

# The Pleasures of Reading

## Outlines

1. Introduction

2. The significance of book reading

3. How reading is pleasure

a) It maintains good health

b) It enhances analytical ability

c) It builds communication skills

d) It makes good writers

e) It generates job opportunities

f) It makes time-taking person

g) It reduces stress and depression

h) It makes a creative person

i) It spreads awareness

j) It makes active, energetic and optimistic

4. The essentials for effective reading

a) Always read book with fast speed

b) Avoid distraction

c) Find a calm and serene place

5. Conclusion

# 1. Introduction

"A reader lives a thousand lives before he dies.... The man who never reads lives only once" (George R. Martin).

The meaning and purpose of this quote is that a book lover lives an exemplary life, because with his massive knowledge and information from reading books, he benefits the people ~~with~~ by solving their issues and also shares his knowledge with others, and his ideas will pass to all generations. This is why a reader lives a thousand lives. On other hand, a non-reader's life is almost invisible and not beneficial for others. Therefore, after his death, he won't <sup>is not</sup> be remembered by the people. Furthermore, A person who is book lover finds many improvements in his life. Reading enables him to judge what is right and wrong, and how to solve any problem because of analytical ability generated by reading books. Besides, reading addresses his communication skills and writing skills for career development. With reading books, he will eventually loses interest in other useless activities, and always take great care of his time in his life.

Books give good feelings and optimism when a depressed and stressed person reads them. Over and above, reading creates awareness among people who are being exploited and used as "The Feminine Mystique" book of Betty Friedan did in 1963 by leading to the second wave of feminism. Hence, reading helps the person in all walks of life. It reduces one's stress, depression, and problems, and brings insurmountable changes. The books are replete with knowledge and analytical thinking of their writers, so person gain through reading.

## 9) It maintains good health

Reading improves the mental and physical health of any person.

The reason is that it gives new information, ideas and solutions of problems that makes reader happy. Reading enhances the effectiveness and help us to reduce stress.

According to a study of 2009, at the University of Sussex found that reading can reduce stress by up to 68%. Besides, reading also improves the physical health.

A research shows that regular reading can lower blood pressure, reduce stress and improve sleep quality. Hence,

Reading plays pivotal role in the maintenance of good health, not

only mental health but also physical.