

BENEFITS OF READING

by:

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Everyone needs to develop a habit of reading. Books can serve as our good companions. It is advisable that we learn to love reading as early as we could. Reading can help us widens our vocabulary and the ability to spell words correctly. Books can also serve as a therapy for us. If you read books, you are unaware that we get addicted to them. We rely on it when we are depressed or alone or if we wanted to relax and reduce stress. Books can also bring us all over the world in a thrifty manner. We met people of different cultures and languages having all the cited benefits above. It is imperative that we read books for thirty minutes each day.

Here are some of the advantages of reading good books:

Communication skills reading can aid us to broaden our vocabulary skills it improves not only our speaking skills but also our writing skills.

Pleasure once you love reading it brings you pleasure every time you hold a book and started reading it you will not stop reading until you finish it. It is an addiction that has a great effect on an individual.

Stress-reliever reading brought us into a world that is totally different from the world that we are living in. Reading helps us relieve stress. It has positive effects on our intellect body and soul.

Develops analytical skills reading gives us a new perspective on life. It helps us develop our brain since it kept us constructing questions while reading or even after reading.

Boost creative power. It can bring us into a world of artifice. It helps us fantasize and use our imaginative faculty. Reading is the best habit a person could ever possess.

Good books are our best friends. It brought us several benefits that not a single medicine, person, or place could ever give. It made us a traveler. It brought us from different corners of the world and opened our minds to different cultures, customs, and traditions. It introduced us to people of different races. If we'd like to experience all the comfort of reading books for a free, then it is most advisable for us to spend thirty minutes of our day in reading.

References:

<https://gladreaders.com/importance-of-reading-books/>

<https://www.selfdevelopmentsecrets.com/benefits-importance-reading-books/>