

# Reasons why reading is good for your mind, body and soul

## *Why read?*

There are endless benefits of reading. When one reads, they are transported to another world, another lifetime, living as someone else for a few moments, all from the comfort of their home. Reading broadens the mind in ways one wouldn't think of. When a book is opened, the reader is transported to somewhere that only can be described as happy and enjoyment. There are many different books for many different readers, so there is something out there for everyone. If you don't like it, don't read it. There's no shame in liking romance over historical fiction. One genre is not better than the others. Reading is supposed to be fun, not a daunting task that one is regretting and avoiding to do. If you aren't having fun, you just haven't found that book that opens your eyes and heart to the world that is reading.

So what are you waiting for?

## *The Benefits:*

**Strengthens Brain activity:** reading is a great way to work the muscle that is your brain by providing exercises for comprehension and cognitive abilities. Bonus: it helps decrease rate of which memories fade

**Boost to Communication skills:** reading and writing both improve communication skills. If you want to be better at speaking or writing, the first step is to read, read and read! Reading opens your eyes (literally and figuratively) to new words. If you come across a word you don't know, write it down to look up later. Then remember the new words so you are able to use them.

**Self-Exploration:** Books offer readers both an escape and adventure. You are able to think about things in a different perspective, learn about cultures, events, and people who may not have been brought to your attention otherwise. Reading also helps you find out things you are interested in, like reading mystery novels might show that you like to solve cases and pay close attention to clues.

**Makes one intellectually sound:** reading a lot allows for the reader to know a lot of information, becoming one who is "well-read". Knowledge does not come shy when reading, and knowledge is power.

**Entertaining:** Reading is entertaining, no matter where you are or what the book is about. It's like watching movies or listening to music — just written down between two covers.

**Instills Good Values:** Values can be taught in reading, no matter if it is from a religious text or from a murder-mystery or from a fantasy romance. You, as the reader, are able to determine right from wrong in the characters, and use that for your own perspective on life.

**Enhances Creativity:** Reading about a specific craft or skill allows the reader to become knowledgeable in that subject and boosts creativity. Reading can also boost inspiration or new ideas about a subject — if your favorite character in a book likes pottery, it might inspire you to learn about pottery.

**Lowers Stress:** Life is stressful, that isn't a secret. So what better way to lower stress than to read? Like coloring or knitting, reading offers relaxation to a reader and helps to accomplish a sense of meditation.

*Reading benefit list from:*

*<https://www.uopeople.edu/blog/why-its-important-to-read/>*