



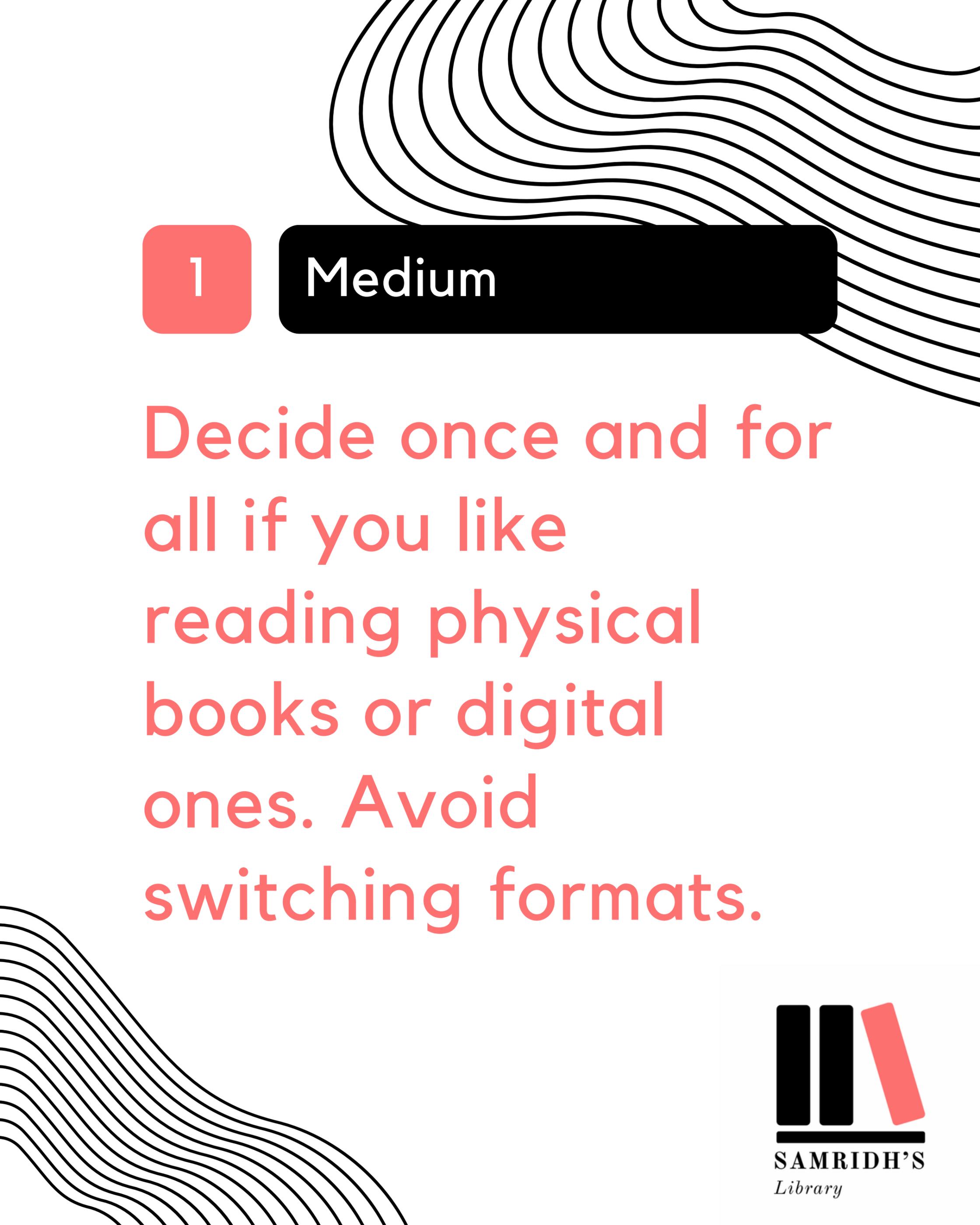
9

**Ways to
Read More**

**With Less
Effort**



SAMRIDH'S
Library



1

Medium

Decide once and for all if you like reading physical books or digital ones. Avoid switching formats.



SAMRIDH'S
Library



2

Undistract

Shut out the distractions. Phone. People. Focus is simply the consistent avoidance of distraction.



