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## Lose yourself in a good book for Australia Reads

Print 🖶

6 November 2020 | South East Queensland

If you love to read or are trying to get your kids into reading, there's no better time than this November!

TransLink are partnering with Australia Reads again this year to encourage all Australians to pick up a book and spend time to enjoy reading – whether it's for 5 minutes each day or for an hour.

Reading has some little-known benefits including reducing stress by 68% - it even works faster as a stress buster than listening to music, going for a walk or enjoying a cup of tea.

What's more, a bedtime story six days a week can put kids almost a year ahead when they start school.

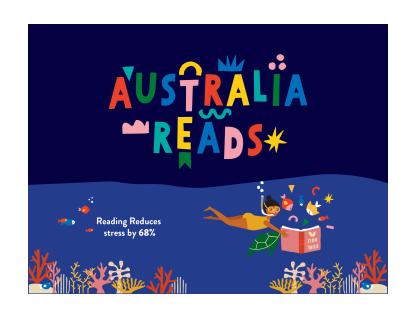
If those benefits aren't enough to sway you to pick up a book just yet, Australia Reads has kindly donated a bunch of books for us to giveaway!

You can grab your FREE book by visiting our friendly team at **King George Square bus station on the concourse, Thursday 12 November from 7.30am**.

We'll be giving away a range of adult and kids books to celebrate Australian Reading Hour until we run out.

These are just some of the exciting books we'll have on offer as part of the giveaway – but remember, we'll have limited numbers available so it's first in, best dressed!

- Frankie Fish and the Tomb of Tomfoolery, Peter Helliar
- Tashi and the Stolen Forest, Anna Fienberg
- The Greatest Hit, William Kostakis
- Man Out of Time, Stephanie Bishop
- The Ruin, Dervla McTiernan
- The Girl in the Mirror, Rose Carlyle



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