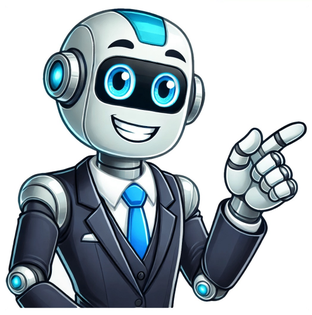
Continue



by Joe Walters Reading changes my life all the time. Its a way for me to see the world differently and to communicate differently and to kick my feet up and breathe and breathe and breathe and breathe all at the same time. Reading takes time. Weve got to fill ours somehow. This relaxing, enriching, and productive hobby might just change your life too, if you let it. It doesnt matter if you havent done it much lately or you never really have. All that matters is that you start and you keep going. If you develop a reading habit, youll see that the benefits of reading are plentiful. Or, you could read this list. Reading makes you smarter Smarter might seem like a vague umbrella termand it kind of isbut only when you overcomplicate it. At a basic level, becoming smarter than your previous self means that you learn something you didnt previously know. By reading and then continuing to read, you do this over and over. Some things will stick. Some will not. Over time, youll rake in new practical information (may I recommend some mushroom books?!) and use it to communicate better and analyze better in real life. Even if you stick strictly to fantasy books, youre going to get smarter. But of course, if smarter is your goal, nonfiction books are about as practical as they come. Dont get frustrated if you cant hop into reading and make your brain grow Jimmy Neutron-style right away. Reading and learning takes patience and resilience, but if you build the habit, it will come. Reading is a form of guided meditation You may experience this benefit immediately. Something is happening in your body and mind. You are circulating. You are sitting still and breathing and engaging the parts of your brain that require focus and retention. If it feels difficult to read or stay in the same mental space, thats because it is. Like meditation, it takes practice. Once achieved, it can feel like a continuation of breaths of fresh air. Some people will tell you that reading reduces stress, but stress sucks and I cant put pressure on the task of reading like that. But I can confirm that sitting quietly and breathing is a very good thing. Tired of Netflix? Try a brain-movie! There are so many ways to entertain yourself at home in the year 2023. Some are outside, some are inside, some are on screens, and yet We still get bored. (Or most of us do). When you read fiction and narrative nonfiction, you are watching a story unfold on the television screen of your imagination. The images are a combination of the things you know and the things the author is conveying to you, and it appears this way in this exact form only to you. The benefits of reading stories are endless. Get lost in one; youll never know what youll find until you do. Some top fiction & nonfiction book recommendations: Wait! How is a hobby that puts you to sleep anything but boring? Hear me out Sometimes, you want to sleep. Youre lying in bed and getting stuck in Youtube time-warps until its later than you wanted it to be and you have to get up in the morning. Even if you do put the phone down and surrender yourself to the act, it can be hard for your brain to slow down; the blue light from the phone can affect your sleep-wake cycle. Any 10th grader in an 8 AM English will tell you: Reading can make you sleepy. Regardless of how good a book is, the act of scanning the text and processing what youre reading is a natural way for your eyelids to start fluttering. My favorite way to do this is reading nonfiction books (because I can stop midway!) with my Kindle and the bedroom light off. That way, I dont need to do anything except lower my hand and eyes and Im off to dreamland. You can listen to books while doing chores & other mindless tasks I do so many dishes. I live in the kitchen sink. While Im doing them, I wear headphones. But Im not always in the same mood. Sometimes its music, sometimes its basketball podcasts, and sometimes its audiobooks. Ever since starting my Audible free trial, Ive been hooked on audiobooks. Ive read biographies while brushing baby bottles, bird books while scrubbing too-large pots. Instead of listening to the 24-hour news cycle concerning how the Sixers will let me down this year, Im learning and giving myself a fun new hobby of looking in the sky in real life to try to figure out what that bird is. Quick note: Ive been listening to audiobooks for a couple years now, and I havent read a single fiction book! Nonfiction gives me opportunities to miss out on a paragraph or two while I get spacey, and yet I can still understand what in the world is going on. My recommendation is to dive into nonfiction audiobooks as an option for when youre cleaning and dont look back. Here are some of my favorite indie audiobooks of the last couple years: Books can give you a more complete picture than Google or social media Want to learn something new? Google is an obvious place to start. Want to get bombarded with opinions and eye-catching graphics about real or not-real content? May I introduce you to [much of the internet]? You can definitely learn from both Google and social media, but the best way to see the complete picture is by reading a book about it. Turn to experts for your information; read more books. Reading is time-consuming and inexpensive (or it can be!) Our lives are made up of time. We have to fill it somehow. If you find yourself bored with your regular routine, inject 30 minutes of reading time into it, and you could feel productive and rested by the end of it. When youre retired or on summer break, reading can fill those long empty days with excitement, enrichment, and meditation. You