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The views expressed by contributors' entrepreneurs are their own. Some of the contributors featured in this article are members of The Seminal, a selective, fee-based board that distils research-backed, actionable views from entrepreneurs. Along with sleeping, what do you spend most of your day doing? The answer is most likely demanding media – everything from reading emails, articles and books to listening to podcasts and watching YouTube videos. In fact, the average person spends more than eight hours consuming media online. If you've found a way to increase your reading (or browsing) speed, you can add extra hours every day for the rest of your life. These are tens of thousands of hours that you can use to develop new skills, deepen your relationships with close family or friends, or just gain another advantage in your career. Related: 20 Ways This Week's Most Productive YetThrough Research and Talking to Several People, I've discovered several ways to increase the speed at which you consume media: 1. Use a visual pacer while reading. Image credit: Alannah AvelinAs to Jim Kwik, founder of Kwik Learning and Speedreading and Memory Expert, you should use a visual pacer (finger, pen, computer mouse) to underline every word as you read it. According to it, this approach instantly increases reading speed by 25 to 50 percent by focusing your attention and reducing regression (where your eyes automatically re-read words as you go on). To see the power for yourself, do it simple before and after the experiment: Before: Time yourself for a minute and read the book the way you normally do. When complete, count the number of lines read and the average number of words in each line (usually around 10). Now multiply those two numbers. So if there were 10 words per line and you read 40 lines, your reading speed is 400 words per minute. Po: Time to a minute using the visual pacer and count the words again per minute.2. Expand your perception of awareness. Image credit: Andrew (Drew) KellyIn a blog post, author and entrepreneur Tim Ferriss says training your vision to register the periphery more efficiently can increase reading speed by more than 300 percent. To get a better read on the periphery, Ferriss suggests that instead of starting with a visual pacer on the first word of each line and ending with the last, start with one word and end one word from the last word. Next, move two words, then three words, and so on while keeping your speed the same. Related: To increase productivity Tell your team to take a trip3. Eliminate micro distractions with a white noise app. Image credit: Emerson Spartz Spartz, founder and CEO of Spartz Inc. he talked to us about what's helping him. He points out that research has found that interruptions consume 28 percent of the average knowledge worker's day and dramatically slow down learning. Easiest and fastest way I found to remove these interrupts with white noise (sounds like air conditioning), he says. I listen to white noise through the White Noise IOS app and it helps me get in and stay in the flow state. He says this tip helped him increase his reading speed by at least 30 percent. 4. Skim before reading. Picture credit: Garth DietrickMost people learned to read by reading fiction because there is a beginning, a middle and an end. But with non-fiction, you don't have to read everything. You can follow the 80/20 rule and focus on the parts of the book that are most important before you dive deep. One academic study found that skimming first can improve the overall speed of normal reading. Mortimer Adler's classic 1972 book How to Read a Book Shares Exactly How to Collect: Read the front page and forewew to understand what the book is about. Check out the content to get an idea of how the book is organized. Go to the index to see the topics in the book and the types of publications the author cites. Flip through the book, reading several paragraphs, sentences and passages to understand the main themes of the book. If available, examine the writer's summary of the book (often found at the back). 5. Use the right tools for all forms of mediaImage credit: Yutaka Tsutano Garth DietrickSpeed reading is no longer just about technique. It's also about tools that consume all your content faster, including audio and video: ReadingSpreed (desktop only): Instead of moving your eyes to read, you simply look at one area of the screen that feeds you words in predetermined words per minute. (maximum speed: 1600 words per minute) Speed Reader (iOS) / Speed Reader (Android): Read any content online on your mobile phone in the same way as Spreed (see above). JIU It's possible to save up to an hour a day if you cut out a four-day waste, says Jamie Novak, author of 1000 Best Fast and Easy Time Saving Strategies, which most people get hit three times with the snooze button. Plug in the alarm clock all over the room so you're not tempted to sneak into extra shuteye. Time saved: 21 minutes rooting through Cosmetics Group morning and evening makeup in separate sheer bags. Now that you want your neutral lipstick, not your defiant-red evening shade, you'll know where she is. Time saved: 10 minutes caught in web minutes can turn into hours when you googler. Set the timer, and when it goes out, that's it. Time saved: 40 minutes Opening mail Speed up the process with the letter opener and don't even bother with spam. Swing it directly into the recycling bin or shred. Time saved: 6 minutes Total time saved: 1 hour and 17 minutes This content is created and maintained by a third party and imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io WolterkGetty Pictures whether it's a must-have ingredient for your Christmas dinner, a last-minute White Elephant gift that everyone will want to steal, or enough Wrap up the end of the pack into each gift – sometimes