READING

GEN0210 DISCOURSE ENGLISH FOR COMMUNICATION
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THE BENEFITS OF READING

Reading is a valuable skill for acquiring knowledge, but it has many other important benefits.

While engaged readers, young and old, are often aware of the knowledge they gain by reading a text,

    they may not be aware of all of the other valuable skills they are advancing at the same time.

The benefits of reading include enhancing one's language skills, especially if the reading material blends familiar and challenging concepts.

Vocabulary, grammar, and syntax are all advanced by reading, which enhances one's ability to speak and write.

Reading is therefore a particularly valuable exercise for English language learners.

The benefits of reading apply to their language journey, even if the goal is, for instance, fluency in speaking.

However, it can be difficult to find reading material that is accessible, challenging, and relevant to an English language learner, making quality reading material a valuable resource.

The importance of reading is completely undeniable.
The next time someone asks you: "Why is reading important?"
you will have an educated and thorough answer to respond with.

If you're not the biggest fan of books, that's ok!
You're not alone!

But before you shut down books and reading all together, take the time to learn more about the importance of reading and all the incredible benefits that come with it.
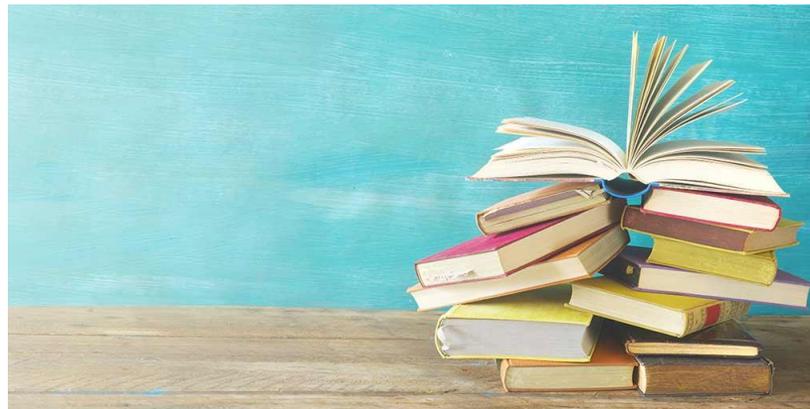
Challenge yourself by stepping out of your comfort zone, and you may even surprise yourself with a newfound passion.

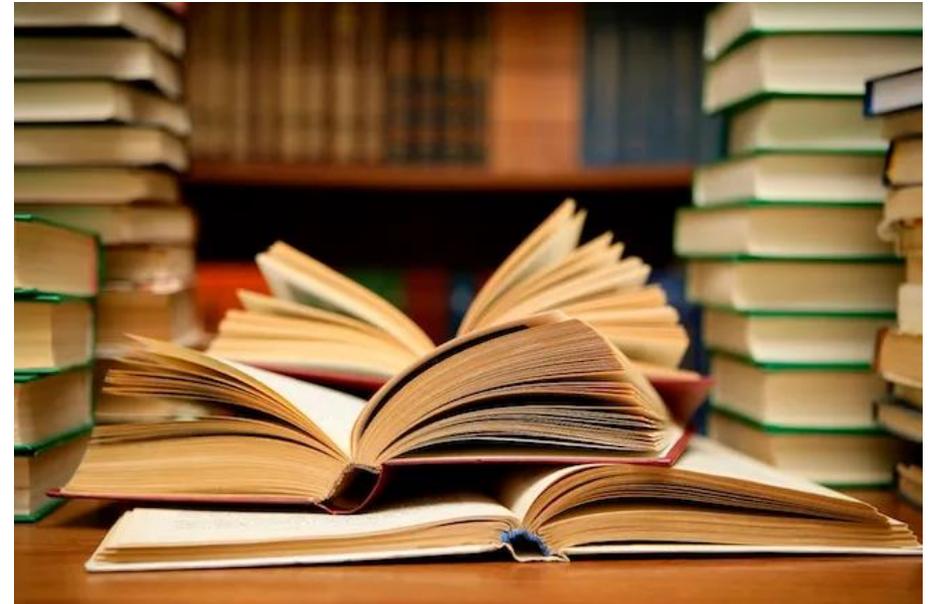You'll be amazed to see the places reading can take you.

