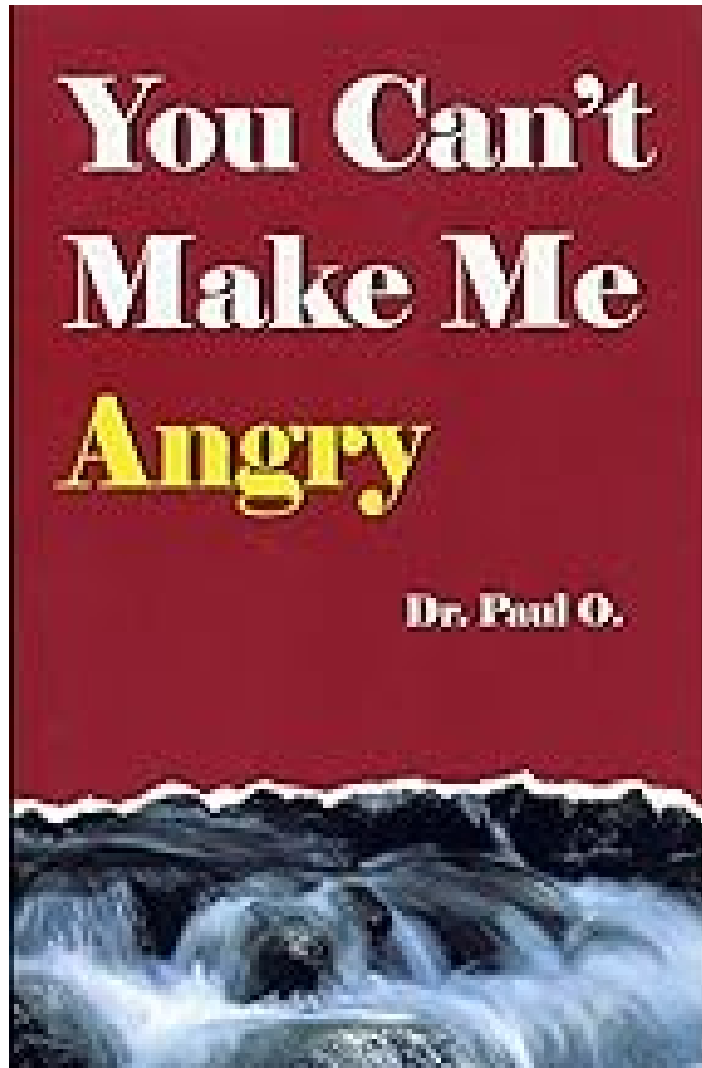
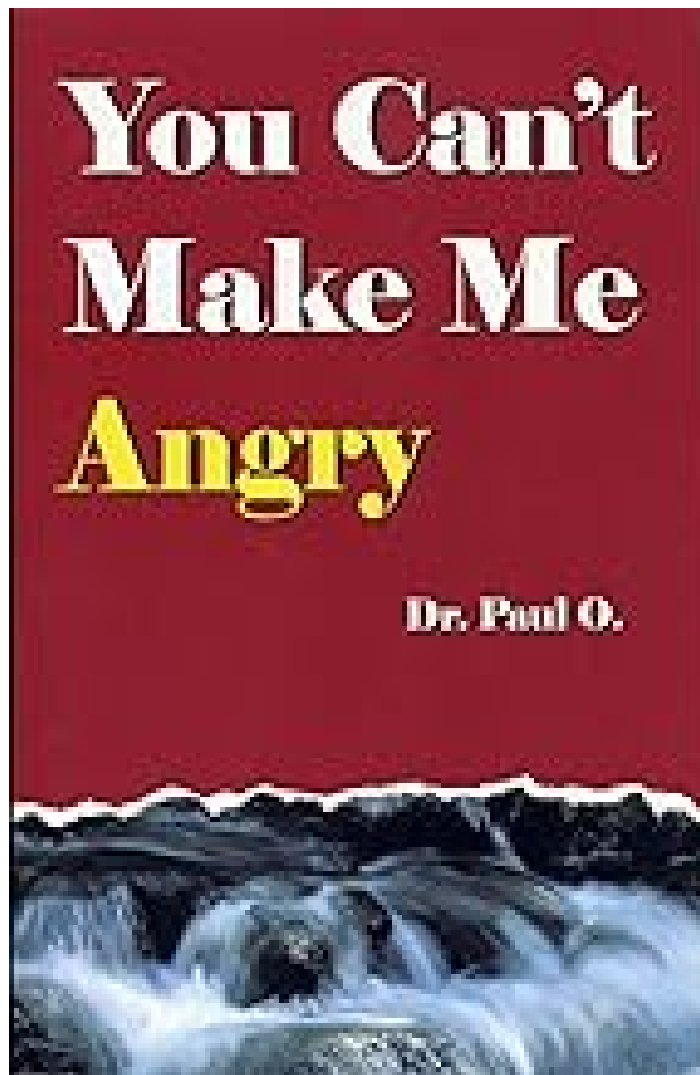


You Can't Make Me Angry





• Whether we choose the traditional reading format of paperback and hardcover books or if we go for modern solutions like audiobooks or e-books, there is no question about it: reading has a ton of benefits for us. Ever since the first-ever written novel, *The Tale of Genji* by Murasaki Shikibu, people haven't stopped reading fiction, and there are many reasons behind this. Reading is a fun activity, one that can help you relax and feel better after a long day, it gives us a way to escape

our daily routines and troubles, and provides us with endless learning possibilities. Reading is equally effective in boosting both our physical well being and our mental health and is appropriate for people of all ages. Because we know youâ€™re interested in finding out as much as possible about how your hobby can improve your life, you will find below detailed explanations about each separate benefit, split into relevant categories.

Reading can improve imagination To read a fiction book, one has to have the capability to imagine its contents. Your imagination can evolve and have various impacts on your daily life. When most people think about imagination, they easily relate it to art or children. It could be their drawings or a composed piece of music. When you read a book, you picture the entire novel clearly identifying all the characters as the storyline and this stimulates your brain. Imagination consists of all things that do not involve our past or our present.

