

## The Wonders Of Reading

***“A book is a gift you can open again and again...”***

~ Garrison Keillor

Reading is a habit upon which lies the foundation of an individual. Not only accepted as a leisure activity but spending quality time .Reading expands one’s horizon of knowledge to manifold. Since time immemorial, reading has always been religiously practiced by great people. They have made reading an intrinsic part of their daily routine...be it reading newspaper, magazine or any novella. The education system has also recognized its significance and has inculcated this habit of reading at the primary level to promote this art among students of all age groups. Reading assures a person cent percent success in every sphere of his life and makes him equally conscious about the world.

But with the changing times, the quintessence of reading is gradually vanishing. With everything available at the click of a button, people have actually lost their inherent zeal of reading. Researchers have only proved that an hour of reading a day keeps a person updated with the varied styles of learning, and of course, enhancing one’s vocabulary.

Reading is not as monotonous as it seems to many! In fact, an utmost fun quotient is associated with it. An ideal companion for your free time, reading attaches something new to your memory every time. Whether you prefer fiction or non-fiction is not as important as reading is. Ironically, youngsters presently have lost all their interest in reading as they get access to new information online. So if you feel that you “don’t need those conventional books” to boost your knowledge, here are few reasons to change your mindset:

- **Activates Mental Thinking:** Instead of becoming a couch potato sitting in front of the idiot box (TV), reading actually triggers your brain. It strengthens your reasoning power and acquaints you with the many unfamiliar cultures that you might have not even encountered. In turn, you’ll become Smarter!

- **Augments Vocabulary:** Reading, especially challenging ones, exposes you to the unfamiliar words, and thereby, hones your vocabulary.
- **Elevates Self-Esteem:** The more learned you are, the more knowledgeable you become. And with more knowledge comes more confidence. So, it's a chain reaction. Try it!
- **Improves Creativity:** Reading exposes you to umpteen new ideas and develops that creative streak in you as it assimilates innovation into your thinking process.
- **Have Something to Talk:** If you are not aware about what is going around you, then you are unfit to be a citizen and for this you need to read. After all, it saves you from being trapped in an embarrassing conversation where everybody is talking sense while you keep just listening like a dumb.
- **Reduces Boredom:** If you don't have something to do, just pick a book and bingo! You have got a companion to alleviate your boredom. Apart from all the above mentioned reasons, reading effectively improves your interpretative and rational skills. Books can improve your reading as well as writing skills and can eventually excel your communication skills to threefold.

Reading has proved to be the most inexpensive stress buster! Studies have revealed that reading books can heal the negativity around you and can lighten you for a moment...taking you away from your own world.

Isn't it a beautiful experience? Indeed, it is! This escape is not only healthy, but can even make you unwind as well.

So, next time you want to cure Bibliophobia (fear from books) – just grab a book, select a secluded corner and dive into the illusionary world with it!