



10 Benefits of Reading Everyday

1. Mental Stimulation

Reading has been shown to slow the progress of diseases such as Alzheimer's and Dementia. Keeping your brain active and engaged prevents it from losing memory power.

2. Stress Reduction

Reading a book can transport you into another time and place, allowing you to leave the stresses of your everyday life behind. A great book has the ability to draw you in and you can get lost in the story, helping you to forget about the stressors of life.

3. Knowledge

This one is a no-brainer. Reading helps you learn. You can learn about anything through a book. Every little bit of knowledge you gain is a distinct advantage to you. Knowledge can never be taken away from you.

4. Expand your Vocabulary

Reading books makes you smarter, and makes you sound smarter. Even if you come upon a word you don't know, you can always look it up and use it to dazzle people with your incredibly expansive vocabulary.

5. Memory Improvement

When you read, you have to remember what's happening in the story. Most likely you won't read a book in one sitting. You will step away from the book and come back later, forcing you to focus and remember what was happening. This strengthens your ability to remember other things.

6. Stronger Analytical Thinking Skills

Your ability to analyze details and follow a plot comes in handy when it comes to analytical and reasoning skills.

7. Improved Focus and Concentration

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When you take the time to sit down and read a book, you are not being distracted by a million different things like advertisements or the latest news. You will be able to focus better on other things because of the time spent focusing on your book.

8. Better Writing Skills

Reading well-written books can help you to develop your own writing skills. You can learn proper cadence, flow writing style and even punctuation from reading good authors.

9. Tranquility

Taking time out of your day to read a book can offer precious moments of peace and quiet. Reading texts such as spiritual or self-help books can help you to achieve a better sense of inner peace.

10. Free Entertainment

You don't have to spend a fortune on buying every new book that comes out. You can borrow great books from friends or even rent books from your local library. You could even join a book club and connect with other book lovers for added entertainment.

Source:

WINTER-HÉBERT, L. (n.d.). 10 Benefits of Reading: Why You Should Read Every Day. Retrieved May 21, 2015, from <http://www.lifehack.org/articles/lifestyle/10-benefits-reading-why-you-should-read-everyday.html>

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