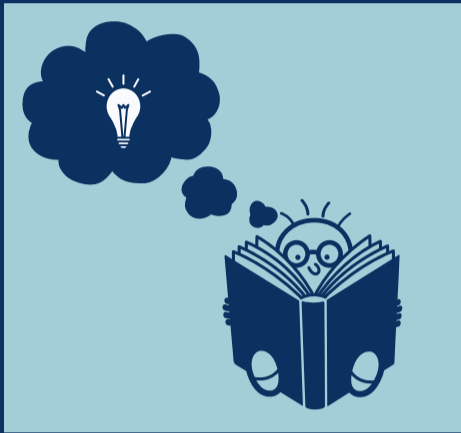


Why is Reading Important?

How reading benefits us and why we should cultivate a reading habit today!



"Books are a uniquely portable magic." – Stephen King



Reading Sharpens the Mind

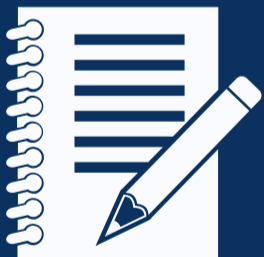
Concentrating on the words and story line stimulates the brain in many ways! Reading has been shown to improve memory and focus, increase attention to detail, and enhance the brain's imagination and ability to visualize.

Reading is a Great way to Relax and Destress

Have you ever experienced getting completely lost in a book? You open up to the first page and before you know it two hours has gone and you didn't even notice! This is what makes reading a great way to relax and destress from the day. Reading is almost like a escape pod to another world, where you can disconnect from the worries of the day!



A reader lives a thousand lives before he dies . . . The man who never reads lives only one." – George R.R. Martin



Reading increases your vocabulary and strengthens your own writing abilities

Becoming an avid reader doesn't have to be hard...

Don't force yourself to read books you don't enjoy. Just because a book may be one of the critic's "top picks" of the year or ALL your friends are raving about it, doesn't mean that book may be for you!



If you want to become a reader- start small and just aim for a few pages every night! 10 pages a day can go a LONG way, and before you know it, your finished your book and on to the next one!