# A quieter reading rhythm

## 1. Make room for a page

A good reading session begins with a little room to think.

Set aside the alerts and give one page your full attention.

Listening can help you notice the shape of a sentence.

Follow the words, pause for a thought, and begin again.

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## 2. Find your own pace

Not every paragraph asks to be read at the same speed.

Slow down when an idea is new, and repeat a useful line.

A chapter break is a chance to gather what you have learned.

The aim is not to finish first, but to carry something with you.