

“One big advantage of reading is it can reduce stress. A study by the University of Sussex found that just six minutes of silent reading can reduce stress by up to sixty-eight percent. The study also found reading works faster and better than other stress-relieving methods. Reading reduces stress by making the reader concentrate on certain words which pulls the mind away from bad thoughts. Reading also has the effect of suspending reality. When we read we escape to fictional worlds which loosens tension in the muscles and heart. So if you are ever stressed just grab a book and read.”

—Meyer Harwood

“Perhaps the best place to begin understanding why we read is to ask those who write. According to Roald Dahl, ‘If you are going to get anywhere in life, you have to read a lot of books.’”

—Django Russell

“I love to read because it takes me to a different world and helps my worries go away. I can immerse myself in the words. The general things I found in my research was that it is good to read and rather important to read as it helps reduce stress, improve vocabulary and brain comprehension. Reading also makes for easier sleeping as your mind is calmer when reading. It also lowers blood pressure. It keeps your mind sharp and helps you live a long and happy life.”

—Kai Banks

“The biggest reason I feel we should read is because it expands our thinking and allows us to experience a world different from our own. It allows us to live the world through the eyes of different people in different places. It is the cheapest way to travel. To travel through the pages of a book. To escape reality and inhabit a world from the author's point of view. For me a story or a book is a tiny little life just waiting to be lived; a world anyone can belong to just by sitting down and taking the time to read.”

—Nadia Declerck

“Albert Einstein once said that: ‘If you want your children to be intelligent, read them fairytales. If you want them to be more intelligent, read them more fairytales.’ Why is reading so important? How do 26 letters and some punctuation marks improve our lives? Words paint pictures and reading inspires imagination. And, as a result, many of us read for entertainment, creativity, and the freedom to learn and imagine.”

—Ari Del Mar