Books

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By: Noorie Abdullah

JANDY NELSON

I'LL GIVE YOU THE SUN

OPTIMISTS DIE FIRST

A MONSTER CALLS
PATRICK NESS

SHUSTERMAN

City of Bones — CASSANDRA CLARE — The Mortal Instruments
City of Lost — CASSANDRA CLARE
City of Fallen — CASSANDRA CLARE
City of

LAURIE FOREST

THE BLACK WITCH

The Lord of Opti...

"I absolutely loved The Black Witch.... A whole new, thrilling approach to fantasy!"
—TAMORA PIERCE, #1 New York Times bestselling author

SOME ECHO OF HER DARK POWER
COURSES THROUGH MY VEINS...
WAITING TO BE RELEASED.

"Utterly unique and absolutely riveting—
I couldn't put it down!"
—#1 NEW YORK TIMES BESTSELLING AUTHOR
SARAH J. MAAS ON FIRSTLIFE

Barnes & Noble
EXCLUSIVE
NEVER-BEFORE-SEEN
FIRSTLIFE SCENES
INSIDE!

The harder you fight, the more you bleed.

LIFEBLOOD

AN EVERLIFE NOVEL

New York Times Bestselling Author
GENA SHOWALTER
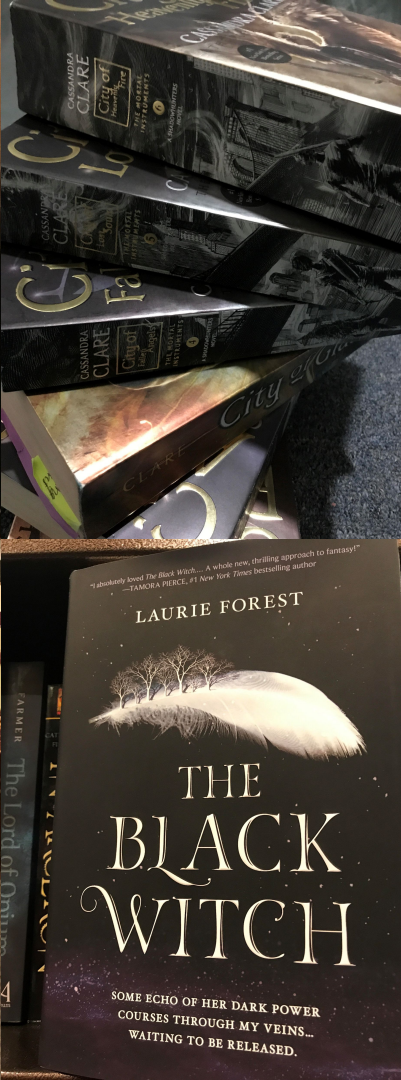
Have you ever seen a unicorn come out of a book? Well, you may not have seen it, but maybe you thought you saw it. Have you ever fallen asleep on your comfy couch reading a book? I know I have, and you probably, too. I happen to find myself googling an unfamiliar word that I don't know after I read it in a sentence. Reading has helped me in many different ways, such as learning new words, relaxing me, and thinking new ideas. I strongly believe that if you read books, you will find that they will help you in many different ways.

Imagination

Everyone has a big imagination, even grownups. Even though we do have imaginations, we need to feed them. Books are probably the best way to do this. Not only do books build your imagination, they lead you to new ideas. In an interview with Huong Doan, a student at PS290 on the Upper east side, she believes that, "Fiction opens my mind to new ideas the most because everything is made up which lets you think freely and you are able to think of more interesting ideas from the story." The website www.literacyworks.org says that reading helps our mind open and show us new ideas and possibilities. Reading fiction boosts your imagination, similar to muscle memory in sports. I think that reading books is like opening a new door that we have not yet discovered. The website *creativemarket.com* says that reading helps you make creative images, mindful thoughts, and some opinions you have in your head. I think that words have their own way of being spoken because every word in every book plays an important part and the descriptive words create a clear image in your mind. Reading has helped me think new themes and ideas or thoughts about what I've read. Sometimes it even changed my opinion about the book.

Relax

I know that there are many people out there who fall asleep reading a good book on their fluffy bean bag or couch. The reason you feel sleepy after reading a book is because reading calms you down and relaxes you. Before I go to bed, sometimes I don't feel tired. A solution is to read a book. One night, I just couldn't sleep. So I turned on my bright reading light and started to read. After about 5 minutes, my eyes started to get heavy. I turned off my light, placed my book on my night table and in snap, I was sound asleep, like the enchantress put a sleeping curse on me. The website *creativemarket.com* says that reading makes you concentrate on reading words, figure out what the words mean, and why they are written that way. According to the website, *creativemarket.com*, it says that reading helps you relax. A study showed that it only takes 6 minutes of reading to slow your heart rate and ease tension in your body and muscles. This is not surprising because reading makes me feel sleepy, even though it's in the middle of the day. In the same interview with Huong Doan, she said, "Reading does relax me. Fiction stories relax me the most because it makes me feel part of that story without actually existing."

Don't you ever feel tired of the piles and piles of homework? Or the briefcase full of paperwork? I know I have tons and tons of work from my tutor, and it can be very stressful. The perfect way to get away from your troubles is to purchase a free ticket to Booklandia. You can read pages and pages and won't have to feel the slightest bit of worry about finishing a project. Reading allows you to take a break and learn new things. The website www.literacy.org says that reading a good book allows you to get away from all your worries and troubles. Personally, I don't have much problems that make me feel like jumping through a portal into my book, but I must admit, it is really fun to go on an adventure anytime you would like. When I feel stressed or depressed, I feel like taking a break and running away to another world. There was this one time when I had loads of tutor's homework and I just needed a break. I knew that reading would ease my troubles, so I took out my book and read. Reading made me forget all of my problems. I was so absorbed in my book, I forgot I was still on earth.

It is sad sometimes to travel back to planet earth. But you can now see that there are plenty of ways that reading can help improve your life. I think that everyone should try reading fiction books, even if you're not a fan. Non-fiction books are great and all, but fiction books go way beyond your imagination. Imagine being able to sleep in just a snap, and not worry about any thoughts clouding your mind. I know books have helped me in my short life, but how do you plan on using books to help you throughout your life?