Benefits of Reading Books

WHY YOU SHOULD READ BOOKS EVERY DAY

SHARPENS YOUR MIND

By concentrating on words and lines it stimulate on your brain. Daily reading can help sharpen your mind.

REDUCE YOUR STRESS

Reading help you to focusing on words,lines and some sentences. These help to pulling your mind away from stress and make you feel relax.

BOOST SLEEP

Reading help you to fall asleep,de-stress you and also improve your sleeping quality. Reading is like sleeping pill which can lead you into restful sleep.

PREVENT DEPRESSION

Self help books can prevent depression. Reading boost the part of the brain that deal with depression. It boost your brain with happiness and ambitions.

EXPAND VOCABULARY

The more you read, the more words you gain.Reading improves your vocaburaly and you can express your own thoughts and feelings.

Been a *wizard*

Lived in the *Tudor* age

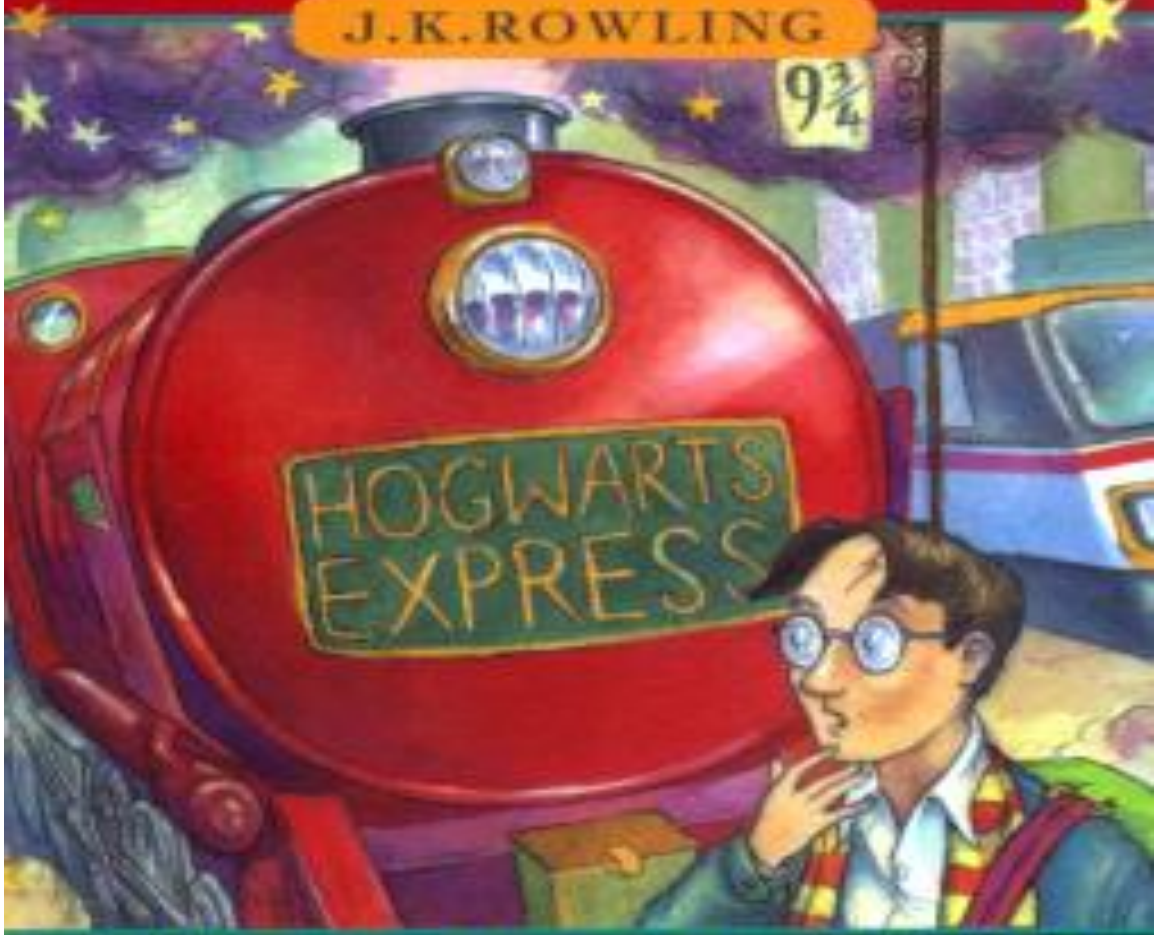
Experienced the fear of *war*

Been *elected* to office

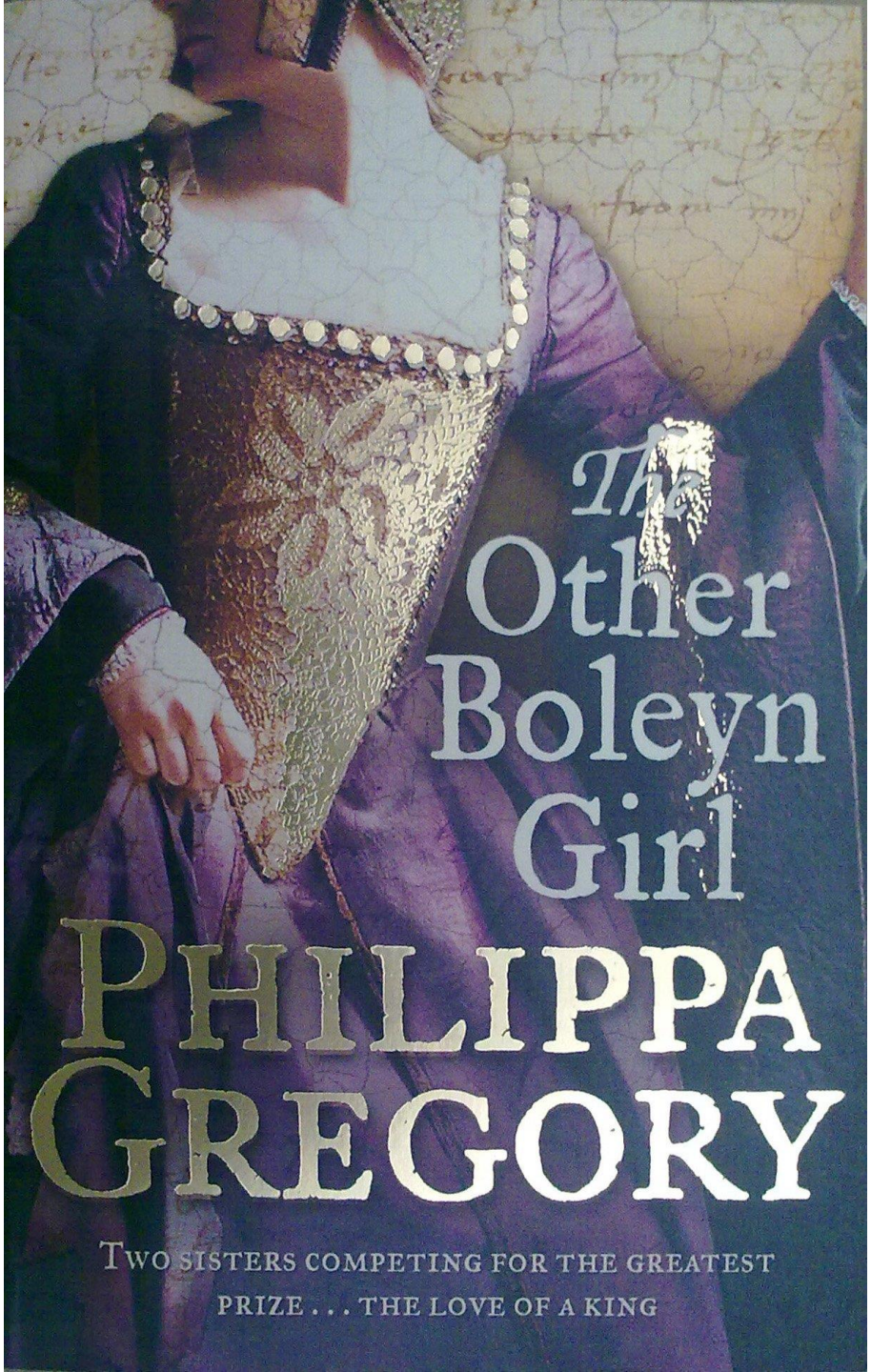
HARRY POTTER

and the Philosopher's Stone

