

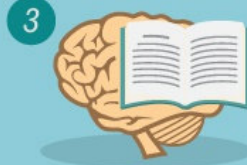
Strengthens the Brain



1 Reading brings existing neural pathways in the brain to life.



2 Reading complex poetry in particular helps the brain remain elastic and active.



3 Frequent brain exercises, like reading, decreases mental decline for the elderly by 32%.



4 All of these points throughout the story are a new memory in your brain, which means new synapses being created and existing ones being strengthened. Therefore, your brain's short-term memory and recall capabilities improve.

When you read a book you have to remember a lot of things, including the different characters, and also the main plot and any subplots throughout the story.



Study Participants read thirty pages of a book the night before and then had an MRI of their brains the next morning. Results showed there was a heightened connectivity in the left temporal cortex. This is the area of the brain that's associated with language and intelligence.

The result Even though the participants weren't reading the novel in the MRI machine, their brains were still retaining a heightened connectivity as if they were. This means **the brain is like a muscle**, and by exercising this muscle, people can improve their brain power.

Improves Your Health

5 A study showed that depressed patients in the mental health ward showed **positive improvement** when they were read stories aloud. They reported feeling better and more positive about things.

6 In the case of depression, **self-help books** are the best type because people with severe depression benefit greater from a low-intensity intervention. Self-help books fit into this category, so not only does reading them help patients with depression, but the topic also adds a benefit.



7 Researchers have demonstrated that reading can **reduce stress** by around 68%.

8 Elderly patients who regularly played mentally challenging games or read books were **two and a half times less likely to develop Alzheimer's**.

9 Creating a **bedtime ritual**, like reading before bed, signals to your body that it's time to wind down and go to sleep. However, this only applies to real books as screens like e-readers and tablets can actually keep you awake longer and hurt your sleep.

14 Ways READING IMPROVES Your Mind and Body

Children's Brains



10 **Children who read** are better able to grasp abstract concepts, apply logic in various scenarios, recognize cause and effect, and utilize good judgment.



11 Numerous studies have shown that students who are exposed to **reading before preschool** are more likely to do well in all facets of formal education.



12 A children's book exposes your child to **50% more words** than watching a television show.

Reading Helps in Real Life

13 Researchers have discovered that those who read about characters doing something are more likely actually to do that activity in real life. This means that you're more motivated to ask your employer for a raise, or complete that bucket list you've meant to get to.



14 Identifying with characters in a book also helps you experience the type of real-life relationship you would experience with a real person, which means you identify with people who are shy if you read about a shy character.

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