you have no choice but to go out and buy the last thing to make your holiday complete. However, if you do not realize that you have forgotten something until Christmas Day itself, you may encounter a small problem. Many shops close their doors for holidays. If you're wondering if Walmart is on this list, we have some bad news for you. This content is imported from {embed-name}. You may be able to find the same content in a different format, or you may be able to find additional information on your website. What are Walmart's Christmas hours in 2020? Walmart is closed on Christmas Eve. December 25 is actually the only day in a calendar year that Walmart is closed. The day after Christmas, December 26, Walmart will continue its regular hours. Most Walgreens, CVS and Rite-Aid locations will open on December 25 (among other stores) – although don't forget to double-check your local store schedule. As it turned out, these pharmacies are some of the best places to get cheap beauty products for storing seals. Be sure to check the hours of your local store before visiting, as the hours for many big box stores can change. Is Walmart open on Christmas Eve 2020? Most Walmarks will be open until 6 p.m on Christmas Eve, so there's still some time to get that last-minute gift – or Christmas recipe ingredient. Whenever you go shopping, make sure you bring a face mask and practice social distancing to reduce the spread of COVID-19. Walmart Open on New Year's Eve

2020? Yes, Walmart is also open on New Year's Eve. That evening will be closed at 8:00.m. Is walmart open for New Year's Day 2020? Yes, Walmart will continue its regular hours on the first day of 2020. You can check the hours of your local Walmart through their store locator. This content is created and managed by a third party and imported to this page to provide users with their email addresses. You may be able to find more information about this and similar content on piano.io When we remember the 12 days of Christmas, the famous Christmas carol enters our heads and gets us singing about two lovebirds and a partridge in a pear tree. But when is 12 days of Christmas? And what does it mean every day? Here's our guide to the 12 days when they start, what each day means, and when you should be taking off your Christmas decorations... Twelve Days of Christmas, also known as Twelvetide, is a solemn Christian period celebrating the birth of Jesus – known as the birth of Christ, or the birth of Jesus in Bethlehem on Christmas Eve. When are the 12 days of Christmas? Twelvetide officially begins on Christmas Eve, December 25, and ends on January 5, known as the twelfth night, when Christmas decorations and Christmas trees – real or organic alternatives - are traditionally taken down. During these 12 days, there are celebrations both secular and religious. In Europe, it has been celebrated since the middle of and there was always a time of hilarity. It is also known by some as Christmastide. House Beautiful / Mark Scott What does every day 12 days of Christmas mean?1. The first day of Twelvetide is Christmas Eve, December 25th, and it's all about celebrating the birth of Jesus.2. The second day of Christmas, December 26th, is Boxing Day. It is the day of the Christian martyr St. Stephen. Boxing Day is also a public holiday in the UK, and it got its name during Queen Victoria's reign at a time when the rich are using boxing to give gifts to the poor. 3. The third day, December 27th, celebrates St. John the Apostle, who wrote the Book of Revelation. 4. The fourth day of Christmas, December 28th, is the feast of the saints of the innocent – when people remember those killed by King Herod in his search for Baby Jesus.5. The fifth day, December 29th, is dedicated to St. Thomas Becket – archbishop of Canterbury on the 12th day, December 30th, remembers St. Egwin of Worcester, who died December 30, 717, he was known as the protector of orphans and widowed.7. The seventh day, December 31, New Year's Eve, celebrates Pope Sylvester I. In Scotland is called Hogmanay. 8. The eighth day, January 1, New Year's Day, celebrates Mary's Mother Jesus.9. The ninth day, January 2nd, is a celebration of the original Eastern Doctors of the Church: Saints Basil the Great and Gregory Nazianzen. 10. The tenth day, January 3rd, is the feast of the holy name of Jesus.11. On the eleventh day, January 4th, honors St. Elizabeth Ann Seton (1774–1821), who was the first native American saint.12 The twelfth day of Christmas, January 5th, is the eve of The Revelation of the Lord— Epiphany is on January 6th. This means the end of Christmas celebrations, and is typically when people traditionally take down their Christmas trees, wreaths and decorations. House Beautiful /Dan Duchars 12 days of Christmas list'Twelve Christmas Days' song is a classic Christmas carol. The cumulative song (where each verse is built on top of the previous verses) goes through the 12 days that make up the Christmas season with a new gift, starting with a 'partridge in the pear' and ending with 12 drummers drumming'. Gifts are as follows: Partridge in pear treeTva turtle dovesT three French hensFour call birdsFive gold ringsSix geese and-layingSeven swans and-swimmingEight maids and-hoppingNin ladies dancingTen wows and-leapingEleven piper pipe piperTwelve drummers drumming. I like this article? Sign up for our newsletter and get more articles like this delivered directly to your inbox. REGISTER Do they need some positivity or are they unable to get into the shops? Subscribe to Beautiful House magazine today and get every issue delivered directly to your door. This content is created and managed by a third party and imported to this page to provide users with their email addresses. may be able to find more information about this and similar content on piano.io piano.io

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