J.K.ROWLING



"...this is a terrific book." *The Sunday Telegraph*

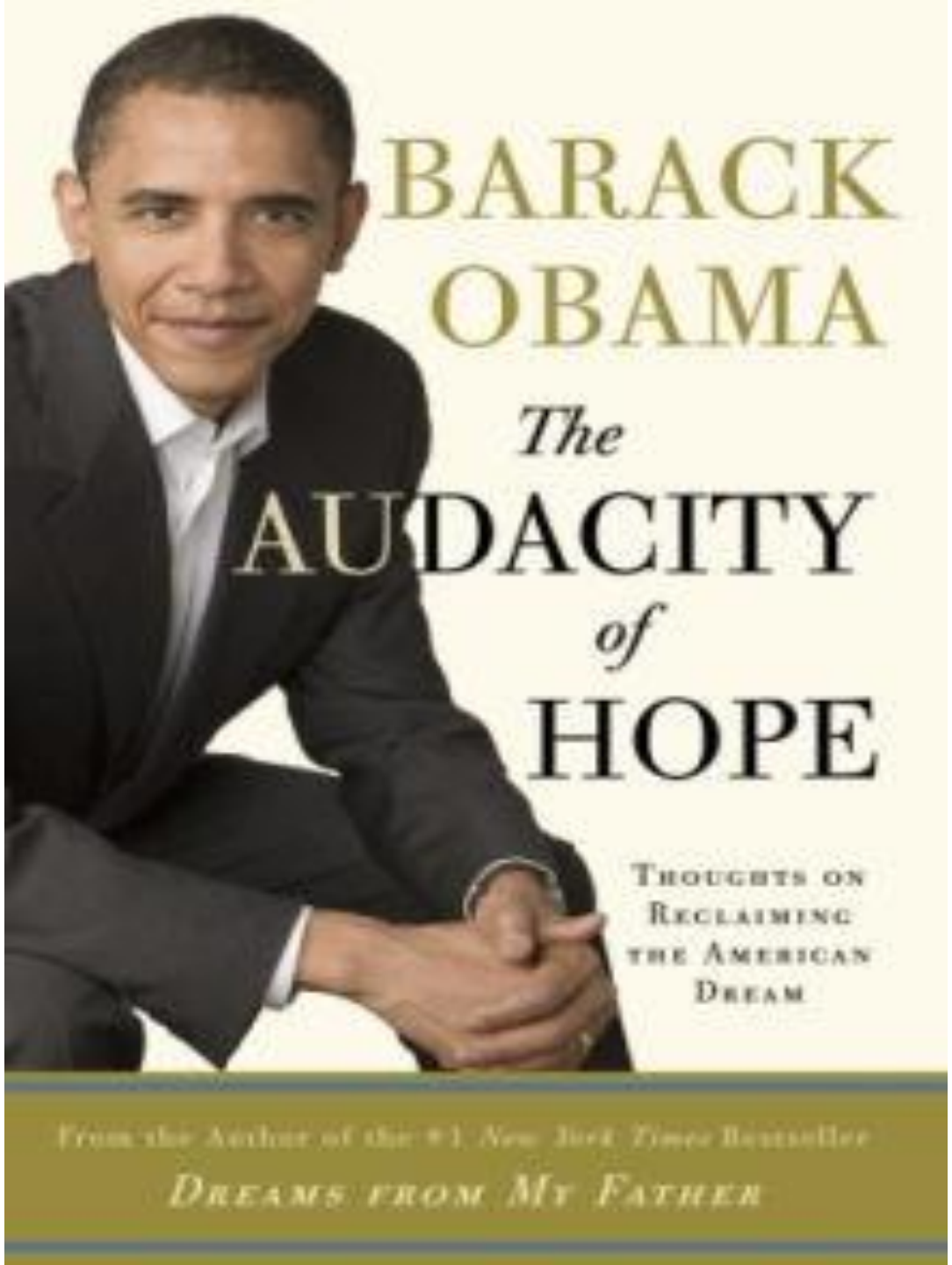

The Other Boleyn Girl
PHILIPPA GREGORY
TWO SISTERS COMPETING FOR THE GREATEST PRIZE . . . THE LOVE OF A KING

THE NO.1 INTERNATIONAL BESTSELLER

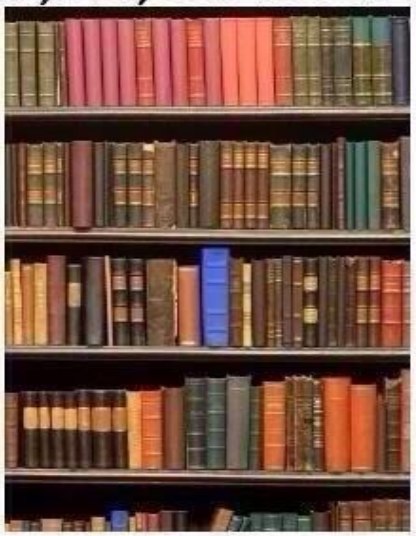
MARKUS ZUSAK

The Book Thief

'A novel of breath-taking scope, masterfully told'
Guardian


BARACK
OBAMA
The
AUDACITY
of
HOPE
Thoughts on
Reclaiming
the American
Dream
From the Author of the #1 New York Times Bestseller
Dreams from My Father