WHY IS READING IMPORTANT?

Why is reading important exactly?

What's all this talk and excitement really about?

There's plenty of reasons why reading is a beneficial practice.

What are the reasons why reading is a beneficial practice?
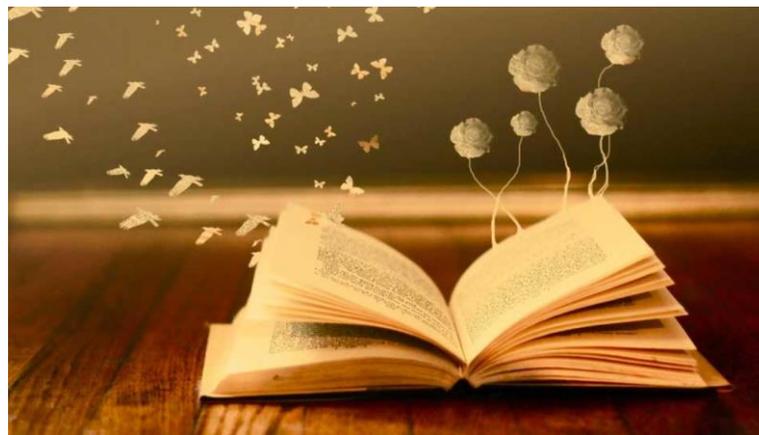
READING EXPANDS THE MIND

For starters, reading helps to expand the mind and give us more ideas.
Reading has been proven to keep our minds young, healthy and sharp, with studies showing that reading can even help prevent alzheimer's disease.

The study closely examined 294 eldery women and men in their 80s, and gave them mentally stimulating tasks, including reading and writing.
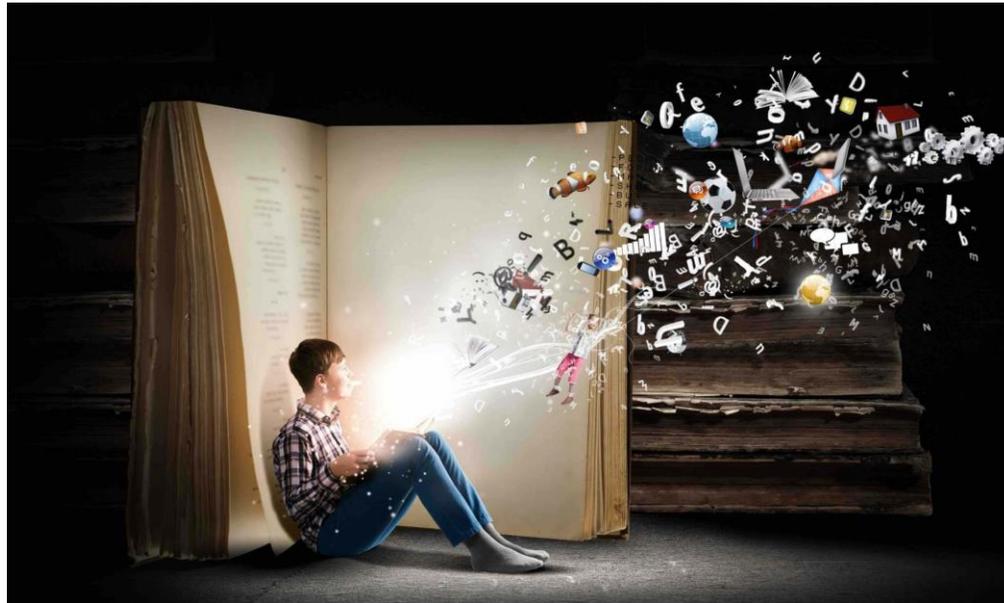They were also given memory and thinking tests annually in their last years to keep track of their progress.
After they died, autopsies showed that those who had engaged in such activities had a slower rate of memory decline compared to those who hadn't read.

READING EXPANDS THE MIND

Reading also develops the imagination and allows us to dream and think in ways that we would have never been able to before.

READING ALLOWS FOR CREATIVE THINKING

Another one of the many reasons why reading is important is that it allows for creative thinking.
Reading can inspire you when you are feeling bored, down or in a rut..
It can help give you that very needed pick-me-up without having to search too far for it.
Reading helps get the creative side of your brain thinking, unlike television that really does not use much creative brain power.

