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Are Books Better Than Movies?

Would you rather watch a video or read a book? Well books are better than videos in so many ways. Books are much better because they can make you smarter, improve your health, and even help you with your memory and moves don't do any of that.

Now let's take a dive to see how reading is better than videos. According to chicagotribune“All the research says reading a book is good for you.That means that all people who looked at the research. Also according to WORDSRATED “Reading aloud to children has been found to increase their IQ”and TV can create shorter concentration habits. That not only showed how reading is good for you but also showed how TV/videos are bad for you. But if you're still not convinced listen to this according to healthline.com reading “Strengthens the brain, Builds vocabulary, Reduces stress.” That is just another reason why reading is better than watching videos. If you haven't noticed yet reading only helps like with school, and your health and videos mostly hurt.

These are only some ways books are better than videos.Some reasons we see in this essay are, books make you smarter, improve your health, and even help you with your memory.So if you're not too scared of papercuts put down the tablet and get a book instead.