HOW TO TRIPLE
YOUR LEARNING SPEED

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How to Triple Your Learning Speed

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Introduction to How to Triple Your Learning Speed

We are in the information age. At the reach of your fingertips is worldwide access to information on any topic you desire. This is a time unlike any other in history.

And this can be both a benefit and a curse.

With so much information, it is easy to be overwhelmed. Or get paralyzed; never taking any action, because you stay in research mode. But this potential dark side of information access is manageable, though not the topic of this report.

Assuming you can manage that well, it leaves the upside even brighter. We can reap the benefits of having so much available. And when you add in the methods covered in these pages they’ll help you to accelerate your learning even more.

It is through massive learning that I have built my business, become strong and healthy, and developed a wide range of skills. Learning is the foundation on which on my success is built. And if you’d like to be successful, whatever that means to you, you’ll need to learn some things along the way.

As the saying goes, “School is never out for the pro.” Let’s just hope that your schooling didn’t beat the love of learning out of you. The process can be fun, rewarding, and as you’ll come to find, it can be done a lot more efficiently than what the average person does.

Even when you cut away the un-essentials, you may realize you still have a full plate with all that you’d like to learn and act upon.

This special report is about accelerating the rate at which that information enters your mind. The good news is that with some skills, some patience and some cool technologies you can do this with books, audios and videos; all the main means by which people learn.

Let’s get started…
Accelerating Videos

With cheap bandwidth, video is pervasive online now. Many businesses teach webinars on a wide variety of topics, and these can last an hour or two. How would you like to change that into 20 to 40 minutes?

Does that 8-hour video course seem daunting? What if it only took around 3 hours?

Or what about just chopping that Youtube video from six minutes down to three? It doesn’t sound like much, but the fact is that it adds up.

The fact is that we can comprehend what we see and what we hear far faster than the pace of how people talk and teach. Let’s say you spent only 100 hours learning in a year. With a simple doubling, you could learn twice as much.

I know, I know, you’re worried about the sound of listening to chipmunks, but these technologies modify things so that does not occur. You just need to spend a little time getting use to new speeds.

In the beginning, you’re likely to just start at 1.5X speed. After doing that for a little while you can move up to 2X. I’ve been using these for years now and typically move it up to 2.5 or even 3X. Depending on the speech rate of a presenter, I sometimes even go higher!

You may be thinking, “I can’t comprehend something at that speed.” But you will get trained to listen and comprehend faster. Secondly, it actually forces you to pay more attention. There are no big gaps between sentences that send you day dreaming. You pay more attention, because it moves faster and therefore you comprehend even more.

In order to do this, there are a few different pieces of software I use. The first and second are for online video. The last is for downloaded videos.

MySpeed

The first online video accelerator is called MySpeed from a company named Enounce.

There is a 7-day Free Trial. After that it is just $29.99. If your time is worth anything, this will easily make up for the price. I highly encourage my employees and even contractors to use this, and will pay for it because it means they can work faster and learn faster.

Once installed on your computer, and it works for both PC’s and Mac’s, you can also slow down
videos when you need to.

Notice on the right side where it displays, “Time Saved.” That’s 323 hours, 8 minutes. That’s 13.5 days! Of course, I wouldn’t have watched everything I did at normal rates, but that allows me to learn far more than most people do.

http://www.enounce.com/

This works on almost all online video. Occasionally, there will be an issue with the player, where it will only load a small portion at a time, and thus will end up buffering. But in my experience, this is around 2% of the videos I’ve come across.

Video Speed Controller

Recently my Mac laptop quit working on me. Instead of spending a bunch of money for a new one, I got a Chromebook instead.

I contacted Enounce, and was horrified to find that their software wouldn’t work for a Chromebook. So, I set out to find an alternative solution, and I did.

https://chrome.google.com/webstore/detail/video-speed-controller/nffaoalbilbmmfgbnbpgppjihopabppd

This one is completely free, and works with the Chrome browser, which is quite a bit better than most browsers.

Instead, of a separate player, here you’ll see the video speed options up in the top left corner, and you can use keyboard shortcuts to change speeds as well.

Speed up, slow down, rewind and advance any HTML5 video with quick shortcuts.
**VLC Media Player**

The last option is for any video that you can download to your computer. This one is also completely free.

[![VLC Media Player](https://www.videolan.org/vlc/icon.png)](https://www.videolan.org/)

http://www.videolan.org/

Install it to your computer. Open up any file, including DVD’s or also audio, and you can accelerate it in the same way.

Go to the Playback menu, hover over Speed, and then use Faster to jump it up 0.5X or 1X, when you’re up at 2X. Use the Faster (fine) to move up 0.1X at a time.

There are other options available. Youtube recently adding this to its own player, we’ll probably see it become more prevalent in the future. But I would highly recommend you start using any of these today.
Accelerating Audios

For audio files, you can use the exact same programs as listed above. MySpeed will accelerate online audio files, though it doesn’t appear the Chrome one does. VLC media player will accelerate offline audio files.

I often will use them for this. However, most of the audio I listen to via podcasts. They can be one of the best sources of free learning available. Podcasts make it very easy to enjoy the “university on wheels”.

By default, in the Apple Podcast you can speed up podcasts. When playing a podcast (currently, though these things change with updates), you’ll click the button on the left hand side where it will go from 1X to 2X, to 1/2X.

They say it is 2X, but it is actually 1.4X. Why they did this, I have no idea.