READING HELPS IMPROVE CONCENTRATION

If you are still unconvinced or unsure about the importance of reading, or feel as though it's not beneficial for you personally, then it's important to note that reading actually helps improve concentration.

Reading can train our mind how to focus properly, which is invaluable in nearly everything we do on a daily basis — whether it be as we study or even in our careers and in our personal relationships.
We could all benefit from practicing our concentration skills.

Reading takes us out of that 'multi-tasking' mindset that are constantly in.

It allows us to really focus on one single thing that we are doing, and be fully present in it.

This focus can allow us to be successful in other parts of our lives, such as on the job.

Those who are capable of focusing for longer periods of time can get more work done and be more efficient, which can mean working less overall hours or being seen as a more valuable worker.
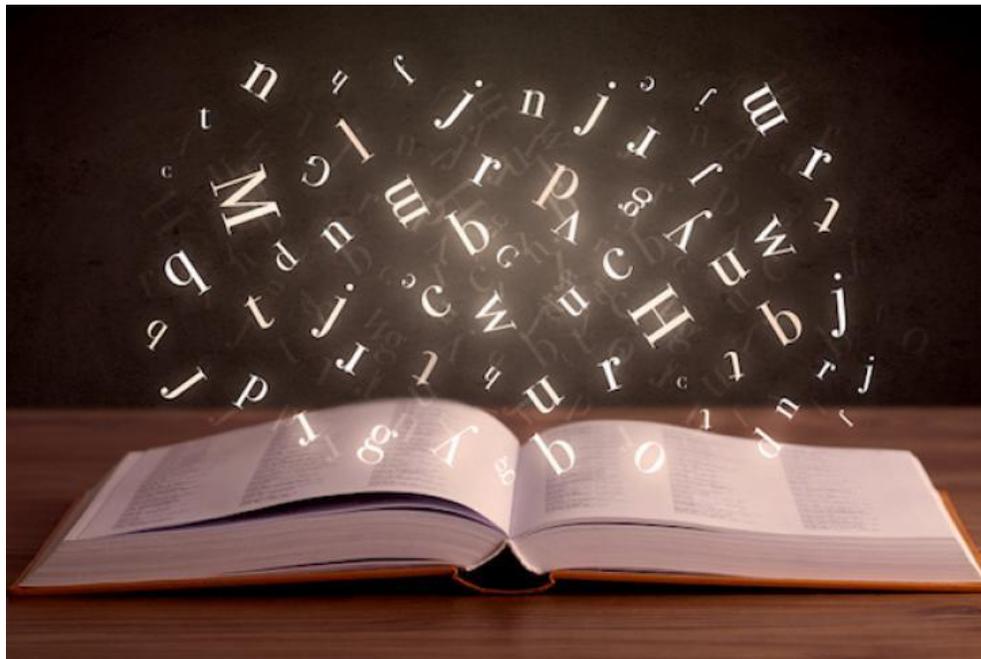
WHY SHOULD YOU BE A BOOKWORM?

On top of all the major reasons why reading is important, such as the fact that
- it expands the mind,
- allows for creative thinking
- and helps improve concentration,
there are also many other reasons as to why you should be a bookworm.

READING CAN GIVE YOU A GREATER PERSPECTIVE

Another one of the reasons why reasons why reading is important is that it allows for a greater perspective on the world and on others.

