



# Reading Through Colour: How Coloured Filters Can Reduce Reading Difficulty, Eye Strain, and Headaches

*Arnold Wilkins*

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The use of coloured overlays on text can improve reading in certain individuals, including children. They have been shown to reduce fatigue and increase fluency and can be used with both dyslexic and non-dyslexic children and adults. Reading with Colour provides a review and interpretation of the scientific evidence, gathered over the last decade, along with very practical guidance for teachers and parents about how to use the overlays, who will benefit from their use and how to assess their effectiveness. Unique - nothing else on this topic Comprehensive - includes both the scientific evidence in lay terms as well as practical "how to" information Very practical - includes information on classroom management and the design of typefaces for children

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