

Reading is good habit essay

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Reading is one of the most important and beneficial activities. If you have ever read a book in life you will know the pleasure and rewards of reading. Reading is the kind of exercise that keeps your mind engaged, active and healthy. It is important to develop the habit of reading not only for the sake of knowledge but also for personal growth and development.

It develops positive thinking and gives you a better perspective of life.

Reading enhances your knowledge, improves your concentration and makes you more confident and debate ready. The more you read the more wise you become and the more you will be recognized and appreciated.

Long and Short Essay on Reading is a Good Habit in English

Here are short and long essay on “ Reading is a Good Habit” of varying lengths to help you with the topic in your exams/school assignments.

These Reading is a Good Habit Essay will inspire you to take up reading as a hobby, by letting you know the benefits of reading and the changes that it brings to your personality and life.

You can select any Reading is a Good Habit Essay as per your need and interest:

Essay on Reading is Good Habit – Essay 1 (200 words)

Reading daily is one of the best habits one can possess. It develops your imagination and provides you with a fortune of knowledge. Books are your best friend is rightly said as reading helps build up your confidence and

uplifts your mood. Once you start reading, you experience a whole new world.

When you develop the habit of reading you eventually get addicted to it. Reading can help you grow and give a new perspective about life. Good books can influence you positively and guide you towards the right direction in life. The more you read the more you fall in love with reading. Reading develops language skills and vocabulary. Reading books is also a way to relax and reduce stress.

Reading increases creativity and enhances your understanding of life. Reading also inspires you to write and one can fall in love with writing as well. If we want to adopt some good habits in life then reading should definitely be on the top of our list. It plays a vital role in the optimistic growth and development of a person.

Reading leads to self-improvement. The pleasure of reading cannot be expressed in words. One needs to read to experience the joy of reading.

Essay on Importance of Good Reading Habits – Essay 2 (300 words)

Introduction

Reading is one of the most important and best habits one can inculcate. Those who have the habit of reading are actually the ones who can really understand the value and pleasure of reading. There are very few who are aware of the advantages of reading good books.

Importance of Good Reading Habits

Reading habits develop vivid imagination, knowledge and vocabulary. Here are some points describing importance of good reading habits:

- The most important reason of reading is that we gain knowledge. Books are a rich source of information and knowledge. Reading books on diverse genres imparts information and gives you a deep insight of to the topic you read about. You always learn something new when you read.
- It is a proven fact that those who have good reading habit show signs of higher intelligence. With diverse and bountiful genres books open up the mind and enhance the creative ability and language skills.
- Reading fiction develops empathy and helps build better relations with others. You become a part of the story and naturally empathize and sympathize with characters. You become more aware about how people get affected in different situations. It enhances your overall ability to empathize with others.
- Good reading also inspires you to write. Many writers get inspired and gain expertise by reading more and more. You learn the art of using language and enjoy playing with words.
- Reading is also a kind of motivation that works wonders in when it comes to de-stressing. Reading motivational books can really change our life for better. Reading autobiographies can also encourage us to work hard and stay dedicated to achieve our goals. It helps us become a better person in life.

Conclusion

There are many perks of good reading habits. It keeps your mind active, strong and healthy. Reading is important for your overall personal growth and development. Besides, you never feel bored or lonely if you develop good reading habits.

Essay on Reading and Its Importance – Essay 3 (400 words)

Introduction

We do so many activities for entertainment but one is really missing out something if he/she is not reading. The most enjoyable and beneficial activity is reading. Reading is important because it is good for your overall well-being. Lying on a couch and reading a good book is the best way to reduce stress and have a tranquil day at home.

Positive Effects of Reading on Mind and Body

Reading has following positive effects on mind and body:

- **Knowledge:** It is rightly said that books are the best source of knowledge. Every time you read you get new bits of information and knowledge that are useful. The more knowledge you possess the more wisely you handle various situations in life. The knowledge you get from books is the true wisdom as you may lose anything in life but not knowledge.
- **Improves Imagination:** Reading fictional stories can take you to a new world. You actually visualize the whole setup in the fictional world and

get familiar to characters. It develops your imagination and makes you feel amazed. You imagine and fantasize fictional stories and characters in your mind.

- **Wise use of time:** Reading good books means making good use of time. It is a perfect way to stay occupied and at the same time learn something and have pleasure. There is so much that you gain from reading. It is the best way to relieve your stress and enhance your mood.
- **Boost self-esteem:** By reading more and more books you communicate better and are well informed. Since you are more confident you become more productive and dynamic. It builds your confidence and leads to higher self-esteem.
- **Improves Creativity:** The more you read the more your thoughts and ideas develop. Your mind opens up and you start thinking in a new direction. You start thinking more creatively and rediscover life in a better way.
- **Helps Socialize:** Reading improves individual's communications skills and boosts confidence. It also enhances your socializing skills naturally as you are more confident about your abilities and knowledge. You can always share your knowledge and reading experience with friends and family. It also makes you more empathetic towards others.

Conclusion

So it is very important to develop good reading habit. We must all read on a daily basis for at least 30 minutes to enjoy the sweet fruits of reading. It is a

great pleasure to sit in a quiet place and enjoy reading. Reading a good book is the most enjoyable experience one can have.