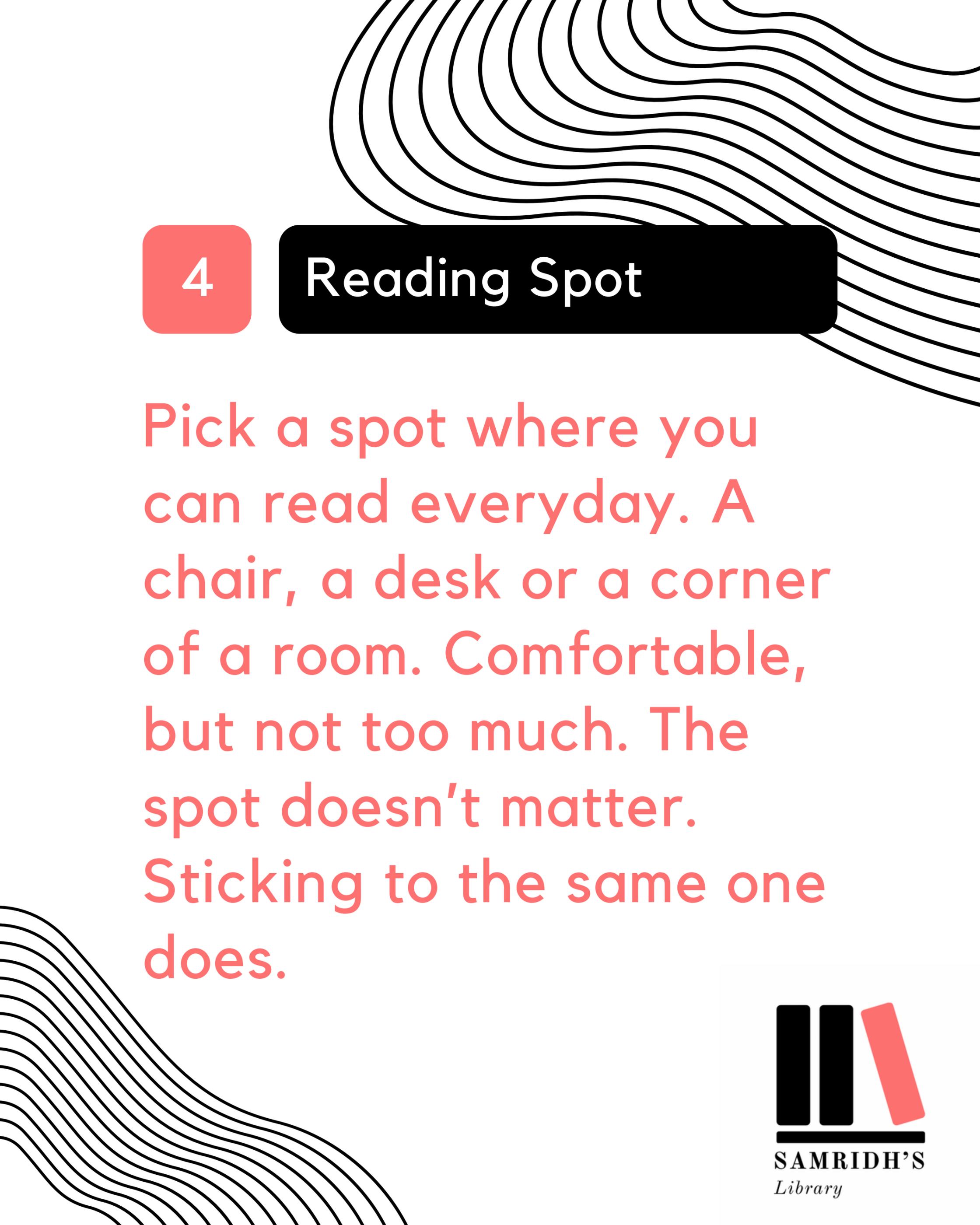
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3

