**http://www.squidoo.com/why-reading-is-important**

**5 Top Tips For Why Reading Is Important!**

Ranked #445 in [Books, Poetry & Writing](http://www.squidoo.com/topics/books-poetry-writing), #17,688 overall

[238](http://www.squidoo.com/why-reading-is-important)

**Why Are Books Important?**



Why is reading important?

It is how we discover new things. Reading is vital in [developing](http://www.squidoo.com/why-reading-is-important) a good self image.

Being able to read is a crucial skill in being able to function in today's society. It is important because it develops the mind and develops the imagination.

A person who knows how to read can educate themselves in any area of life they are interested in.

Non readers or poor readers often have low opinions of themselves and their abilities. They feel isolated and behaviour problems can surface. As we live in an age overflowing with information, reading is the main way to take advantage of it.

"Reading, like no other medium, can [transform](http://www.squidoo.com/why-reading-is-important) your life in a flash, and you never know which book, at which time in your life, might be the one that rocks your world and inspires you to grow in ways you never thought possible."
---Burke Hedges.

**Contents at a Glance**

1. [1. Reading is an active mental process...](http://www.squidoo.com/why-reading-is-important#module98075791)
2. [2. Improves your discipline and memory:](http://www.squidoo.com/why-reading-is-important#module98085011)
3. [3. Builds self-esteem and improves creat...](http://www.squidoo.com/why-reading-is-important#module98085201)
4. [4. Reading improves your vocabulary and...](http://www.squidoo.com/why-reading-is-important#module98085551)
5. [5. Gives you a glimpse into other cultur...](http://www.squidoo.com/why-reading-is-important#module98085661)
6. [Wise Words!](http://www.squidoo.com/why-reading-is-important#module98090171)

[More](http://www.squidoo.com/why-reading-is-important)

**1. Reading is an active mental process that improves your concentration and focus:**

It makes you use your brain; helping you to reason out things which are unfamiliar to you.

Reading is one of the most enjoyable hobbies a person can have. Although it's saddening to think that the majority of people aren't introduced to the fabulous world of books.

Since you must concentrate in order to read, this requires you to focus and think about what you are reading.

If you want to break the monotony of an uncreative and uninterested life, go and grab an interesting book. Turn the pages to explore new worlds filled with information and ingenuity.

**2. Improves your discipline and memory:**

Making time to read is something we all feel that we should do, but few of us schedule book reading time every day. But adding book reading to your daily schedule and sticking to it, [improves](http://www.squidoo.com/why-reading-is-important) discipline.

Studies show if you don’t use your memory, it becomes more and more difficult to remember facts that you have read. Crossword puzzles are an example of a word game that staves off Alzheimer’s.

Reading helps to stretch your memory muscles and requires you to remember details, facts and figures, plot lines, themes and characters.
It is really satisfying to look at a shelf of books and say, “I’ve read every one of those!”

Not only is the knowledge useful, but it is personally very rewarding as well.

**3. Builds self-esteem and improves creativity:**

The more you read, the more knowledgeable you become and with more knowledge comes more [confidence](http://www.squidoo.com/why-reading-is-important). More confidence builds self-esteem.

Reading about the diversity of life and exposing yourself to new ideas and more information helps to develop the creative side of the brain and filters [innovation](http://www.squidoo.com/why-reading-is-important) into your thinking process.

So it's a chain reaction. When you are well read, people will look to you for answers. Then your feelings about yourself only get better. Even more confidence!

Reading about diversity of life and exposing yourself to new [ideas](http://www.squidoo.com/why-reading-is-important) and more information helps to develop the creative side of the brain as it imbibes innovation into your thinking process.

**4. Reading improves your vocabulary and reduces boredom:**

When you are reading books, especially challenging ones, you will probably find yourself exposed to many new words.

Remember when you learnt to read, how you learned to figure out the meaning of one word by reading the context of the other words in the sentence?

You will get the same benefits for building your vocabulary from book reading. So if you are feeling bored, then pick up a book and start reading.

If you’re bored anyway, you might as well be reading a good book, right?