Make Sure Smart Text is Turned On

Smart Text should be on by default, but to be sure it is turned on, go to Preferences>Type under the Edit tab in a PC, the InDesign tab in a Mac. Make sure the Smart Text Reflow and Limit to Master Text Frames options are checked.
Under **File>Place**, browse through your documents to find the text you would like to place. After you click **Open**, the text will appear next to your cursor and you may then place it in a frame. Normally you would press **Shift** to autoflow the entire story and add pages as necessary. But because Smart Text Reflow is on, you simply click. You will notice that unlike CS3, there is no overset in the corner of your frame, and the rest of your story is autoflowed.
This feature is also available for copying and pasting, as well as typing. This is an extremely useful improvement from CS3 which no longer requires that you manually flow the text frame onto a new page.
Smart Text Reflow only works for stories that are based on a master page text frame. If you rarely use the master page text frame, but would like to use the Text Reflow feature, you simply need to tweak your features a little. Preferences are found under InDesign>Preferences>Type on a Mac and Edit>Preferences>Type on a PC. Once again, make sure that Smart Text Reflow is on, but uncheck the option next to Limit to Master Text Frames are both on.
Once you start typing, your text should automatically flow to another frame. In this example, an additional three columns are added to your document, automatically threaded.
To have CS4 automatically delete empty pages you may have, select **File>Revert**. Open up the Preferences window automatically by pressing **Command+K** (**Ctrl+K** on a PC). Then select **Delete Empty Pages** under **Type**.

Additional Options:
If you would like to add two pages at once, check **Preserve Facing Page-Spreads**. This is useful in instances where you are creating a document with two-page spreads.
To change where your extra pages are added, click one of the following options: End of Story, End of Section, or End of Document.

*Note: Turning on the Smart Text Reflow will not cause every single text frame to create additional pages. Only when at least two frames are required to hold text, and when those frames are separated onto two separate pages will Smart Text Reflow kick in.