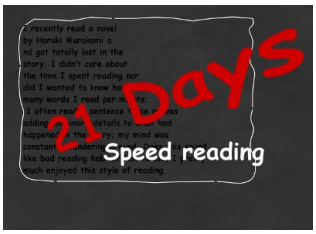

21 Days Speed Reading Challenge

For more details go to http://speedreadingtechniques.org

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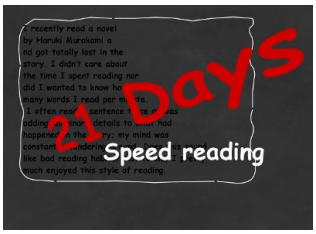
100 most common nouns in English

1-25	26-50	51-75	75-100
Time	People	Door	North
Person	Water	City	Base
Year	Boy	Tree	Horse
Way	Sentence	Story	Color
Day	Air	Night	Face
Thing	Home	Children	Wood
Man	Land	Walk	Girl
World	Men	Example	Bird
Life	Light	Paper	Body
Hand	House	Music	Dog
Part	Picture	Mark	Family
Child	Animal	Book	Song
Eye	Mother	Letter	Measure
Woman	Earth	Mile	Product
Place	Father	River	Class
Work	Head	Car	Wind
Week	Country	Feet	Question
Case	Answer	Group	Ship
Point	School	Rain	Area
Government	Plant	Room	Rock
Company	Food	Friend	Fire
Number	Sun	Idea	South
Group	Eye	Fish	Problem
Fact	Door	Mountain	Farm

Source: *The Reading Teachers Book of Lists, Third Edition*; by Edward Bernard Fry, Ph.D, Jacqueline E. Kress, Ed.D & Dona Lee Fountoukidis, Ed.D.



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50 most used words English

1-10	11-20	21-30	31-40	41-50
the	it	this	or	so
be	for	but	an	up
to	not	his	will	out
of	on	by	my	if
and	with	from	one	about
a	he	they	all	who
in	as	we	would	get
that	you	say	there	which
have	do	her	their	go
I	at	she	hat	me

Source: Wikipedia