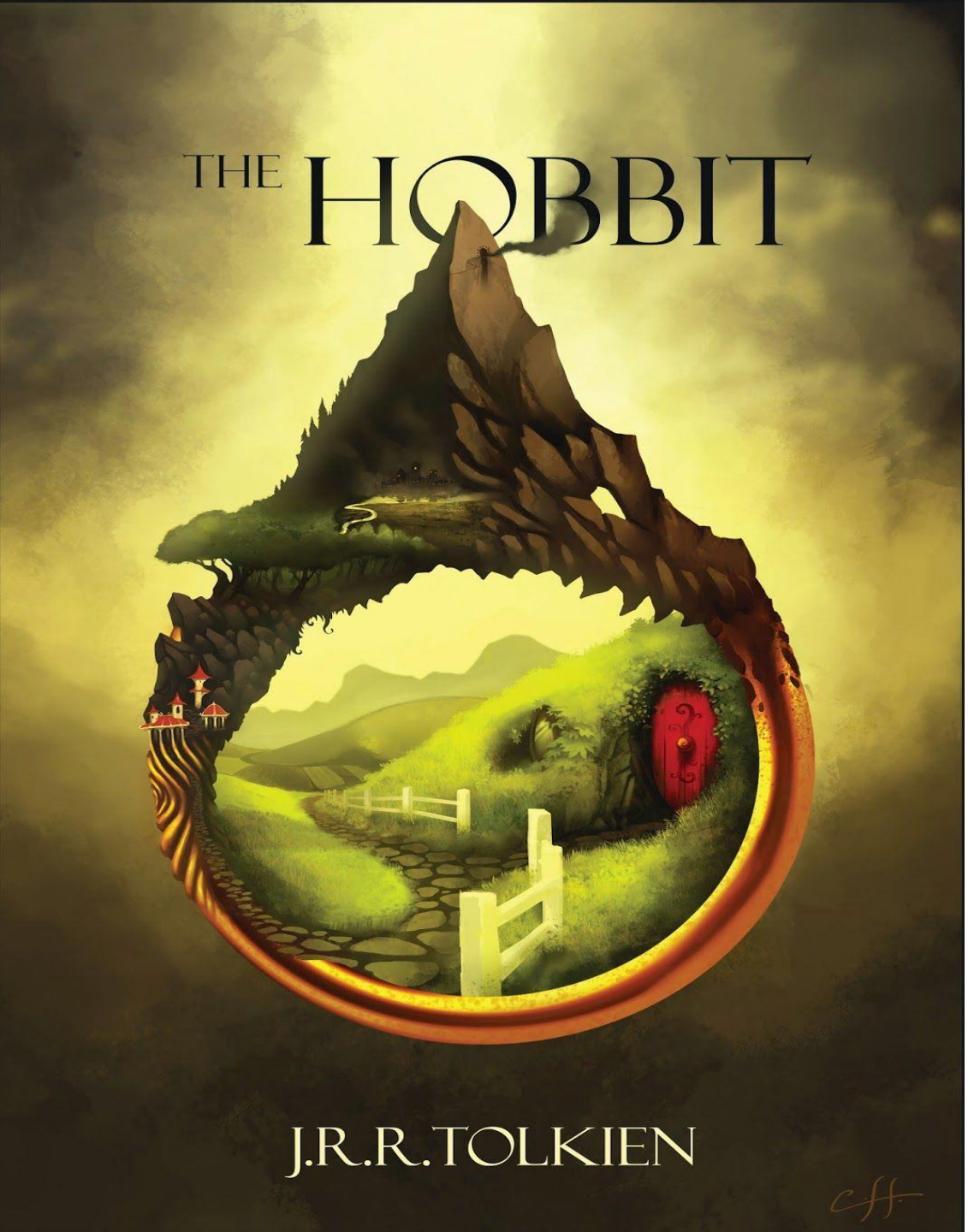
Why Can't I Skip My 20 Minutes of Reading Tonight?

Student "A" reads 20 minutes each day	Student "B" reads 5 minutes each day	Student "C" reads 1 minute each day
3600 minutes in a school year	900 minutes in a school year	180 minutes in a school year