Essay on Reasons Why Reading Habits Are Important – Essay 4 (500 Words)

Introduction

Reading is one of the most important habits one needs to develop in life. It is rightly quoted that books are your best companions. Good books can inform you, enlighten you and lead you to the right direction. There is no better companion than a good book. Books give you a whole new experience. Developing reading habit from early age leads to enduring love for books.

Why is Good Reading Habit Important?

1) Sharpens your Mind: Reading is vital for the development of brain as it boosts your thinking and understanding. It enhances your critical thinking and analytical skills. It also improves the brain function. Reading gives you knowledge, information and new perception.

2) Self Improvement: Reading helps you develop positive thinking. Reading is important because it develops your mind and gives you excessive knowledge and lessons of life. It helps you understand the world around you better. It keeps your mind active and enhances your creative ability.

3) Reduces Stress: No matter how stressed or depressed you are due to personal life, work or any other problem in your life, reading a good book reduces your stress completely and enhances your mood. Reading helps you

calm down your mind, releases strain from the muscles and slows down your heart rate.

4) **Increases Knowledge:** Active reading is the process that enables lifelong learning. It is an avid thirst for knowledge. Books enable you to have glimpse in to cultures, traditions, arts, history, geography, health, psychology and several other subjects and aspects of life. You get amazing amount of knowledge and information from books.

5) **Develops your Analytical Skills:** By active reading you explore several aspects of life. It involves questioning what you read. It helps you develop your thoughts and express your opinions. You engage your mind in understanding and thinking higher. You start comparing your perspective to the writer's perspective. New ideas and thoughts pop up in your mind by active reading. It stimulates and develops your brain and gives you a new perspective.

6) **Boosts your Imagination and Creativity:** Reading takes you to the world of imagination and enhances your creativity. Reading helps you explore life from different perspectives. While you read books you are building new and creative thoughts, images and opinions in your mind. It makes you think creatively, fantasize and use your imagination.

7) **Improves Communication:** Active reading increases your vocabulary exponentially. You learn the art of using words creatively and effectively. You are able to communicate your thoughts and ideas effectively. Overall it will boost your confidence and enhance your communication skills.

8) Reading is Pleasure: Not only is reading important for knowledge and information but it is an addiction. Once you indulge yourself into reading a good book, you will surely get addicted to it. It offers intense pleasure to read a good fiction and enter a whole new world. You go through several new feelings and emotions while you read.

Conclusion

Reading is one of the most interesting habits one can possess. It is important to develop the habit of reading daily. We can reap the aforementioned benefits once we develop the habit of reading.

Essay on Advantages of Reading Books – Essay 5 (600 words)

Introduction

Reading books has the lot of psychological benefits. Those who have a habit of reading are aware of the pleasure and value of reading books then. They know its magic and power that renders knowledge and makes one wiser. When it comes to reading, most of us these days are addicted to reading online blogs, articles, stories and tweets. It is helpful for gaining lots of knowledge and information but reading a good book is healthier for our brain and a completely different experience. It does wonder for our brains as it is the activity that helps us focus. Reading is the best exercise for your brains.

As we all are aware that mental fitness is equally important as physical fitness so like our body even mind needs to work out daily to maintain

fitness. It is important to read a good book at least for a few minutes each day to stretch the brain muscles for healthy functioning.

1)Books are Your Best Friends: Books really are your best friends as you can rely on them when you are bored, upset, depressed, lonely or annoyed. They will accompany you anytime you want them and enhance your mood. They share with you information and knowledge any time you need. Good books always guide you to the correct path in life. You will never regret the company of a good book.

2)Books are Your Best Teachers: Not only can good books be your best friend but also the best teacher. Reading good books will give you immense knowledge, information and a completely different experience. Reading will give you a new and better perspective of life. It will teach you new lessons of life.

3)Great Pleasure: When I read a book, I read it for pleasure. I just indulge myself into reading and experience a whole new world. Once I start reading a book I get so captivated I never want to leave it until I finish. Most of the times it is not possible to finish the book in one sitting but there is always that curiosity until I finish the book. It always gives lot of pleasure to read a good book and cherish it for lifetime.

4)Books Help You Sleep Better: Reading a book is recommended as one of the best habits to calm down your mind before you go to bed. It helps relieve stress. So, instead of using cell phones or watching TV you can always read a good book for a sound sleep.

5)Communication Skills: Reading improves your vocabulary and develops your communication skills. It helps you learn how to use your language creatively. Not only does it improve your communication but it also makes you a better writer. Good communication is important in every aspect of life.

6)Develops Critical Thinking: The chief benefit of reading good books is that it develops your critical thinking. The more you read the deeper you understand and process the information. Critical thinking is important in life to manage day to day situations.

7)Reduces Stress: Reading a good book takes you in a new world and helps you relieve your day to day stress. It has several positive effects on your mind, body and soul. It stimulates your brain muscles and keeps your brain healthy and strong.

Conclusion

Reading books is the most fruitful way to use time. It keeps you occupied and helps you get rid of stress in life. Once you develop the habit of reading you can never get bored. It also improves the function of brain and is the best exercise for brain.