can definitely spend a lot of money on books, but you can also get around that pretty easily. The library can be a generous best friend, and your local thrift store or used bookstore can supply you with hours of entertainment for actual quarters. Kindle Unlimited can be a good deal if you read a lot of eBooks. Better understand other cultures Reading promotes empathy. Take a walk in another persons shoes for a while. Get inside the heads of those who arent like you. Understand their priorities. Recognize that you arent the only person with a history and a community on the planet. And change the way you view our shared world. Documentaries & films are great at helping you see this. Dont stop watching them. Just add books too. Improve your communication skills Communication is vital to our relationships, whether fleeting or life-long. If you are a good speaker or writer, you can sustain relationships and achieve many goals along the way. The more you read, the better you can communicate. Im not saying you always will hello, social anxiety!but I am saying that your vocabulary will increase and you will know more ways to say things with more analogies to convey them. Heres more on reading to improve communication. Get better at your job & make more money There are nonfiction books out there to help you with most jobs. Business books can be incredibly rewarding and even easy to grapple with. Language can be straightforward and fun on the way to helping you get promoted and make more money. Dont sleep on this one if you want to get ahead. It could change your life. Some book recommendations about money: Reading promotes art and imagination I obviously like reading for a lot of different reasons, but this is among my favorites. Beyond literally supporting authors and their art with book purchases, readers exercise their creativity by imagining words on the page as images in their mind. If you have kids, you are showing them that reading is cool too, so youre promoting imagination that way. Never underestimate the power of monkey see, monkey do! Reading also can make you more creative. Which benefits of reading did I leave off? Let me know in the comments! About the Author Joe Waltersis the founder and editor-in-chief of Independent Book Review. He has been a book marketer for Sunbury Press, Paper Raven Books, and Inkwater Press. When hes not doing editorial, promoting, or reviewing work, hes working on his novel and trusting the process. Find him @joewalters13 on Twitter. Thank you for reading 11 Benefits of Reading As a Hobby by Joe Walters! If you liked what you read, please spend some more time with us at the links below. This blog post contains affiliate linksReading tends to be one of lifes greatest pleasures. When I talk about my obsessions and how I spend my free time, I always include reading as one of the many activities I like to do. But is reading a hobby, or is it used for other purposes?Reading is a hobby because its typically done during leisure time for entertainment purposes. However, it can gradually become a habit through frequent repetition. Others even consider it a passion while it can also be a pastime for some. But reading can also be used for work purposes.Are you still puzzled? Read on as Ill be discussing why reading is often considered a hobby. Ill also explain in detail instances where reading may go beyond being just a hobby and discuss some of the steps you can take to turn it into an everyday activity. To understand why reading is a hobby, you need to know what a hobby is. Generally speaking, a hobby is a regular activity done mostly during free time for pleasure. It helps reduce or eradicate boredom by giving people something to do whenever they find nothing to fill their time.Plus, a hobby gives you a venture that you can always get excited about and look forward to. It can involve various activities, such as playing video games, drawing, and fishing.So, why is it considered a hobby?Since you can read books anytime and anywhere you want during your leisure time, reading can be considered a hobby. You get to choose books and journals that you enjoy reading. As such, you may decide to skim periodicals or even browse your smartphone for your favorite novel and read it to kill time.For instance, I always resort to reading books to help me fall asleep whenever I cant sleep.I keep Eckhart Tolles The Power of Now by my bed so that anytime I have trouble sleeping, I start going through the pages. This helps me clear my thoughts, deepen my breathing, and transition into a meditative state.This makes reading my hobby as it is an antidote to my restless mind whenever sleep is elusive.Check out the Power of Now on Amazon if you also need help drifting off. If you love reading just as much as I do, youll be counting down the minutes until you can get back to reading it. Here are scenarios proving that reading is not a hobby:When its a habit.When its a passion.When its a pastime.Lets go through them in detail. A habit is generally an unconscious pattern performed regularly. Once you get used to doing a specific thing over and over, it becomes pretty challenging to break away from it. Unlike hobbies, habits arent activities that you do necessary for pleasure.Instead, these are things that become a pattern through frequent repetition. Some examples of habits include smoking after a meal, regular exercise, and brushing your teeth at a particular time. So, if you find that you cant do certain things, such as go to bed without reading, youve developed a reading habit.Also, reading at specific times each day perfectly fits the definition of habit. Passion is usually defined as a