

WHY TO READ: REASONS WHY READING BOOKS WILL SAVE YOUR LIFE

Kaja Ziarko and Simona B. Lorenc kl. III B

November 13, 2014

1 What Are The Benefits Of Reading?

In terms of fiction or non-fiction, there are endless stories that can both broaden your understanding of the world or help you get through a sticking point in your life. Those who read have been known to have more finely-tuned brains than those who prefer more passive activities, so anyone hoping to improve their mind both psychologically and cognitively might want to think about taking up the habit of regular reading.

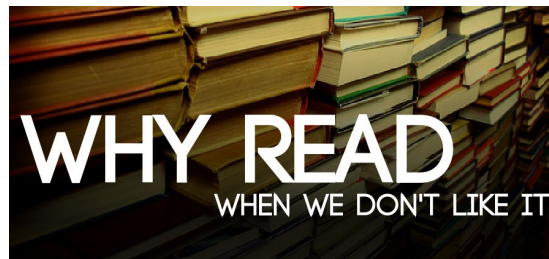
2 Here are Reasons Why You Should Read More Books:

2.1 To Develop Your Verbal Abilities

Although it doesn't always make you a better communicator, those who read tend to have a more varied range of words to express how they feel and to get their point across. This increases exponentially with the more volumes you consume, giving you a higher level of vocabulary to use in everyday life.

2.2 Improves Your Focus and Concentration

Unlike blog posts and news articles, sitting down with a book takes long periods of focus and concentration, which at first is hard to do. Being fully engaged in a book involves closing off the outside world and immersing yourself into the text, which over time will strengthen your attention span.



The Best Book	The Mark
Twilight	10/10

Table 1: The Best Book Ever Written.

2.3 Readers Enjoy The Arts and Improve The World

A study done by the NEA explains that people who read for pleasure are many times more likely than those who do not to visit museums and attend concerts, and almost three times as likely to perform volunteer and charity work. Readers are active participants in the world around them, and that engagement is critical to individual and social well-being.

2.4 It Improves Your Imagination

You are only limited by what you can imagine, and the worlds described in books, as well as other peoples views and opinions, will help you expand your understanding of what is possible. By reading a written description of an event or a place, your mind is responsible for creating that image in your head, instead of having the image placed in front of you when you watch television.

2.5 Reading Makes You Smarter

Books offer an outstanding wealth of learning and at a much cheaper price than taking a course. Reading gives you a chance to consume huge amount of research in a relatively short amount of time. Anne E. Cunningham and Keith E. Stanovich’s “What Reading Does for the Mind” also noted that heavy readers tend to display greater knowledge of how things work and who or what people were. Books at home have been strongly linked to academic achievement. If you are looking for a list of great books to read, check out 10 Easy To Read Books That Make You Smarter.

2.6 Another Important Reasons

There is an endless amount of reasons. Here we have some of them the most important we believe

1. It Makes You Interesting And Attractive,
2. It Reduces Stress,
3. It Improves Your Memory,
4. To Discover and Create Yourself,
5. For Entertainment,

All the benefits of reading mentioned so far are a bonus result of the most important benefit of reading; Its entertainment value. If it were not for the entertainment value, reading would be a chore but it needn’t be. Reading is not only fun, but it has all the added benefits that we have discussed so far. Much more enthralling than watching a movie or a TV show (although they have their many benefits as well), a good book can keep us amused while developing our life skills.