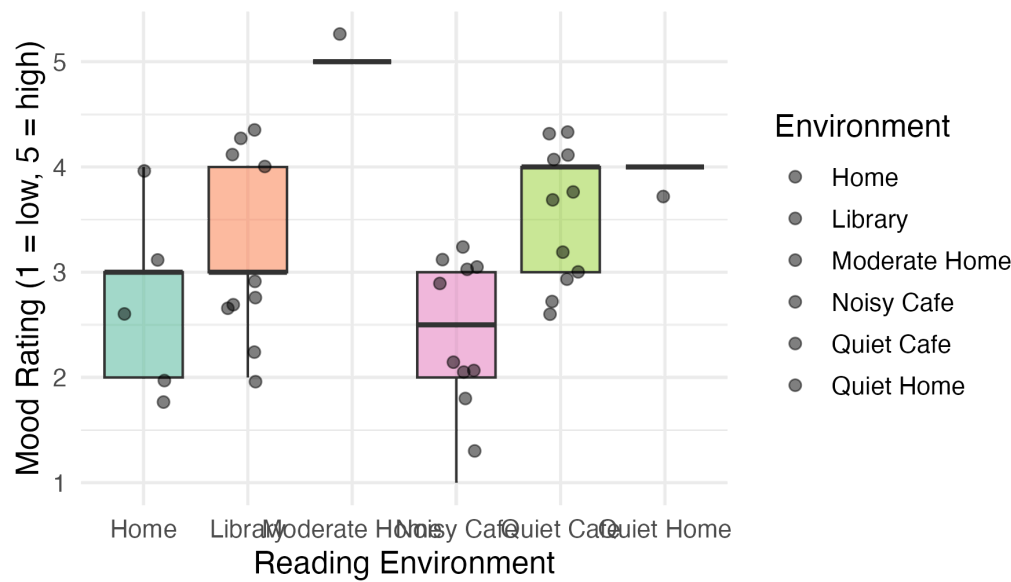


# Visualizing My Reading Journey

A personal data project exploring environment, mood, and focus  
By: Amit Goldberg

## Mood While Reading by Environment

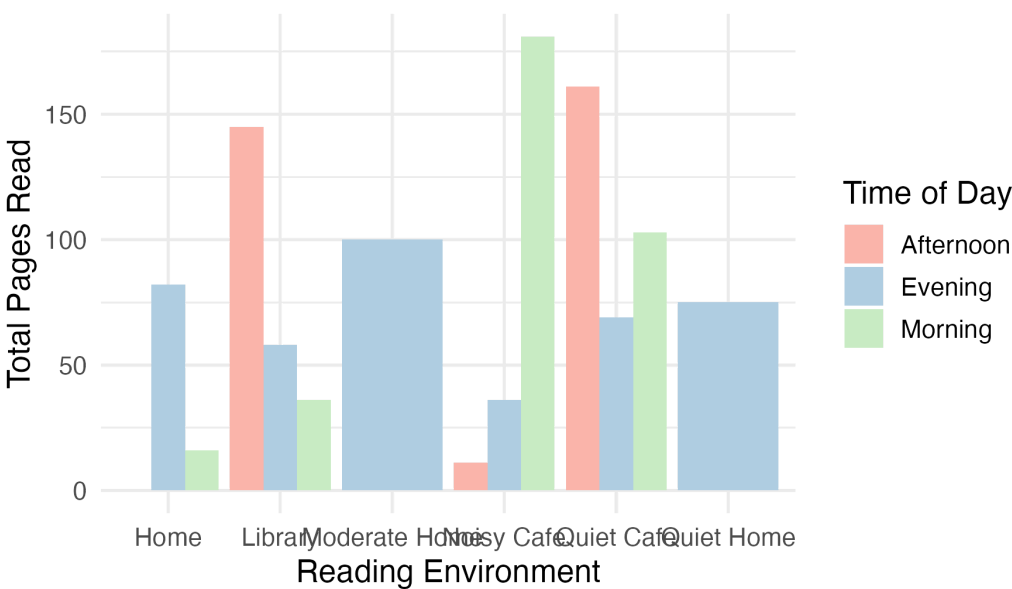
Quieter settings correlate with higher mood



Plot 1:  
Boxplots show mood distribution across environments, with jittered points representing individual sessions.

