

How to Read a Book

OK, someone bought you a book, and there seems to be some interesting pictures, and it's true, the subject is kinda' cool. But reading sucks. So now what? How do you read a book when you haven't read a whole book since Mrs. Schmackerwalker made you in the 5th Grade?

1. Read Somewhere cool

There are a bazillion things you would rather do than read a book. And if those things are right beside you, you are going to do them. Whatcha' got to do is go somewhere where reading is whatcha' got to do. Like go to a coffee shop or a library. Then you can stare at your book while you worry that people are checking you out. What do people do in coffeeshops when they are by themselves? How do you hang out in a coffee shop and check out all the hotties? Simple. Read a book. You will look smart and approachable. You might meet someone.

2. Start Small

You are not going to read a book with 270 pages and 72,000 words in a couple hours. This could take a month or two. No problem. You got time. You are not going to retire before you finish this. Try 5 minutes, then 7 minutes, then 10 minutes. If you get to 15 minutes you are rockin' it.

3. Use a timer

Yep, set the time to 5 minutes. Use the timer on your phone, although I prefer an actual timer that goes tick tick tick. Use whatever works for you. Then read. Even if it is just 2 pages. Then reset the timer, or don't and come back and try later, or tomorrow. But it would be best if you tried just a few more minutes. Always set your timer. Always read until the timer says you are done. Maybe keep reading a bit past when the timer goes ring ring ring. Or beep beep beep.

4. Read Fresh

It would be ideal if you could do your reading after you have got your breathing elevated and had a good workout. Maybe that means after the gym or shooting hoops. Maybe that means a brisk walk to the coffee shop. Your body tells you to sit still and recover while your mind focuses on the task at hand.

5. Make notes

If you think of it, take a notebook, and jot down things to remember, or things you have to get done. But read during the time your timer is on.

That is it. If you read this little blurb, you can read a book. And if you learn something, it would be awesome. We need your help. The more you learn the better. Whether it is in a coffeeshop, a classroom or a machine shop. We need your help.