1,800,000 words	**282,000 words**	**8,000 words**
		
90th percentile	*50th percentile*	*10th percentile*

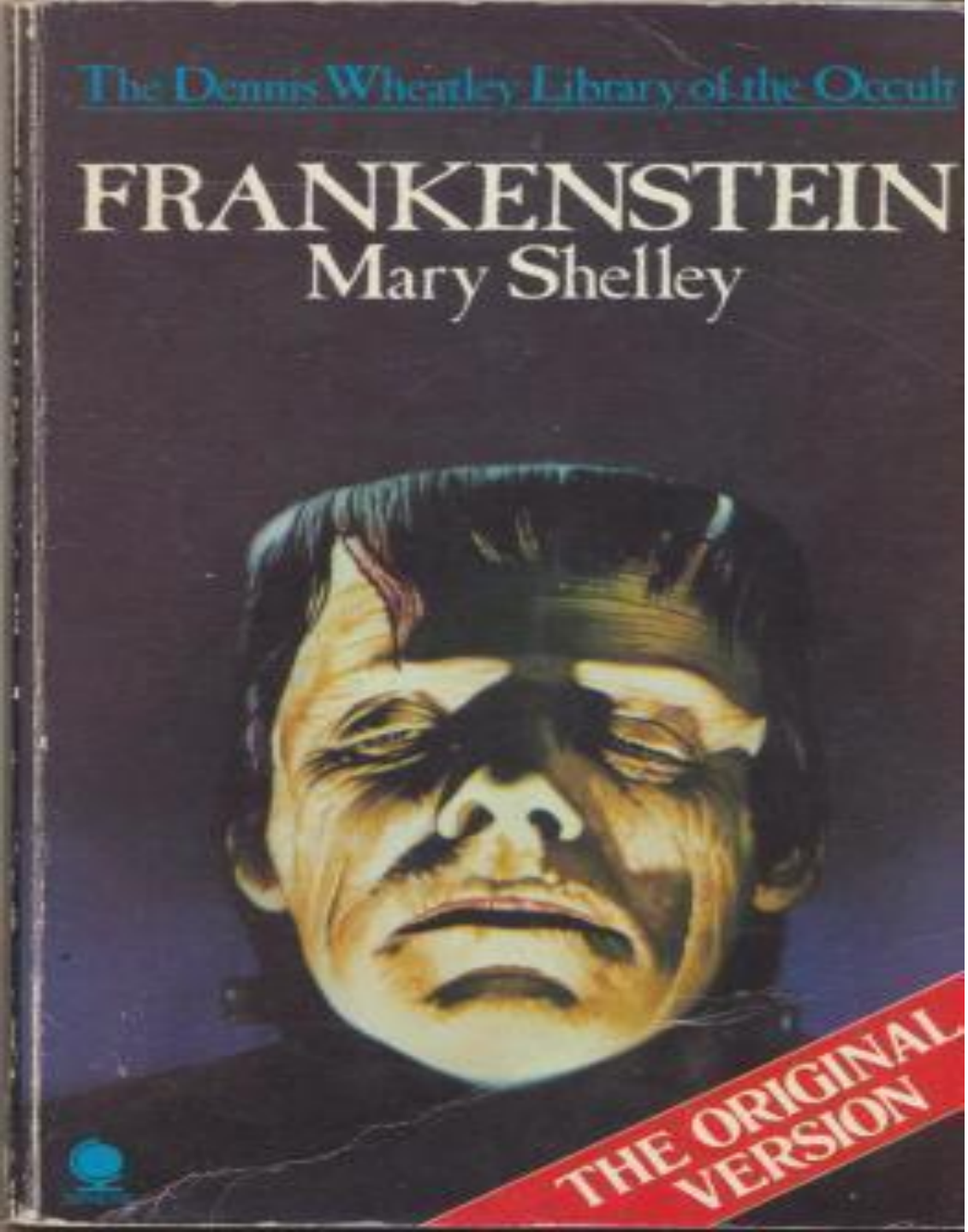
By the end of 6th grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school…and in life?

