

Reason Number 5



Reading reduces stress



Reading about something you enjoy or losing yourself in a good novel is an excellent way to relax. It can ease tension in your muscles and heart while letting your brain wander to new ideas and live in someone else's shoes. Reading is a mini vacation for your brain!

As you can see, reading is good for you - very, very good for you. It can improve your academic, social, physical, and mental life.