Antisocial Media

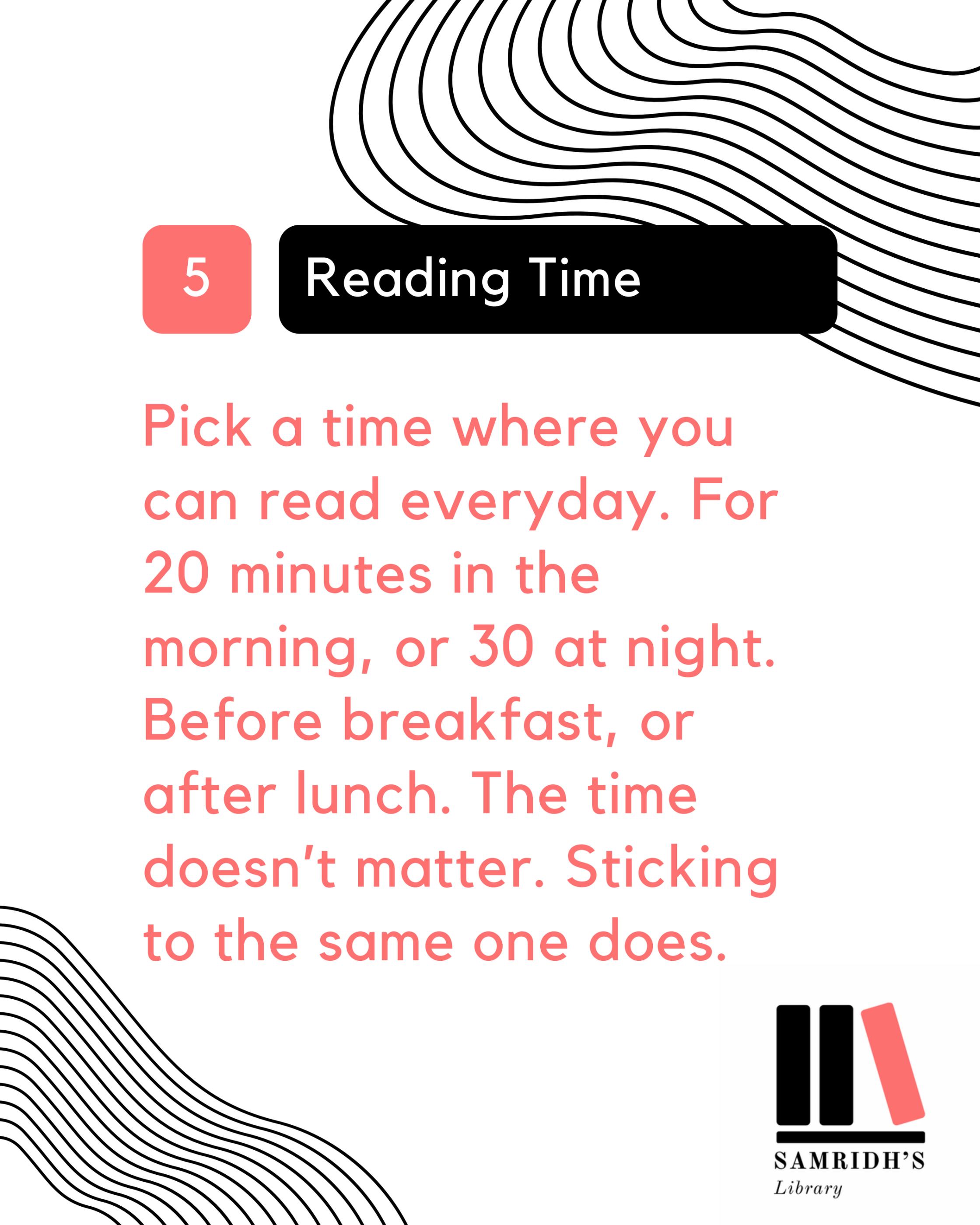
No likes, no shares.
No notifications,
no stories, no reels.
No Whatsapp, no
Email and No Calls.
When you read,
read. Don't surf.



