

English Essay [Mock] The Wonders of Reading

Outline

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- 1.2. General Statement
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2. Reading enhances brain stimulation

- 2.1. Strengthens brain activity
- 2.2. Boosts analytical thinking
- 2.3. Improves memory

3. Reading regularly aids effective communication

- 3.1. Enhances reading and speaking ability
- 3.2. Enables faster learning of language
- 3.3. Expands vocabulary and improves writing skills

4. Benefits of reading on mental health

- 4.1. Improves overall wellbeing
- 4.2. Reduces stress and alleviates mood
- 4.3. Enables peaceful sleep

5. Benefits of reading on physical health

- 5.1. Lowers blood pressure and heart rate
- 5.2. Helps prevent age-related cognitive decline
- 5.3. Alleviates depression symptoms

6. Positive impact of reading on personality

- 6.1. Develops empathy in readers
- 6.2. Improves relationships
- 6.3. Decreases loneliness and social isolation
- 6.4. Inspires success in people

7. Conclusion

The Essay

"I do believe something magical can happen when you read a book" [J.K. Rowling]. Reading regularly can do wonders to mind, heart and the human body. If we look around the world, the most famous and successful people, businessmen and leaders are avid readers. For them, reading is not a hobby but a way of life because they understand the direct link between reading everyday and becoming successful. Reading regularly positively impacts all aspects of our lives, from our mental and physical health to our grooming and social life. Reading makes us better thinkers by improving our critical thinking, problem solving, boosts our vocabulary and develops social and communication skills. Therefore, it is necessary to introduce reading habit in our lives, especially during childhood to reap maximum benefits from it.

Reading is a process that lights up your brain as it utilizes maximum parts of the human brain. It involves frontal, parietal, occipital & especially lobe of the human brain to process words, hear sounds and comprehend language. A study conducted at Emory university in 2019 found out that as participants dwelled deep into a story, the MRI indicated that more areas of their

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brain were activated and even stayed elevated for several days after the experiment. Similarly, the process of reading boosts analytical thinking as it forms new neural connections in the brain. This way, an individual finds it easier to evaluate and organize information as well as solve complex problems. A study conducted at Boston's children Hospital showed that reading can rewire your brain and create new neural links. It strengthens the white matter which allows us to process information more efficiently and learn faster. Moreover, reading also has a positive impact on human memory as it keeps the brain constantly engaged. It enhances your episodic memory as you recall the storyline or information as you continue to read to pick up after a break.

One of the biggest positive impact of reading regularly is effective communication. Reading enhances reading, writing and speaking ability of individuals. It enables readers to jot down their thoughts and emotions in creative ways. It also enables faster learning of language. Another study by Boston's children hospital showed the reading strengthens our visual and auditory comprehension especially when listening to someone read out loud. Similarly, reading expands our vocabulary and helps readers in understanding the context of how words are used. A 2015 study conducted by the American Speech Language Association on vocabulary levels of kindergarten to 10th grade

showed that the above-average readers had a significantly higher rate of vocabulary growth between 4th and 10th grade. Similarly, researchers at the Center for Longitudinal Studies found that adolescents who read for pleasure in their spare time knew 26 percent more words than their non-reading peers. This proves that the more you read, the more you are exposed to the language and the more you learn new words.

Reading has ^{also} enormous benefits on the mental health of the readers. Reading regularly improves the overall wellbeing of readers. United Kingdom's leading reading charity, Booktrust, conducted a survey of 1500 adults in the UK and found that people who read regularly are on average more satisfied with life, happier and more likely to consider their life worth while. Meanwhile, reading is also likely to reduce stress and alleviate mood. Reading allows the mind to focus and concentrate on words pulling away the reader from anxious thoughts. A study conducted by the university of Sussex demonstrated that ~~6~~ six minutes of silent reading can reduce stress levels by 68 percent. Similarly, reading a few pages of a book before you get into bed can prepare your mind ~~&~~ and body for a good night sleep. It helps the readers relax and unwind before sleep as it allows the conscious to ~~signally~~ drift off.

Just like its benefit on the mental health of the readers, it also has positive impact on the physical health. Immersing in a book slows down your heart rate, lowers your blood pressure ~~&~~ and relaxes your muscles. To enjoy the long-term benefits of reading, research suggests that thirty minutes of daily reading can dramatically reduce physical symptoms of stress and fatigue. Reading can also help prevent age related cognitive decline. A 2013 study conducted by Rush University Medical Center found that people who remain engaged in mentally stimulating activities like reading all their lives were less likely to develop lesions and plaques that are found in the brains of the people suffering from dementia. Moreover, reading can also alleviate symptoms of depression. That's because people with depression often feel alone and isolated and hence reading fiction can temporarily allow them to escape their real world and feel good.

Reading has a positive impact on the overall personality of the readers as well. Firstly, it increases the ability to empathize. Research indicates that people who read fiction, stories that especially explore the inner lives of characters showed a heightened ability to understand the feelings and beliefs of other people. Similarly, reading can improve relationships especially parent-child bond that can easily be

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Strengthened by reading bed time stories. A 2020 study from the Journal of the American Psychological Association found that parents who read their children daily from the ages of six to eighteen months had lower stress levels, were more sensitive to the needs of their children and were also warmer to them. The shared reading time sharpens the emotional bond, elevates the mood and increases behaviours such as patience, tolerance and empathy. Another advantage of reading a book is that it decreases loneliness and social isolation. Readers often find different book clubs where they can find like-minded people, form friends and share the same passion of reading. Furthermore, developing a habit of reading is also likely to inspire success in people. Most historical ~~teacher~~ leaders are known to have been avid readers. People like Obama, Elon Musk, Bill Gates, Oprah Winfrey and several others have associated reading ^{with} their career success. Similarly, a study conducted on the world's wealthiest people found out that the only trait in common was the fact that they read.

In a nutshell, reading is a wonderful phenomenon that stimulates neural pathways and synapses in the human brain as it utilizes various parts of the brain to perform this activity. As a result, it positively affects our health,

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our mind, body, relationships, bonds with our loved ones and even our career paths. Reading is not only beneficial for children but developing a habit can benefit a person of any age. Therefore, it is vital to inculcate this habit in our daily lives for betterment of ourselves, our children and the society as a whole.