strong and barely controllable feeling of love and enthusiasm.As a reader, you can develop a strong love for reading, such that you get enthusiastic about reading books, discovering new ones, and talking about them.As reading cultivates rich imaginations, I often find myself daydreaming about the books Ive read and forget nearly everything else I have to do. If youre anything like me and you cant wait to talk about the books youve read with your friends, then it can be said that youve developed a passion for reading. The word pastime can be characterized by activities that occupy your spare time pleasantly.As such, reading can be considered just a pastime. Not every person reads books as a habit, is passionate about reading, or even thinks of it as a hobby. Such people will read when traveling, sitting in a waiting room, or having a snack to help them enjoyably pass the time. If you read for fun, typically during your free time, its a hobby. However, if you make reading books a regular activity, at a specific time of the day, without which your day wont be complete, then its a habit.You can also look at it from a hierarchical point of view.Reading can progressively move from simply being a hobby, where you love reading.Then it moves to be a habit where you start doing it regularly.Then finally, it moves to a passion where you develop a strong feeling of enthusiasm for it.With the many benefits that come with reading, I highly recommend you make it a habit or even a passion. In todays world, most people misperceive that reading is weird, odd, or undesirable. For some, reading a book is boring and brought about by academic pressure.However, the love of reading is not weird, as many people engage in this hobby. Stephen King, for instance, reads up to 80 books per year. So, as long as youre enjoying what you read, feel free to embrace this quality about yourself. The habit of reading books has been on a decline.While most people claim that they want to develop a daily reading habit, theyre often unable to do so due to various factors such as lack of time. I was once a culprit at some point in my life, but fortunately, these simple steps helped me cultivate a consistent reading habit.Make reading a routine.Utilize your local library plus ebooks.Broaden your taste to discover more.Lets take a closer look at these steps. In order to create a consistent reading pattern, you need to set out a particular number of pages each day. This can be as minimum as you want.For instance, if you have a busy schedule, you can set aside about 10-20 pages per day. This will help you stay focused as you anticipate accomplishing your daily goal of reading a particular number of pages. Going to your local library gives you free access to various books and authors. You get to discover more styles and read more books at no expense. Libraries can also help you get a reading partner or join a book club, allowing you to discuss things you learned and other thoughts.That way, youll stay focused and encouraged towards your reading goals. If you dont like public gatherings, you can resort to reading ebooks from the comfort of your home or workplace. Plus, you can find free ebooks that are in the public domain from over 100 years ago that you might find fascinating.Also, with the current ban on certain books, you can find those on these sites and read them for yourself. Perhaps you like crime fiction novels, and if its not a Stephen King book, you wont read it, let alone give it a second glance. Well, theres absolutely nothing wrong with that.After all, reading should be for pleasure, save for the time you read for work or school.However, theres a whole new world of exciting and inspiring literature out there that can help you develop a consistent reading pattern. So, always keep a variety of books at hand that will help you explore different genres and give you an easy time finding the right ones for your venture.Check out this YouTube video for more information on making reading a hobby. Overall, reading is one of the best qualities you can possess. To turn it into an everyday activity, you must first examine your current reading habits:How often do you read?Do you start with a bang and then stop at some point?Do you just read randomly or take time to plan your reading?After analyzing your habits, you can now start developing a reading culture by setting up reading goals, investing in tools that encourage reading, finding accountable partners, and being hungry to discover more and grow beyond your comfort zone. Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Reading is more than just a pastime. It is a hobby that offers a variety of benefits, from expanding your knowledge and vocabulary to improving your cognitive abilities and enhancing your creativity. Whether you enjoy reading fiction or non-fiction, there is a wealth of knowledge and entertainment to be gained from reading.Reading has been a beloved hobby for centuries, and for good reason. Not only does it provide a means of relaxation and entertainment, but it also offers numerous opportunities for personal growth and development. So why exactly is reading such a great hobby to cultivate? Lets explore the many benefits of reading and discover why it is a worthwhile pursuit.Key Takeaways:Reading is a popular and widely accepted hobby.Reading offers a multitude of benefits, including expanding knowledge, building vocabulary, enhancing empathy, and fostering personal growth.Is Reading Considered a Hobby?When it comes to hobbies, there are a wide range of activities that people may choose to pursue. Some enjoy sports or outdoor recreation, while others prefer artistic