



The Top One Hundred Sight Words  
(according to the American Heritage Word Frequency Book by John B. Carroll).

the, of, and, a, to, in, is, you, that, it,  
he, for, was, on, are, as, with, his, they, at  
be, this, from, I, have or, by, one, had, not,  
but, what, all, were, when, we, there, can, an, your,  
which, their, said, if, do, will, each, about, how, up,  
out, them, then, she, many, some, so, these, would, other,  
into, has, more, her, two, like, him, see, time, could  
no, make, than, first, been, its, who, now, people, my  
made, over, did, down, only, way, find, use, may, water  
long, little, very, after, words, called, just, where, most,  
know

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