(Nagy & Herman, 1987)

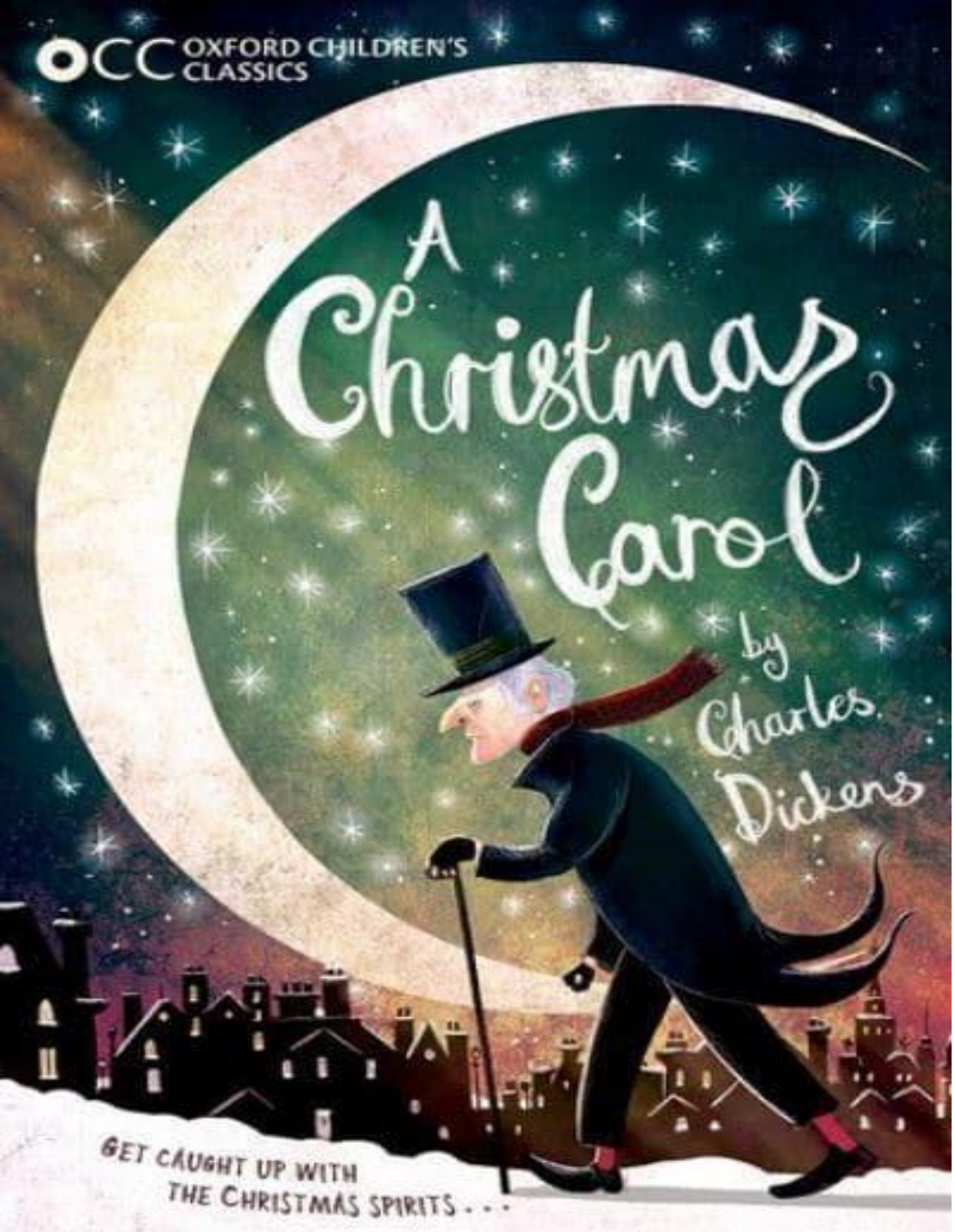
Every book will
teach you something



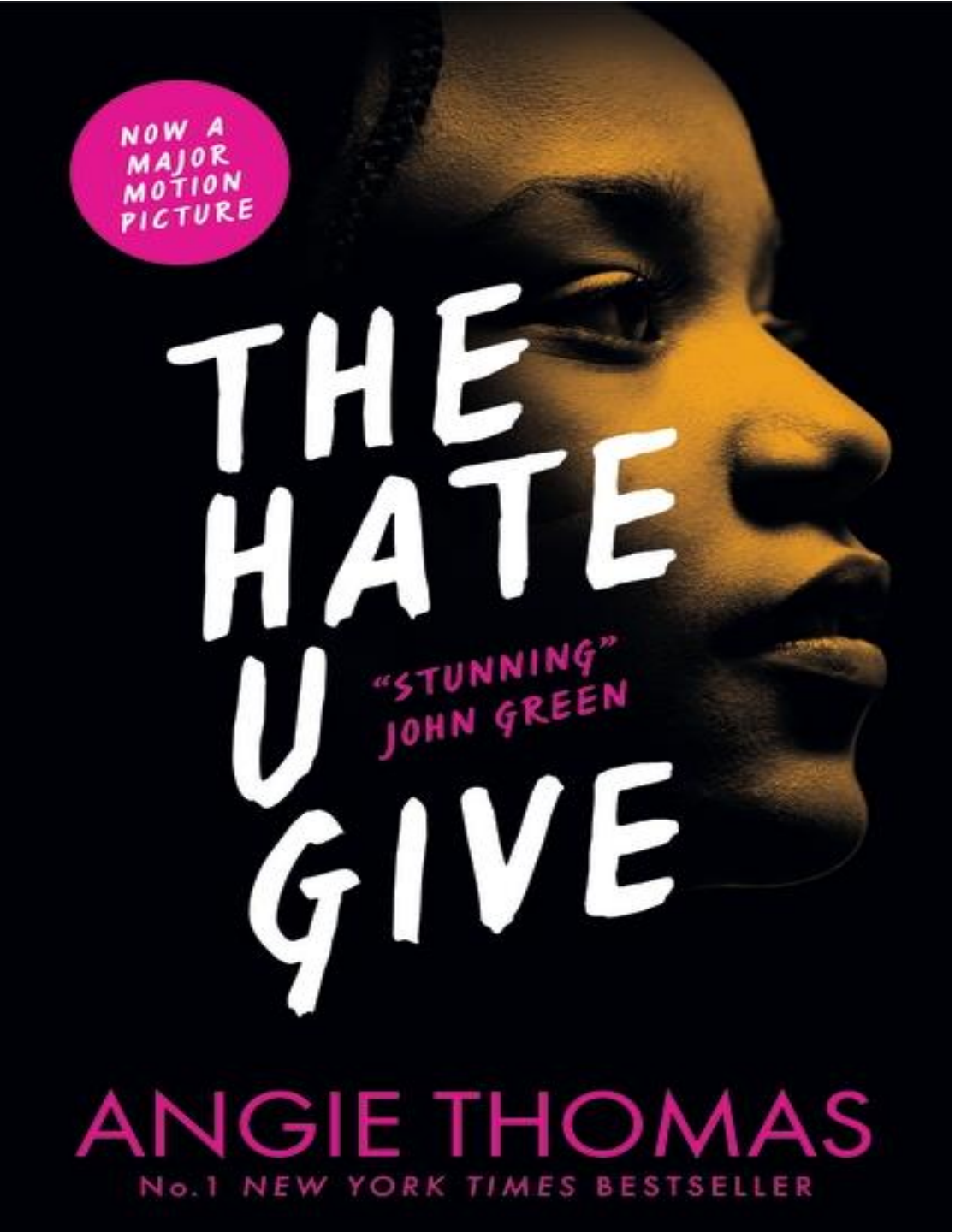
Always say yes to an adventure, even when you don't know where it will take you!