endeavors like painting or music. Reading, however, is undoubtedly one of the most popular and widely accepted hobbies in the world.But is reading actually considered a hobby? The answer is yes. According to the Oxford English Dictionary, a hobby is an activity done regularly in ones leisure time for pleasure. Reading certainly fits this definition, as it is an activity that is often pursued in ones free time and is enjoyed for the pleasure it brings.Furthermore, reading is a pastime that can be enjoyed by people of all ages and backgrounds. Whether you prefer fiction, non-fiction, or a combination of both, there are countless books and genres to choose from. And with the rise of digital reading platforms like e-books and audiobooks, accessing a wide variety of reading material has become easier than ever before.Benefits of ReadingThere is no denying that reading offers a multitude of benefits. From expanding your knowledge to enhancing your vocabulary, reading can positively impact your life in numerous ways. Lets take a closer look at the advantages of reading:Expanding Your KnowledgeReading opens up a world of information and knowledge. Whether youre reading non-fiction books, news articles, or even fiction, youre bound to learn something new. Reading exposes you to different cultures, ideas, and perspectives, expanding your knowledge and broadening your horizons. With each book you read, you expand your understanding of the world around you.Building Your VocabularyReading is a great way to improve your vocabulary. By exposing yourself to new words and phrases, you become more comfortable with using them in your daily life. Additionally, the more you read, the more you naturally absorb proper spelling and grammar conventions, which can improve your written and verbal communication skills.Enhancing Your EmpathyReading narratives, whether fiction or non-fiction, can increase your empathy and emotional intelligence. As you become invested in the characters and their stories, you develop a deeper understanding of their feelings and motivations. This can translate to better understanding and empathizing with the people in your own life.Fostering Personal GrowthReading can also contribute to personal growth and development. Whether youre reading self-help books or memoirs, you can learn from other peoples experiences and gain insights into your own life. Reading can also inspire you to take action towards your goals and desires, leading to a more fulfilling life.Overall, reading is a hobby that offers a multitude of benefits for your personal and intellectual growth. By making reading a regular part of your routine, you can expand your knowledge, improve your vocabulary, enhance your empathy, and foster personal growth.Reading for Personal DevelopmentReading is not just a leisure activity; it also contributes to personal development and mental health. The benefits of reading are numerous, and they can help you achieve your goals and improve your overall well-being.Reading for Mental HealthReading has been shown to reduce stress and improve mental health. It provides an escape from the stresses of everyday life and allows you to relax and unwind. When you read, your brain releases dopamine, which helps to alleviate anxiety and depression. Moreover, reading can help you gain a new perspective on your problems and challenges. By reading about other peoples experiences and how they overcame adversity, you can learn from their lessons and apply them to your own life.Reading for Brain HealthReading is also an excellent workout for your brain. It improves cognitive function, including memory, concentration, and analytical thinking. Studies have shown that reading can help prevent or slow down the onset of dementia and Alzheimers disease in older adults. It also helps to keep your brain active and stimulated, preventing mental decline.In addition, reading can improve your vocabulary, language skills and communication abilities. It exposes you to new words and phrases, and helps you understand how to use them correctly in context. This exposure to well-written material not only improves your comprehension but also enhances your writing ability.Overall, reading is an excellent pastime that contributes to personal and intellectual growth. By immersing yourself in books and other written material, you can reduce stress, improve mental health, stimulate your brain, and develop intellectual skills. So pick up a book and start reading today!Reading for Knowledge and LearningReading is an excellent way to acquire knowledge and expand your understanding of the world. Whether you enjoy fiction or non-fiction, reading exposes you to new ideas, concepts, and perspectives. With every book, you learn something new, even if its just a new word or a different way of thinking.Reading also keeps your mind active and engaged. It requires concentration and focus, which helps to improve your cognitive abilities. Plus, when youre reading, youre using your imagination to visualize characters and settings. This stimulates your brain and enhances your creativity.Furthermore, reading is an excellent way to stay informed. It allows you to keep up with current events and trends, as well as learn about new technologies and advancements in various fields. If you want to expand your knowledge and stay relevant in an ever-changing world, reading is the perfect pastime for you.Reading for Relaxation and EntertainmentReading is not just a means of gaining knowledge but can also serve as a form of relaxation and entertainment. Engaging in a good book can provide an escape from the stresses of everyday life and offer a form of leisure that