Six Reasons Why Reading is Important

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1. Reduces Stress

Reading about something you enjoy or losing yourself in a good book is an excellent way to relax and ease tension in your body.

2. Improves Focus and Concentration

When you read a good book, your attention is focused on the story. The rest of the world falls away, and you can immerse yourself in the fine details you are absorbing.

3. Inspires your imagination

As you read, you put yourself in the character's shoes. Your brain goes beyond the words on the page, imagining details such as appearances, emotions, and surroundings.
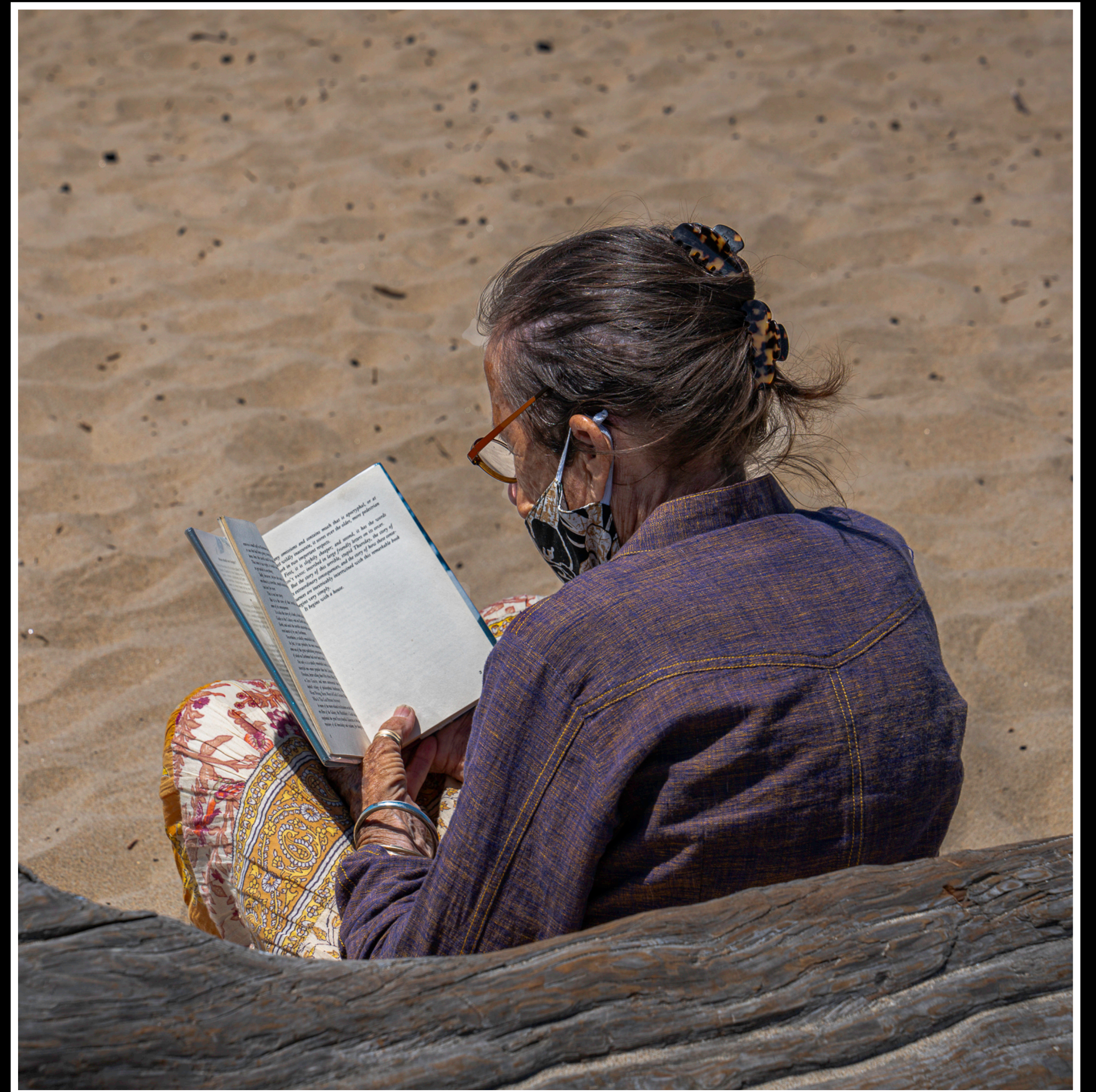
4. Increases Knowledge

Everything you read fills your head with new bits of information, and the more knowledge you have, the better equipped you are to tackle any challenge you may face.

5. Improves Brain Function

Scientific studies show that reading makes you smarter. Reading a book increases blood flow and improves connectivity in the brain.

6. Challenges your Worldview and Convictions

If you read a book with an opposing worldview, it brightens your perspective and causes you to examine your beliefs and search for the truth.