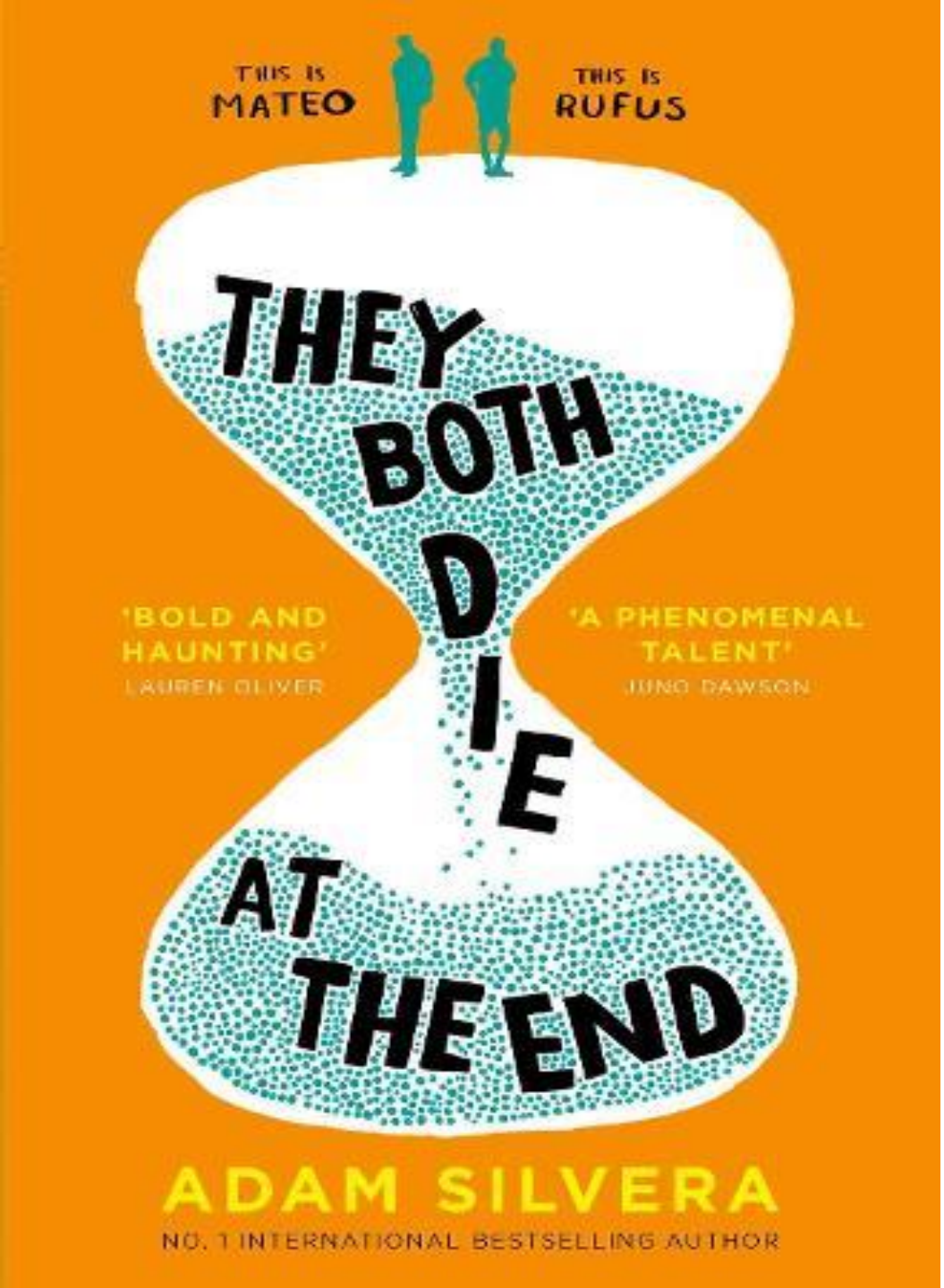
Just because you can do something doesn't mean you should.