can be both enjoyable and fulfilling.Unlike other forms of entertainment, reading allows you to use your imagination to create mental images of the characters and settings. This can be especially immersive when reading a well-written fiction novel or engaging in an interesting memoir.Additionally, reading can be a valuable source of entertainment that is easily accessible and affordable. Whether you prefer to borrow books from the library, purchase them online, or even download free e-books, there are a plethora of options available to suit different interests and preferences.Overall, reading as a hobby can serve as a valuable source of both relaxation and entertainment, providing a fulfilling and enjoyable way to spend your free time.Reading and Vocabulary ExpansionReading is a highly effective way to expand your vocabulary. When you read, you encounter new words in context, which makes it easier to remember and use them in the future. As you come across unfamiliar words, its helpful to make note of them and look up their meanings. This not only increases your vocabulary but also enhances your understanding of the text you are reading.Reading a variety of materials, such as news articles, books, and magazines, exposes you to different styles of writing and a wider range of vocabulary. This exposure to various forms of writing helps you to better understand and appreciate literature. Additionally, reading can help you develop your language skills, which is beneficial in both personal and professional contexts.By expanding your vocabulary through reading, you can communicate more effectively and express yourself more clearly, which helps you to build stronger relationships with others. Furthermore, an extensive vocabulary is essential for success in many fields, including business, education, and communication.Reading and EmpathyReading can also help develop empathy and emotional intelligence. When you read fiction and narratives, you are exposed to different characters and their experiences. This exposure can help you understand and empathize with people who are different from you. By reading about different cultures, social classes, and lifestyles, you can broaden your perspective and increase your understanding of others.Studies have shown that reading fiction can increase empathy and improve emotional intelligence. In fact, reading literary fiction has been found to have a greater impact on empathy than reading non-fiction or popular fiction. This is because literary fiction often deals with complex characters and situations, requiring readers to use their empathy and understanding to fully engage with the story.Reading is not only an excellent way to enhance your knowledge and vocabulary but also stimulates your mind and enhances creativity. When you read, your mind creates a mental image of the story, characters, and settings, which makes your brain work harder to process and interpret information. This process provides a mental workout that keeps your brain active and engaged.Besides, reading offers an escape from the mundane routine and inspires creative thinking. It provides a window into different worlds, perspectives, and experiences, allowing you to expand your imagination and broaden your horizons. Regular reading boosts creativity, enhances problem-solving abilities, and fosters innovation, making it a valuable hobby for anyone seeking to develop these skills.Reading for Improved Cognitive SkillsReading is not only a source of enjoyment and relaxation but also a powerful tool for improving cognitive skills. Engaging with written text provides your brain with a mental workout, improving concentration, critical thinking, and analytical abilities.When you read, your brain actively processes the information, connecting ideas and making sense of complex concepts. This cognitive stimulation strengthens the neural pathways in your brain and enhances your ability to retain information and process it quickly.Furthermore, reading exposes you to a variety of writing styles, voice, tone, and ideas. As you read, you learn to recognize and appreciate the structure and style of well-written material. This exposure to quality writing helps you communicate more effectively, whether its through writing or speaking.Reading can also be a valuable tool for developing your analytical and critical thinking skills. By reading and analyzing a text, you can learn to identify the authors main argument, evaluate the evidence presented, and make informed judgments.So, if youre looking to improve your cognitive skills, pick up a book and get reading!Reading for Better Sleep and TranquilityDo you struggle with falling asleep at night? Do you find it hard to unwind after a busy day? Adding reading to your bedtime routine can help promote better sleep and tranquility.Studies have shown that reading before bed can help reduce stress and calm the mind, leading to a more peaceful nights sleep. The act of reading engages the brain and distracts it from the worries and stresses of the day.In addition to promoting better sleep, reading also has a calming effect on the mind and body. It can reduce anxiety levels and promote relaxation, ultimately leading to improved emotional well-being.So, before you reach for your phone or tablet at night, consider picking up a book instead. Make reading a regular part of your bedtime routine, and you may find yourself enjoying a deeper, more peaceful sleep.Reading for Improved Communication and Writing SkillsReading is a powerful tool for enhancing communication and writing skills. When you read a variety of materials, you expose yourself to different writing styles, vocabulary, and