



LANCÔME
PARIS

Tips on how to listen to an audiobook

Listen in 20-30 minute slots then take a break

It is important to take a break to absorb what you have been listening to and reflect. If you don't, you may find yourself missing out on whole chunks of the book.



Don't be afraid to rewind and re-listen

It is okay to occasionally miss pieces of the book. When you are taking a five-minute break and find that you are unable to recall moments from a chapter simply rewind and listen again. It is just like re-reading part of a book that you have not followed or want to enjoy again.

Adjust the narration speed

You can speed the narrator's voice up to 3 times in all apps. This can shrink a book that is 9 hours long into 3 short hours. Avoid speeding the book up too fast though! Find a speed that is easy on your ear and that will help you focus on the narration.

Chat about what you are reading

Sharing what you think and feel about the book with others will help you understand and retain information. It also a great way to hear others' opinions of the book.

Create a routine

We often use the excuse "I don't have enough time to read" but we all know that it is about building the time into our routine. Find a time of day that works for you and protect it. Some people find it relaxing to become absorbed in an audiobook first thing in the morning or last thing before sleep.

Get active!

During lockdown, we all know that it is important to stay active. Exercise, such as walking, is a great activity to pair with listening to your audiobook.