

Is Your Weekend

Booked?

Benefits of Reading



Knowledge is power.

When was the last time you opened a book? Is your Facebook or Instagram feed the last substantial thing you read? Making time to read books opens doors to new ideas, perspectives, characters and places by simply turning a page. Let's explore the benefits of books and why your next great read should happen this weekend.

1

REDUCES STRESS

A well-written story distracts readers from life's stressors and eases tension.

2

IMPROVES MEMORY

Working your brain by reading is like toning your other muscles. Keep it active and engaged to improve memory.

3

EXPANDS VOCABULARY

The more you read, the more extensive your vocabulary becomes. Learning new words boosts confidence and cognitive levels.

4

ENGAGES & ENTERTAINS

From fantasy to nonfiction, from manga to mysteries, there is a genre for everyone!

5

IMPROVES CONCENTRATION

Remembering characters, plots and storylines strengthens the brain's ability to retain and recall information.