4

Reading Spot

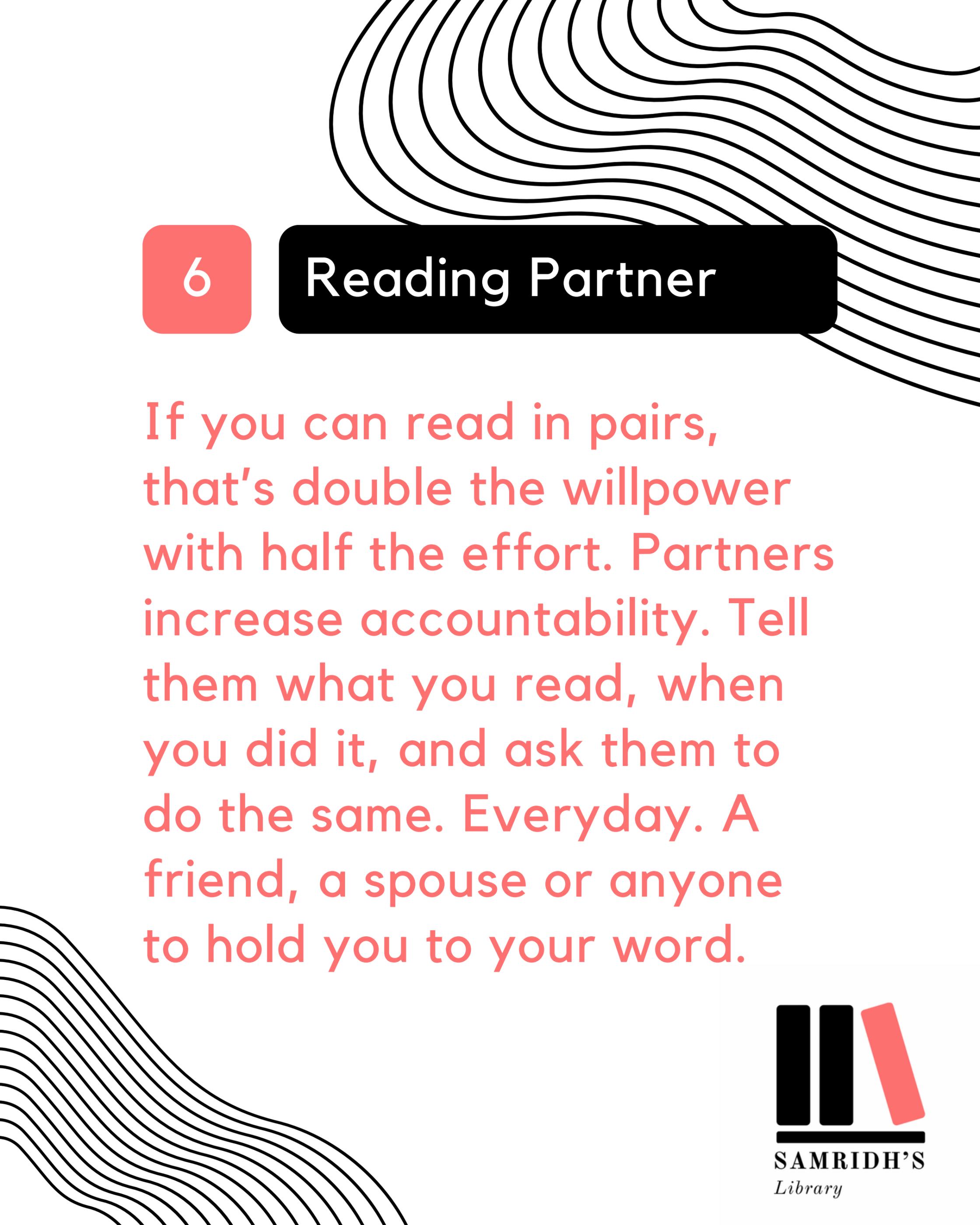
Pick a spot where you can read everyday. A chair, a desk or a corner of a room. Comfortable, but not too much. The spot doesn't matter. Sticking to the same one does.



5

Reading Time

Pick a time where you can read everyday. For 20 minutes in the morning, or 30 at night. Before breakfast, or after lunch. The time doesn't matter. Sticking to the same one does.



