

3 Quick Tips to Be a Better Reader by Tony Jeary

Reading can significantly improve your life. Here's how to amp up your skills.

The smartest people I've met love to learn. They thrive on new ideas and read many books and articles that change and challenge their thinking. These tips will help you reap more from reading:

1. Recap your reading.

Highlight key information in what you read and type it into recaps that you can revisit and study.

2. Ask for recommendations from your mentors.

Top coaches will always have a new book or article to share with you. Ask them what they're studying and take notes. Nearly every successful person we know will mention reading books such as *Think and Grow Rich*.

3. Determine why you're reading: to learn, for entertainment or to gather data.

Then approach your reading accordingly. Many people don't think about why they are reading, so they read too quickly or too slowly.

You can't attend every seminar, self-help session or motivational speech. But you can download a book on your tablet or mobile device that will inspire new ideas, catalyze change and help you get where you want to be in life.