

# 5 Reasons why reading habits are important

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Reading is an essential aspect of life. It shapes the personality of an individual. Today, due to the effect of the mass media, people are less interested in reading, be it books, magazines or journals etc. Reading is just restricted to social interactions and trending articles, which may or may not be technically sound. Reading helps [cultivate good personality](#), ideas, right thinking and right attitude. It is said that a person who keeps himself busy with books, will never lose his peace of mind. If you are [learning English language](#), then add a new list, to read a book as it might help you in many ways.

## 5 Benefits Of Reading

Whether you are a child or an adult person, there is no age for starting a habit of reading.

### 1. Reading improves vocabulary

The more you read, the more you are exposed to new words. It also improves your spelling. [Reading increases your vocabulary](#) more than talking or direct teaching. It makes you look at the words that are not used in normal speech.



### 2. Expansion of knowledge

Everything you read fills your head with new bits of information, and you might never know when it can become useful. The more knowledge you have, the better-prepared you are to tackle any challenge you'll ever face. Reading lets you ask questions and seek answers, when you do that you come across as a well-read personality. A good thought says, if you ever find yourself in a horrible situation, there are chances of losing everything from your job, money, property, even your health, but knowledge cannot be taken from you.

### 3. Improves writing skills

When you read a book you are exposed to many things, like the writing style, the pace of the writer, use of words and flexibility. This will improve your English language and impact your way of writing. This is like, painters using techniques of famous masters, similarly writers learn how to craft their style by reading the works of others.



#### 4. Expands memory

When you read a book, you have to remember a variety of characters, their backgrounds, ambitions, history, and tone, as well as the plots and style of every story. Your brain can remember these things very easily. Every time you read, your brain builds a new (brain pathways) that strengthens the existing ones, which assists in short-term memory recall as well as stabilizing moods.

#### 5. Increases analytical thinking

Studies show that [analytical thinking](#) is enhanced by reading. When you read a book, you improve your general knowledge, and you are able to recognize examples faster. If you can recognize examples faster, your analytical skills receive a boost.



There are endless benefits of reading books. You can join a [spoken English](#) course and learn how to develop your reading skills. If you are a good reader, nothing can stop you from being a great speaker.

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**- By Chander Madan**

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