If you want something faster, which I did after getting used to MySpeed and VLC, I found you had to get a different player than the default. Enter the Overcast Podcast Player app: https://itunes.apple.com/us/app/overcast-podcast-player/id888422857?mt=8

In addition to being able to speed up the podcast to a true 2X and even beyond, this also has something called Smart Speed. This removes the gaps between sounds. When you do this along with the speed multiplier, you get something that can be too much. However, as I mentioned before, when you do this over time, you’ll be capable of going faster.
The Voice Boost feature helps you to get more volume and better sound which can be helpful with some poorer quality podcasts.

Not an iPhone user? Not to worry, I’ve still got you covered.

Podcast Player by PlayerFM has the same speeding up, and gap deleting, capabilities: [https://play.google.com/store/apps/details?id=fm.player&hl=en](https://play.google.com/store/apps/details?id=fm.player&hl=en)

Of course, technology changes over time so these players may disappear at some point, or other players may come on the market. The important thing to realize is that there are always going to be technologies for this moving forward.

Podcasts are one of the best sources of freely available information on a wide variety of topics today. And if you aren’t already listening to these files in your car, and re-listening over and over again, you should be.
Accelerating Books and Written Material

When it comes to reading, unfortunately technologies aren’t the best answer to going faster. While there are things such as [https://www.spreeder.com/](https://www.spreeder.com/), I haven’t found anything that really takes the place here of just learning the skill set of speed reading.

I’ll be pointing out some resources to go deeper into the topic, while just discussing some of the overarching principles here. After that, it is up to you to practice this.

Books (at least good books) are condensed knowledge. As an author, it takes much more time to write a book, than to record a video or audio. If something is not just written free flowing, but is drafted and re-drafted, it can be the most condensed and useful information. That is why I read a lot of books! (Probably, also why I’ve become an author too.)

As Jim Kwik puts it, “Leaders are readers.” Okay, onto the main principles…

First, realize that you don’t have to read everything in full. You are allowed to skim through things. Search and find what you want out of any resource instead of making sure you complete it. This alone can cut your time up to 95%. Think: reading a complete book, versus going to the single chapter you have an interest in and can use.

Secondly, learn how to read faster. Besides skimming you can actually read faster. The main aspect of this is to shut off subvocalization; that is where you’re saying the words to yourself in your head. This ultimately, limits your reading pace because you can’t say words as fast as you can understand the meaning of them.

Something that helps is to use your finger to trace the words. As our eyes are great at following movement, this helps to limit the re-reading of words and lines, or what is called regression.

Aiming for just these two things, you begin to push your speed up. What gets tracked gets improved, which means that you need to practice at it.

Count the number of lines over a few pages (3 to 5) in a book. Then divide by the number of pages to find an average number of lines per page. Then count the number of words per line in a similar manner. Here, you find the number of words per line, which you can multiply together to find the words per page.

Set a timer for two minutes and see how many words you can read. Now you practice. Set a timer again for two minutes and move your finger 20% faster. It doesn’t matter if you can’t comprehend as much. You’re just practicing. This is like stretching or working out a muscle. Over time, you will get faster with comprehension.

Keep doing this drill, or similar drills, and you can test yourself over time, and recalculate your words per minute (WPM) reading speed.

The book I started with was, The Evelyn Wood Seven-Day Speed Reading the Learning
You can find this on Amazon for 15 cents (at the time of writing) at [http://amzn.to/2xBR8Ww](http://amzn.to/2xBR8Ww).

This course has stood the test of time, since it started back in 1959.

Some other titles worth checking out are:

Break-Through Rapid Reading by Peter Kump at [http://amzn.to/2vg2G52](http://amzn.to/2vg2G52)

Triple Your Reading Speed by Wade Cutter at [http://amzn.to/2we8vx9](http://amzn.to/2we8vx9)

The important thing is to pick one and work with it for a little bit of time. If you add just 100 WPM to your speed, and you continue to have that for the rest of your life, wouldn’t that be worth the little bit of practice?

See practicing speed reading as an investment, and I can guarantee it will yield dividends.
Conclusion

If you want to be successful in all areas of life, chances are you’ll need to learn a few things. While you might have natural talent in some areas, you won’t be so good in others. Maybe your relationships are great, but your finances suck. Or vice versa.

The good news is that you can learn from experts in any area, and thus improve where you are at.

The pace of society is accelerating. You can’t go to college to learn about your career and then never learn anything ever again. Not if you’re seeking to grow. Some evidence points to young people holding 12 to 15 different jobs on average by the time they’re 40.

If we believe the maxim that “knowledge is power,” then discovering how to acquire knowledge faster makes it exponential.

Some people learn best by reading. Some people learn best by listening. Some people learn best by watching. Some people learn best by doing. While it is great to know yourself well, and how you best learn, that doesn’t mean that option is always available. By all means, aim for that AND make yourself more efficient at all learning channels.
About Logan Christopher

Logan Christopher aims to be a renaissance man. He is an author, entrepreneur, professional strongman, NLP trainer, naturalist and much more.

He teaches fitness and strength training, including everything from kettlebells to back flips, lifting rocks to bending horseshoes, bodyweight training and more at www.LegendaryStrength.com.

He is the CEO of www.LostEmpireHerbs.com, which is a premier provider of high potency herbal extracts from around the world that increase peak mental and physical performance. He, and his growing team, help to get people back to the wisdom of nature.

He also maintains a personal blog at www.LoganChristopher.com for writing outside of health and fitness, such as entrepreneurship, learning, habits, happiness and more.

Logan lives with his wife Charlotte in Santa Cruz, California, along with their two cats Ragnarok and Valhalla.