

## NovelNook

# NovelNook : today a reader , tomorrow a leader

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### DESCRIPTION:

Reading is equally effective in boosting both our physical well being and our mental health and is appropriate for people of all ages. Because we know you're interested in finding out as much as possible about how your hobby can improve your life, you will find below detailed explanations about each separate benefit, split into relevant categories. There are different ways in which reading fictional books will help you improve your analytical skills. The brain is constantly trying to sort and organize information and reading simply makes it better at it.

Reading non-fiction teaches you concrete facts, instead of letting your imagination wander in imaginative universes. Whether it's a history book or a book exploring a certain topic you're interested in, non-fiction provides you with accurate information or allows you to develop practical skills, things you can use later in life.



## NovelNook

Reading novels is considered beneficial and a requirement for literacy development. Reading can help improve a child's or adult's ability to focus.

While reading, your mind is engaged in a healthy activity. Your brain is working on absorbing information, remembering details, and following the storyline. This is a great exercise for your brain.

On top of this, keeping your mind occupied with the plot of the story trains your brain the ability to focus on a task for longer periods of time.

The study also found that people who read more than 3 hours a week lived longer than those who were not enthusiastic readers. The study also indicated that reading magazines and other means of media.





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