

Increases knowledge and vocabulary by

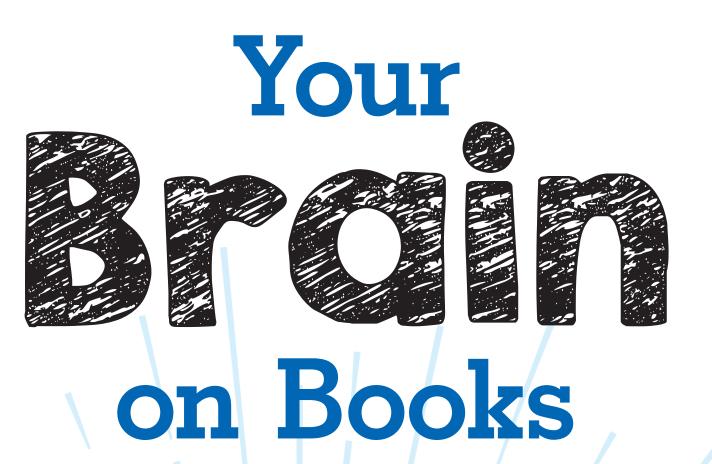


Lowers stress by



Can lengthen your life by





What science tells us about why you should get lost in a great story



# 

#### Boost your mood

Studies show that people who read for fun are more likely to feel happy and confident.



### Help you relax

Your heartbeat slows.
Your muscles melt. One minute you're reading in bed, and the next you're zzZZZzzZZZzzz.



# Bring people together

Whether you're starting a book club or bonding over Wimpy Kid with a friend, you'll be part of a reading community.

## Reading is a workout for your . . .



### Memory

Reading
exercises the
brain, improving
your memory.
(Maybe you'll stop
forgetting your
lunch at home!)



## Imagination

Books help you see vivid pictures in your mind.
So you feel like you're actually at Hogwarts, riding a Nimbus 2000.



### Heart

Research
shows that
reading about
a character's
thoughts and
feelings can
make you kinder.