Reasons to Read a Book

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Book, is not just a four-letter word, or a tangible thing with papers in it, rather it is an insight to a whole new world. They say, anyone who claims to have lived only one life must not know how to read a book. Out of the hundreds of advantages of book reading, the top ten are as follow:

Firstly, while reading any book, whether it is on history, culture, fiction, or even natural resources, the reader can come across new words, and learn as to how those words are incorporated between statements, which in turn expands vocabulary. Also, does a reader learns about new writing styles, and how to use conjunctions like: moreover, furthermore etc. All this keeps the reader up to date with the language and modern vocabulary, or even slang at times.

Secondly, as shared by William Hazllit, ‘books let us into their souls and lay open to us the secrets of our own’; book-reading enables an individual to think over objects, and themes related to life etc, which interests him. This is turn helps an individual to make informed decisions. A good book, is like a food for the soul, every page read, nourishes the human intellect in cultivating deeper thoughts, gifts him the strength to analyze things, and provides guidance to instances, which the reader is yet not been exposed to in life.

Thirdly, studies have shown that children and teenagers, who have a taste for reading books, have comparatively higher IQs compared to their peers who are not in the habit of book reading. The former are more creative, and are noticed to be better students in their respective schools and colleges. Thus it is extremely important, that caretakers should inculcate the habit of reading books in children, since a very small age. As it will not only widen their thought horizon, vocabulary and logical ability, but would also give way to a strong emotional bond between children and the caretaker. Research studies around the globe, has shown that children who start reading from an early age are observed to grasp the variances in phonics much better.

August Hare, shares that ‘ reading is to the mind what exercise is to the body. It is wholesome and bracing for the mind to have its faculties kept on the stretch.’

According to a research study done at Harvard University, it is concluded that reading not only helps in mental development but also does it stimulates the muscles of the eye, as it requires a great level of concentration and focus. It is an indulgence, which enhances the conversational skills of the reader consistently.

Moreover, one of the reasons as to why one should read books, is that through reading one can discover new things pertaining to history, culture etc. And can then apply those in his life. It is cited by some unknown person that ‘if you resist reading what you disagree with, how will you ever acquire deeper insights into what you believe? The things most worth reading are precisely those that challenge our convictions.’ Thus a book strengthens the viewpoints of the reader, and enables him to acknowledge, his strengths, weaknesses, beliefs etc.

Therefore, one should read so that he can escape reality, and dwell his time into stories or worlds unknown. In this chaotic world, nothing can be more pleasant, than living in a Utopia, where one can dress himself into any character, and shape his imagination according to the perfect words, described by the author, in a romantic novel, a thriller etc.

Furthermore, Books have a profound effect on a society and the world as whole, because they cultivate a heightened spirit in an individual, which can help him to change the world, or in the least make a difference to the environment around him. A single book, by a single author has the power to do this, for example books like Tuesdays with Morrie’, has given hope to many who were lost in the world of gloominess. Helen Exley cites that ‘books can be dangerous. The best ones should be labeled “This could change your life.”

Groucho Marx states that ‘I find television to be very educating. Every time somebody turns on the set, I go in the other room and read a book.’

In present times, even though televisions, are a great source of enjoyment in times of leisure, yet the loudness of commercials with its beeps and boops and the fast moving, and often violent images, can stress the brain nerves even more, thus after a hectic day at work, a good book can provide relaxation to one’s mind, body and soul. Therefore it can be claimed that a good book reduces stress.

Moreover, it said that a good book on one’s shelf is like a sincere friend that does not turn its back and remains a friend for eternity. Thus anyone who is drawn into loneliness, can take refuge into a book by any author, and would not be alone. Books are the quietest and most constant of friends one can have; also do they prove to be the most accessible ones and of course are the wisest of counselors, apart from being the most patient of teachers.

Lastly, if nothing else about book reading excites one, than the thought of making money can be kept in mind, because the more one will read, the more extensive one’s knowledge would be, and this will turn increase your opportunity to higher grades at work, and would increase your pay scale.

Happy reading!

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