Books in my life

Hello everybody!

Our next topic is books and reading. At first, I’d like to know your **attitude to reading.**

Please think about the following questions and answer them, then **copy them into an email and send them to me (****englishsosban@gmail.com****) by Monday, 20h April.**

* *What was the first book you read? Or what book do you remember from your childhood (your favourite)? Write at least 3 sentences about it (what it was about, why you liked it so much etc.)*
* Answer:
* *What book are you reading these days? (Write at least 3 sentences about it, what it’s about, who is the author, whether you are enjoying it etc.)*
* Answer:
* *What is the best book you’ve ever read? Why?*
* Answer:
* *What is the worst book you’ve ever read? Why?*
* Answer:
* *Do you like reading? If yes, what are your favourite genres? If not, why?*
* Answer:
* *What are the benefits of reading? Why do you think we should read books? Write at least 3 benefits/reasons (Check out some ideas on the next page and learn them (“Books” is one of Maturita topics)*
* Answer:
* *Choose one picture from the next page and give your opinion about it (explain the message, write if you agree/disagree, why etc. min. 3 sentences)*
* Answer:

**Why read books - Here are ten reasons:** 

**1. To Develop Your Verbal Abilities**

Although it doesn’t always make you a better communicator, those who read tend to have a more varied range of words to express how they feel and to get their point across. The more you read, the higher level of vocabulary you can use.

**2. Improves Your Focus and Concentration**

Unlike blog posts and news articles, sitting down with a book takes long periods of focus and concentration, which at first is hard to do, but in the long run improves your concetration a lot.

**3. Readers Enjoy The Arts and Improve The World**

A study done by the [**NEA**](http://www.nea.gov/research/toread.pdf) explains that people who read for pleasure are many times more likely (than those who do not) to visit museums and attend concerts, and almost three times as likely to perform volunteer and charity work. Readers are active participants in the world around them, and that engagement is critical to individual and social well-being.

**4. It Improves Your Imagination**

You are only limited by what you can imagine, and the worlds described in books, as well as other peoples views and opinions, will help you expand your understanding of what is possible. By reading a written description of an event or a place, your mind is responsible for creating that image in your head, instead of having the image placed in front of you when you watch television.

**5. Reading Makes You Smarter**

Books offer an outstanding wealth of learning and at a much cheaper price than taking a course. Reading gives you a chance to consume huge amount of research in a relatively short amount of time. Anne E. Cunningham and Keith E. Stanovich’s **“**[**What Reading Does for the Mind”**](http://www.csun.edu/~krowlands/Content/Academic_Resources/Reading/Useful%20Articles/Cunningham-What%20Reading%20Does%20for%20the%20Mind.pdf)**** also noted that heavy readers tend to display greater knowledge of how things work and who or what people were.

**6. It Makes You Interesting And Attractive**

This goes hand in hand with reading to become smarter. Having a library of information that you have picked up from non-fiction reading will come in handy in any academic or scholarly conversation.

**7. It Reduces Stress**

A study by consultancy firm Mindlab International at the University of Sussex showed that reading reduces stress. Subjects only needed to read, silently, for six minutes to slow down the heart rate and ease tension in the muscles. In fact it got subjects to stress levels lower than before they started.

**8. It Improves Your Memory**

In her book Maryanne Wolf explains that “Typically, when you read, you have more time to think. Reading gives you a unique pause button for comprehension and insight. By and large, with oral language “when you watch [**a film**](http://whytoread.com/popular-books-made-movies/) or listen to a tape, you don’t press pause.” The benefits of this increased activity keeps your memory sharp and your learning capacity nimble.

**9. To Discover and Create Yourself**

In his book [**How to Read and Why**](http://www.amazon.com/exec/obidos/ASIN/0684859076/whytoread03-20)**,** Harold Bloom says that we should read slowly, with love, openness, and with our inner ear cocked. He explains we should read to increase our wit and imagination, our sense of intimacy–in short, our entire consciousness–and also to heal our pain.

**10. For Entertainment**

All the benefits of reading mentioned so far are a bonus result of **the most important benefit of reading**; Its **entertainment** value. If it were not for the entertainment value, reading would be a chore but it needn’t be. Reading is not only fun, but it has all the added benefits that we have discussed so far. Much more enthralling than watching a movie or a TV show (although they have their many benefits as well), a good book can keep us amused while developing our life skills.