



Unlock your brainpower

This DVD-Video presents the essentials of Brainpower Speed Reading, including footage from a live seminar. You can participate as if you are present at a seminar.

Don't just take our word for it

'Superb! Brilliant! Quick wins with speed reading.'
Kerry Humphreys, Consultant, PricewaterhouseCoopers

'This is the best run course. I will recommend for staff and students.'
Dennis Foletta, Secondary Teacher and Sports Coach

You will need: □

A pocket calculator and reading texts - 2 books - easy to medium level of difficulty, paperback or hardback size, and 1 technical reading e.g. computer manual, textbook.
While not essential, it is better to participate with the free workbook which you can print off from www.brainpowertraining.com.au/

- Chapter 1. **Introduction**
- Chapter 2. **Measure your reading rate 1**
- Chapter 3. **Measure your reading rate 2 - Technical**
- Chapter 4. **Four poor reading habits, First techniques to improve reading rate**
- Chapter 5. **Twice-as-fast eye exercise, End speed**
- Chapter 6. **Self check-up**

Brainpower Training holds public and on-site instructor-led seminars. Contact us for details and ask about our special offer for buyers of this DVD (with proof of purchase).

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Duration: 127 minutes **Age: 14+**



Nina Sunday, BA, DipEd, DipArts (AustFilmTVSchl), is a leading educator who captivates audiences everywhere with her warm presentation style. In 1990, Nina Sunday founded Brainpower Training which recently won a prestigious Australian Innovation in Learning national award. Nina is an expert in training speed reading and has pioneered teaching this skill to over 100,000 executives and students Australia-wide.

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Speed Reading

Brainpower Training



Speed Reading



Unlock your brainpower

Imagine the time you would save if you doubled or tripled your reading speed.



Whether you're studying or at work, learn from the expert, Nina Sunday.

