10 Benefits of Reading!

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I'm indebted to my mother to have inculcated a great habit like reading in me. I still remember how she used to just gift books for the special occasions like birthdays and Diwali. Slowly her perseverance of this trend became a passion for me. This habit grew stronger as I grew up. I started working and the mounting pressure of work kept me away from reading for long spans of time. But whenever I got some pockets of idleness in between projects, reading always came to my rescue. It never let me be unoccupied. Besides just keeping me engrossed, reading helped me improve my vocabulary and general awareness about the world, introduced me to the different cultures around the globe, kept the motor of my brain working and imbibed a certain level of discipline in my life.

Reading is one of the best hobbies a person can have. But it's saddening to know that majority of us aren't introduced to the fabulous world of books. If you are one of the non-book readers who feels you "don't need no stinking books", here are some reasons to start the habit…before you are left behind!

Reading Benefits of Books!

1. **Reading is an active mental process**: Unlike sitting in front of the idiot box (TV), reading makes you use your brain. While reading you would be forced to reason out many things which are unfamiliar to you. In this process you would use the grey cells of your brain to think and become smarter.
2. **Reading improves your vocabulary**: Remember in elementary school when you learned how to infer the meaning of one word by reading the context of the other words in the sentence? You get the same benefit from book reading. While reading books, especially challenging ones, you will find yourself exposed to many new words you wouldn't be otherwise.
3. **Gives you a glimpse into other cultures and places of the world**: How would you know about the life of people in Mexico if you don't read about it? Reading gives you an insight into the diversity of ethnicity of people, their customs, their lifestyles etc. You become more aware about the different places and the code of conduct in those places.
4. **Improves concentration and focus**: It requires you to focus on what you are reading for long periods. Unlike magazines, Internet posts or e-Mails that might contain small chunks of information, books tell the whole story. Since you must concentrate in order to read, like a muscle, you will get better at concentration.
5. **Builds self-esteem**: The more you read, the more knowledgeable you become. With more knowledge comes more confidence. More confidence builds self-esteem. So it's a chain reaction. Since you are so well read, people look to you for answers. Your feelings about yourself can only get better.
6. **Improves memory**: Many studies show if you don't use your memory, you lose it. Crossword puzzles are an example of a word game that staves off Alzheimer's. Reading, although not a game, helps you stretch your memory muscles in a similar way. Reading requires remembering details, facts and figures and in literature, plot lines, themes and characters.
7. **Improves your discipline**: Making time to read is something we all know we should do, but who schedules book reading time every day? Very few… That's why adding book reading to your daily schedule and sticking to it, improves discipline.
8. **Improves creativity**: Reading about diversity of life and exposing yourself to new ideas and more information helps to develop the creative side of the brain as it imbibes innovation into your thinking process.
9. **You always have something to talk about**: Have you ever found yourself in an embarrassing situation where you didn't have anything to talk about? Did you hate yourself for making a fool of yourself? Do you want a remedy for this? It's simple. Start reading. Reading widens your horizon of information. You'll always have something to talk about. You can discuss various plots in the novels you read, you can discuss the stuff you are learning in the business books you are reading as well. The possibilities of sharing become endless.
10. **Reduces boredom**: One of the rules I have is if I am feeling bored, I will pick up a book and start reading. What I've found by sticking to this is that I become interested in the book's subject and stop being bored. I mean, if you're bored anyway, you might as well be reading a good book, right?

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