnecting with the Written Word



## Slow Reading in a Hurried Age by David Mikics

★★★★☆ 4.5 out of 5

Language : English  
File size : 1026 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 331 pages  
Screen Reader : Supported

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In our fast-paced digital world, it's easy to get caught up in the constant stream of information. We're constantly checking our phones, emails, and social media feeds. As a result, we're often reading quickly and superficially. But what if we slowed down and took the time to read deeply?

Slow reading is the practice of reading at a slower pace, paying attention to each word and sentence. It's a deliberate and conscious way of reading that allows us to fully absorb the text. And it has a number of benefits, including:

- \* Improved comprehension: When we read slowly, we have more time to process the information and understand what we're reading.
- \* Enhanced memory: Slow reading helps us to remember what we read by giving us time to encode the information into our long-term memory.
- \* Increased critical thinking skills: Slow reading allows us to think more deeply about what we're reading. We can identify the author's purpose, evaluate the evidence, and draw our own conclusions.
- \* Reduced stress and anxiety: Slow reading can help us to relax and de-stress. It's a calming activity that can help us to escape from the hustle and bustle of everyday life.

## **How to Practice Slow Reading**

If you're new to slow reading, it can be helpful to start by setting a timer. Set a timer for 15 or 20 minutes and read for that entire time, without stopping. Don't worry about how much you read; just focus on reading slowly and deliberately.

As you get used to slow reading, you can start to increase the amount of time you read each day. You can also start to experiment with different

ways of reading. For example, you can try reading aloud, or you can try reading in a quiet and relaxing environment.

Here are some additional tips for slow reading:

\* Find a comfortable place to read. \* Avoid distractions. \* Focus on your breathing. \* Read each word and sentence carefully. \* Don't be afraid to reread passages that you don't understand. \* Take breaks as needed.

Slow reading is a valuable practice that can benefit us in many ways. By slowing down and taking the time to read deeply, we can improve our comprehension, memory, critical thinking skills, and overall well-being.

In our hurried age, it's important to find ways to slow down and connect with the written word. Slow reading is a great way to do that. So, next time you pick up a book, try reading it slowly. You may be surprised at how much you enjoy it.



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