



Reading comes with all sorts of incredible benefits that can improve your mind, body, relationships, and keep you current. What other form of entertainment educates, entertains, improves health, and is, in many cases, free?

1

A Workout, But for Your Brain

Like your body, your brain needs exercise to keep it healthy. Just as going for a run supports your cardiovascular system, reading is a workout for your mind. Not only does regular reading stimulate your brain, but it improves your cognitive ability and helps slow memory loss as you age. Try reading or listening to an audiobook for 10 to 15 minutes before you start your day – you'll be surprised how much more focused you feel.

2

A Better Version of You

Reading can empower you to find the motivation needed to make positive changes in your life. A good story can enhance your imagination and help develop empathy – the

capacity to understand different viewpoints, cultures, and people. Opening a book helps improve our emotional intelligence by helping to understand each other's feelings better, which in turn may improve the quality of our relationships.

3

Get Lost in the Words for Your Health

When you're feeling stressed, grabbing a book may not be the first thing you think of, but perhaps it should be – reading for just 15 minutes can reduce anxiety and stress levels and help you feel calm by letting your mind escape from reality. A relaxing reading ritual prepares your body for sleep, which leads to a higher quality of sleep throughout the night. Too exhausted to keep your eyes open? Reading is not your thing? Try an audiobook instead.

4

Continuing Education One Page at a Time

Reading is one of the best forms of self-education – scanning an educational book, blog post, or email helps you stay current with the latest developments, skills, and technology, which can improve job performance. Self-educating often leads to innovation and helps expose you to new thoughts. There are many free educational resources online that can teach you new skills like how to cook a different cuisine or embark on a new hobby or career path.

Resources

- [Z Library | Download ebooks for free](#)
- [The Oprah Magazine | These Books Will Help You Fall Asleep Fast](#)
- [Harvard Health | Reading Books May Add Years to Your Life](#)

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