1. READING BUILDS EMPATHY
Reading fiction has the power to build an individual's tendencies towards empathy.
- Science Magazine

2. INCREASED BRAIN POWER
As we age, we experience a decline in memory and brain function. Reading may help slow the process.
- Neurology

3. READING CAN RELAX YOU
Reading may reduce stress by as much as 68%.
- Sussex University

4. READING RAISES INTELLECT
Children's books expose kids to 50% more words than prime time TV.
- Journal of Child Development

5. STAVE-OFF DEMENTIA
Those who engage in activities like reading could be 2.5 times less likely to develop Alzheimer's disease.
- National Academy of the Sciences

6. READING HABITS RUB-OFF
Reading out loud to kids throughout their elementary school years might push them towards adopting the habit of reading more.
- Scholastic

7. HELPS YOU SLEEP BETTER
Reading before bed creates a signal to your body that it's time to wind down and go to sleep.
- Mayo Clinic