Reading can take us outside of our closed-off bubble, allowing us to see a different view on the world, one outside of our own.
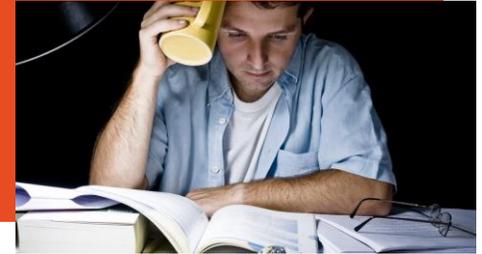Reading is a chance to live through the lives of others without stepping outside of our comfort zone or even traveling anywhere else.
It's a chance to live another life without even leaving your home.
It will transport our imagination to places we've never been before, and perhaps never even knew existed.
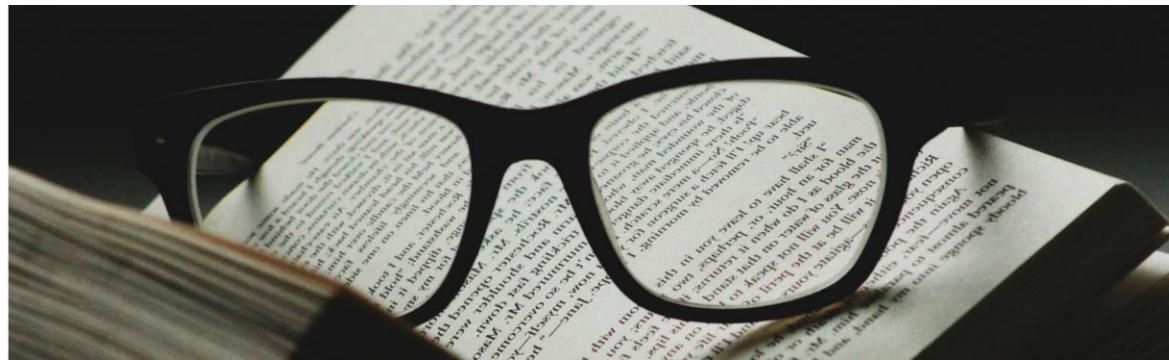
READING CAN HELP YOU DESTRESS

Many of us have a lot of things stressing us out in our busy and hectic lives, and we are always looking for new, concrete ways to deal with these anxieties.
Well, believe it or not, reading can actually help you destress.

Sometimes, there's no need to spend lots of money on professionals and programs to achieve a sense of calm, and a simple book can solve everything.
Reading is the ideal way to relax and calm those anxious nerves that are constantly at work.

In fact, a recent study found that a mere six minutes of reading was shown to reduce muscle tension, and slowed down the heart rates of readers as well.
Overall, it reduced stress levels by an impressive 68 percent.
If this isn't enough to convince you of the importance of reading, then we don't know what will!

READING CAN PROVIDE A SENSE OF BELONGING

If you are ever feeling a little lonely or lost, a book can also be your best friend.
It may sound kind of silly, but it couldn't be more true, and there's nothing to be ashamed of.
We've all been there, and we could all use a good read and some comfort.

Reading can really provide a sense of belonging, giving us a sense of hope during tough times, reminding us that we are not alone.
Reading about others who also went through a hard time and managed to face their challenges can serve as a real inspiration.
If they can get through it, then so can you!

Sometimes, a good book is exactly what we need to keep on going.

READING IS A GREAT CONVERSATION STARTER

Not only is reading good for the soul and the mind, but another one of the many reasons why reading is important is that it makes for a great conversation starter.

Reading provides you with a great deal of new information, and can connect people from all over the world.

Regardless of where two people may be from, if they've read the same book, it will always connect these two people together.

You never really know when a book that you read will come in handy in conversation.

Perhaps it will be what will land you the job in an interview, or perhaps will even help you become closer to a romantic partner that you've got your eye on.

READING HELPS YOUR VOCABULARY

Reading can help improve your vocabulary.

Saying new words out loud helps you better recall them and pick them up, making these new words part of your own daily vocabulary.

Those with a higher vocabulary are considered to be more intelligent, and are often taken more seriously in a work setting, which can open up better career opportunities.

According to a paper from the University of California Berkeley, exposure to new vocabulary leads to higher scores on intelligence tests.

OVERALL

It's safe to say that reading can change your life for the better, and the importance of reading is undeniable.

If you think that you hate reading books, then perhaps you just have yet to find the genre for your own personal style — but keep trying, and keep searching for what's right for you.

A book is one of the most powerful things in the world,
- offering you new opportunities to learn,
- grow
and
- be inspired!

REF

- https://info.glenworld.org/benefits-of-reading/?gclid=CjwKCAjwjJmIBhA4EiwAQdCbxv25arOU2ISmNmSb-8e2r8nMuiHT_dzS-gLPzpLNjCsPlT5N3qdWmxoC7V8QAvD_BwE

- https://www.uopeople.edu/blog/why-its-important-to-read/#:~:text=3.%20Reading%20Can,keep%20on%20going