

## READING AS A HABIT: THE IMPORTANCE OF CULTIVATING A LIFELONG LOVE OF BOOKS

*by:*

**Jomar C. Rubio**

*Teacher I, Sibul Elementary School*

Because I read so much, the potential of books has always intrigued me. Books have always been important because they have provided us with information, amusement, and inspiration that have helped shape our world. Unfortunately, in today's fast-paced, technologically-driven environment, the significance of reading is often underestimated. In this piece, I will discuss why it is essential to make reading a regular habit and offer advice on developing a lifetime appreciation for literature.

Reading is, first and foremost, a necessity for one's development and improvement. To broaden our perspectives, we should read books across many different genres and by many other authors. Reading also has the added benefit of increasing our intelligence, our vocabulary, and our imagination. Once said by the great thinker and writer Francis Bacon: "Reading maketh a full man, conferring a ready man, and writing an exact man."

Studies have demonstrated that reading can positively impact our physical and mental well-being. It is a great way to enhance our overall health and improve our perspective on life. According to research from the University of Sussex (2009), reading for as little as six minutes can help you feel up to 68% less stressed. Another benefit of reading is that it allows us to take a vacation from the rigours of daily life by transporting us to another planet.

Despite the many advantages of reading, many people need help making it a routine. In today's world, where smartphones and tablets rule our days, it is tempting to

neglect reading in favour of mindless scrolling. We can cultivate a love of reading by following a few simple guidelines. Here are just a few examples:

First, dedicate a set amount of time each day to reading: Try to set aside 15–30 minutes a day to read, whether that is in the morning, afternoon, or evening.

Second, stay motivated to read consistently, and consider joining a book group. Connecting with people with similar interests online can be very beneficial for meaningful conversations.

Third, compile a reading list of books you intend to read and arrange them in order of preference. It might keep your mind clear and drive you to read frequently.

Read every day: Whether it is before bed or on your morning commute, make reading a regular part of your life.

In conclusion, reading is an excellent practice that can promote one's development, psychological well-being, and general happiness. By prioritizing reading and using these suggestions, anyone may develop a lifelong appreciation for literature and enjoy all that reading offers. J.K. Rowling once said, "If you don't like to read, you haven't found the right book yet." Keep searching and reading widely to discover new literary gems.

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