

## This I Believe

What do you believe? I believe in the power of reading. In my opinion, reading is very important thanks to the many benefits it has, like allowing you to be anyone or anywhere you want to be. After reading a book, the way you look at the world could have changed extremely. Reading is entertaining but also improves your vocabulary, concentration and memory. Moreover, you gain a lot of knowledge from books.

First, it is entertaining. Reading allows you to escape reality and be anyone you want to be. Through reading, you can explore different places and get to know new characters even when you are stuck at home because of the corona virus pandemic. You get to know all of the characters you read about, some of them you might love, others you hate and there is surely a book character that you can relate to. For some people a well-written book character can be an inspiring role model. Due to the lockdown, you can't travel but through reading you can experience different worlds without even leaving your house. So, you are preventing the spreading of the virus but at the same time, you won't be bored.

Furthermore, reading can be very entertaining and it is something that you can do almost everywhere. There are a lot of different genres and you can read books about almost every topic that you are interested in. In the fictional worlds you read about, everything is possible. You can live in different worlds and escape reality. In those worlds, what happened in reality doesn't matter and you can forget everything that happened for a moment. How you imagine the places and the people, is completely up to you, there are no limits to your imagination.

Second, books help you look at things differently through somebody else's eyes. When you experience life through the eyes of another person, who looks at situations from a different perspective than you, it is easier for you to understand other people's opinions. Sometimes these different perspectives might change our own opinions on things. In my opinion, words are very powerful and books can change the way you look at the world.

Finally, reading is not only enjoyable but you also learn a lot for life. Reading can help develop critical thinking skills, it increases imagination as well as creativity and expands

knowledge. Due to the fact that you need to focus on what you are reading, in order to understand the plot, reading also improves your concentration. In addition, reading in a foreign language helps to have a larger vocabulary in that language. Furthermore, reading in your native language can improve your writing skills. Moreover, studies have shown that reading improves memory, focus and analytical skills. Books have a calming effect on the mind as well. When you are stressed, reading can help you calm down and has positive effects on your mind. Therefore, reading can help you sleep better since it calms the mind.

In conclusion, in my opinion reading is very important. It can be a source of entertainment and is an important part of education. Reading has many advantages. Through reading you can escape reality and whatever problems you might have for a short time. Having a good reading habit benefits your imagination, critical thinking and analytical skills as well as helps you reduce stress.