## When and Where I Read the Most

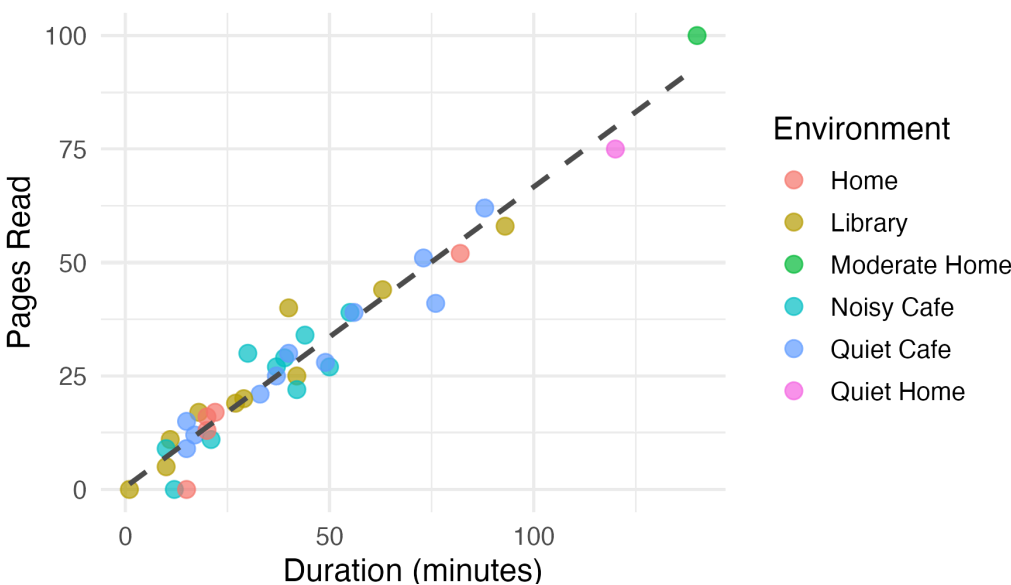
Grouped by Environment and Time of Day



Plot 2:  
Tall bars show frequency of reading; shorter ones show average mood (rescaled to match height).

## Does Reading Longer Mean Reading More?

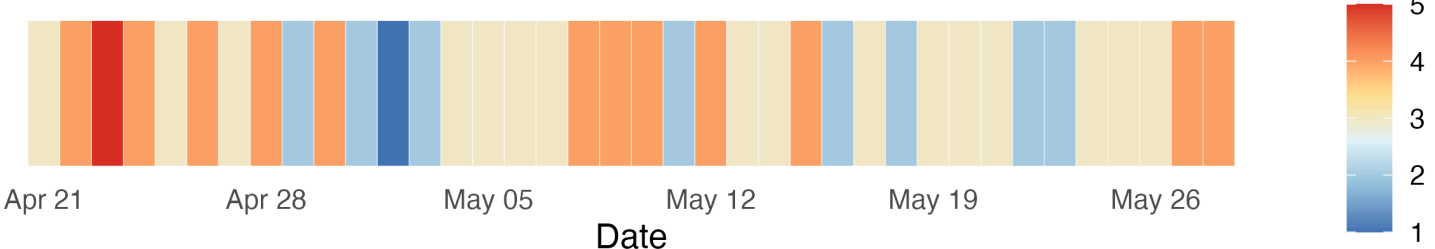
Pages Read vs Duration (by Environment)



Plot 3:  
There's a positive correlation between time spent and pages read across all environments

## How My Mood Shifted Over Time While Reading

Each tile represents one day; colors reflect mood



Plot 4:  
Each tile represents one day; colors reflect mood.  
Inspired by Ellie Highwood's temperature blanket