

The Importance Of Reading Books Essay

Reading books boosts our knowledge but not only that. Books also entertain and relax our minds when we leave the hustle and bustle of our usual lives to enter virtual worlds of our favorite authors. Reading a well written book will help our own English skills which are of great importance today.

Essay on Importance of Reading Books

With better English skills we pass more exams, improve our important written papers, write more respectable letters and emails to influential people. Better English skills can help us gain better employment and gain the respect of peers and employers.

Reading for entertainment can ignite our senses as we become co creators of the scene playing out on paper. A study on brain benefits by reading regular fiction books was conducted at Emory University. The study titled, "Short- and Long-Term Effects of a Novel on Connectivity in the Brain," was recently published in the journal Brain Connectivity.

The study found that when reading novels the reader puts him or herself in the shoes of different characters creating empathy. Importantly, from a physical viewpoint, the researchers, interestingly found that

‘becoming engrossed in a novel enhances connectivity in the brain and improves brain function.’

Furthermore the Psychology Today’s article claims: the changes caused by reading a novel were,

‘registered in the left temporal cortex, an area of the brain associated with receptivity for language, as well as the primary sensorimotor region of the brain.

A good example is if we are thinking about playing soccer those thoughts can activate the neurons associated with physically playing soccer.

In today’s society there are many distractions for children – perhaps more than ever before.

According to Psychology Today Surprisingly, ‘42% of college graduates will never read a book again after graduating college.’

The report also cites: ‘Nearly 33% of American children live in a household where the television is on all or most of the time. Children between the ages 8-18 years old watch an average of three hours of television a day. On average, 61% of children under 2 use some type of screen technology and 43% watch television every day.’

Reading An Essay

TD Snyder



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