



BOOK TABBING

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Taking notes while reading is often effective, but for someone who is easily distracted, it can interfere with reading. Book tabbing, sticky notes or index tabs are small sticky tabs that are a perfect alternative to notes if you want to maintain flow when reading without forgetting what you read.

Read with flow

When you read a book and want to remember a sentence, fact or paragraph, you put a tab there. After tabbing, just continue reading.

Repeat and organize

After you have finished reading, you go through all the tabs, remind yourself of the content and write down and summarize what you want to save for later.