6

Reading Partner

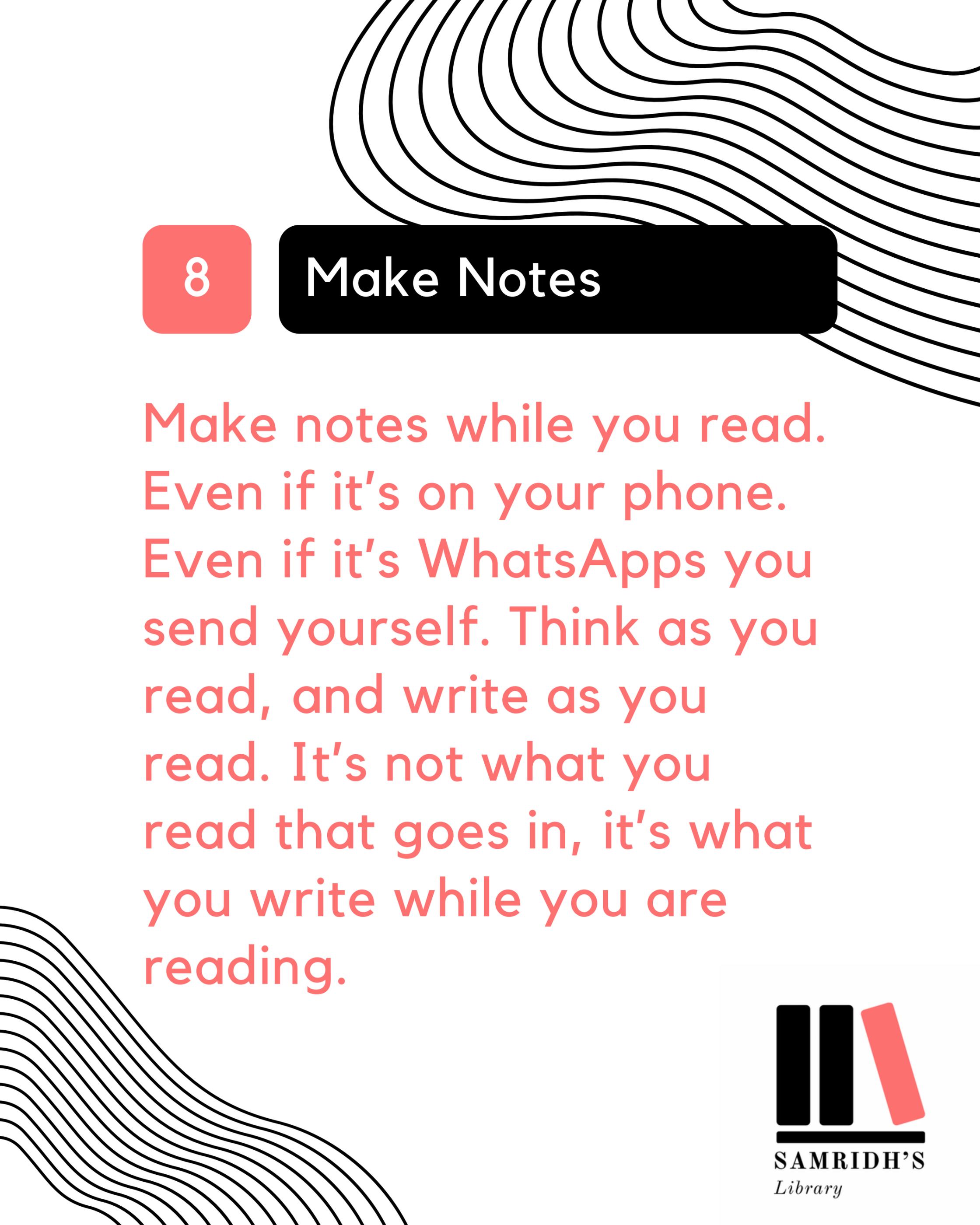
If you can read in pairs, that's double the willpower with half the effort. Partners increase accountability. Tell them what you read, when you did it, and ask them to do the same. Everyday. A friend, a spouse or anyone to hold you to your word.



7

Start With Likes

Don't start with what you imagine what a perfect version of you would read. Start with what you like. If it's history, history. If it's Sci-Fi, Sci-Fi. If it's textbooks, textbooks. Start with what you like, not with what you should like.



8

Make Notes

Make notes while you read. Even if it's on your phone. Even if it's WhatsApps you send yourself. Think as you read, and write as you read. It's not what you read that goes in, it's what you write while you are reading.



9

Enjoy Effortlessness

In a couple of weeks, reading everyday will be effortless. It will take effort NOT to read. Enjoy the effortlessness. You've earned it.



Need more on books,
finance, business and
economic literacy?

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