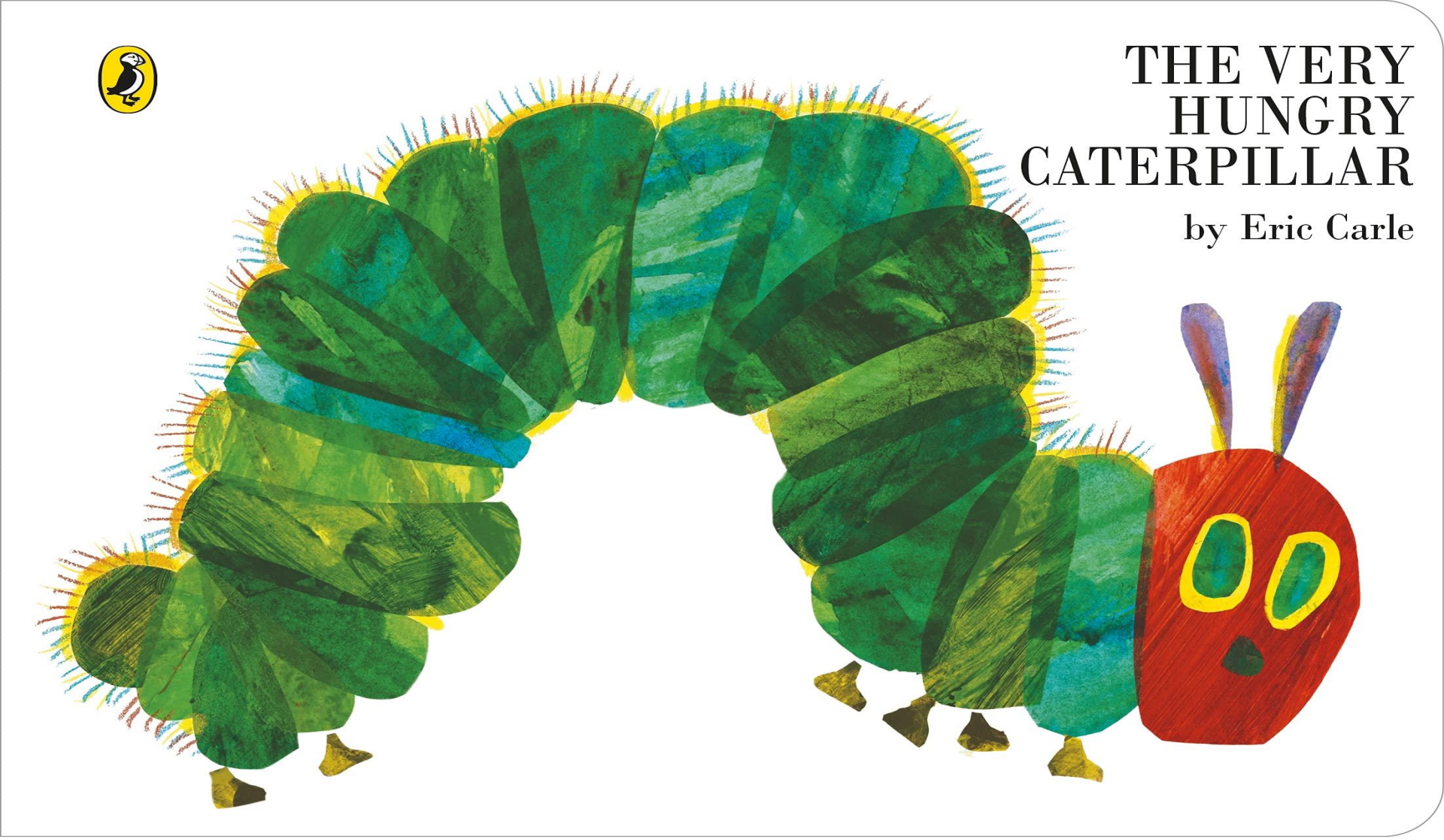
You're never too old to change your ways



Sometimes your voice is the most powerful weapon you have



Live every day like it is your last



Sometimes all you need is a good meal.

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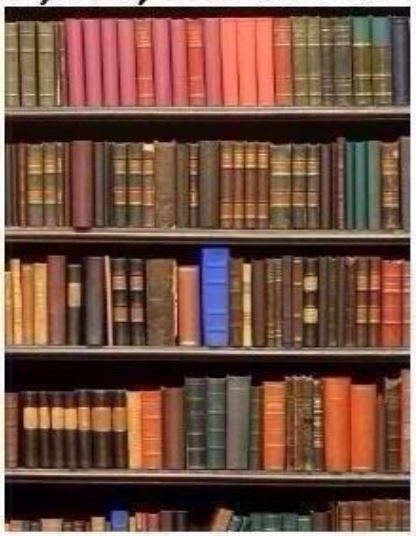		
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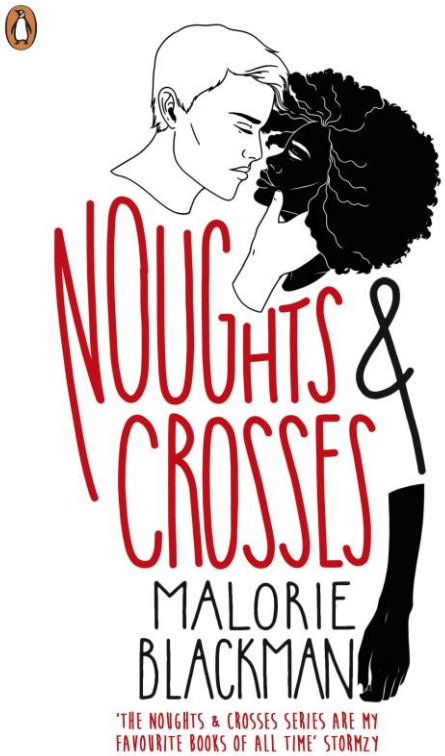
Stormzy has previously described Blackman's book series Noughts and Crosses as his favourite books of all time, which "showed me just how amazing storytelling could be".



#MERKY

Facebook CEO Mark Zuckerberg says that “Books allow you to fully explore a topic and immerse yourself in a deeper way than most media today. I am looking forward to shifting more of my media diet towards readings books.”

He has also started the ‘A Year Of Books’ book club, in which he will discuss the books that he is reading with the members of the Facebook community.

Activist and feminist icon Malala Yousafzai's passion for reading became known around the world when she risked her life to promote girls' ability to do just that.

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Hurworth Library

Opening Monday 20th September

Breaktimes * Lunchtimes