sentence structures. This exposure can help you develop a better understanding of how to communicate more effectively in writing.Reading can also help you improve your grammar and spelling. Seeing well-written sentences and paragraphs can help you recognize errors in your own writing and avoid them in the future. You can also learn different techniques for expressing your ideas and communicating more persuasively.Furthermore, reading can help you develop your mental capability to convey your thoughts more coherently and creatively. This can help you unleash your potential and become a better communicator or writer.Make it a habit to read a variety of materials such as newspapers, magazines, books, and online articles to improve your communication and writing skills. You may find that your writing becomes more clear, effective, and compelling, and your communication skills become more robust and engaging.Reading for Memory Enhancement and Intellectual GrowthReading is not only enjoyable, but it is also an excellent cognitive exercise that can enhance your memory and intellectual growth. As you read, you exercise your brain by processing new information and ideas, helping to keep your mind sharp as you age.Research has shown that reading regularly can help reduce the risk of cognitive decline and dementia as you get older. As you read, you stimulate areas of your brain associated with memory and critical thinking, which can help improve your cognitive function and intellectual capacity.Benefits of Reading for Memory Enhancement and Intellectual GrowthStimulates the brainEnhances cognitive functionImproves memory retentionDevelops critical thinking skillsIn addition to cognitive benefits, reading can also help you expand your knowledge and perspectives, build your vocabulary, and enhance your empathy and emotional intelligence.Whether you prefer classic literature, non-fiction, or contemporary fiction, there is always something new to learn and explore through reading. Cultivate the habit of reading regularly to promote memory enhancement and intellectual growth, and enjoy the countless other benefits of this fulfilling pastime.ConclusionReading is undoubtedly one of the most rewarding hobbies you can cultivate. As weve explored in this article, it offers a range of benefits from personal development to improved cognitive abilities, intellectual growth, and memory enhancement. It also contributes significantly to mental well-being, offering a source of relaxation, entertainment, and tranquility.If youve yet to cultivate the habit of reading, theres never been a better time to start. With a plethora of genres available, theres something for everyone, whether youre looking to learn new things, explore new worlds, or expand your vocabulary and language skills.A Challenge for YouWe challenge you to make reading a regular habit set aside a few minutes each day to read, whether its a novel, a magazine, or a newspaper. Start small and build up gradually. Soon, youll find that reading becomes an essential part of your daily routine, one that enriches your life and nourishes your mind.So go ahead, pick up a book, and discover the magic of reading for yourself!FAQQ: Is reading considered a hobby?A: Yes, reading is widely considered a hobby. It involves the recreational activity of engaging with written material, such as books, magazines, or online articles, for pleasure and personal enjoyment.Q: What are the benefits of reading?A: Reading has numerous benefits. It expands knowledge, builds vocabulary, enhances empathy, fosters personal growth, reduces stress, improves cognitive abilities, promotes overall well-being, and offers a source of relaxation and entertainment.Q: How does reading contribute to personal development?A: Reading contributes to personal development by reducing stress, improving cognitive abilities, and promoting overall well-being. It expands knowledge, enhances empathy, fosters imagination, stimulates the mind, and inspires creative thinking.Q: Why is reading important for knowledge and learning?A: Reading is important for knowledge and learning as it allows us to acquire new information, learn new things, and stay informed. It broadens perspectives, keeps the mind active, and exposes us to new ideas, concepts, and experiences.Q: How does reading provide relaxation and entertainment?A: Reading provides relaxation and entertainment by offering an escape from everyday stress and providing a form of enjoyable leisure. It allows us to immerse ourselves in different worlds, characters, and narratives, offering a source of pleasure and entertainment.Q: How does reading contribute to vocabulary expansion?A: Reading contributes to vocabulary expansion by exposing us to new words, phrases, and language usage. It helps improve language skills and enhances our ability to communicate effectively.Q: What is the connection between reading and empathy?A: Reading helps develop empathy by immersing us in fictional narratives and allowing us to experience different perspectives, emotions, and situations. It promotes emotional intelligence and understanding towards others.Q: How does reading stimulate the mind and enhance creativity?A: Reading stimulates the mind by engaging our imagination, fostering creativity, and inspiring creative thinking. It allows us to explore different ideas, scenarios, and possibilities, which stimulate cognitive processes and enhance our ability to think creatively.Q: How does reading improve cognitive skills?A: Reading improves cognitive skills such as concentration, critical thinking, and analytical abilities. It provides a mental workout and challenges the brain, resulting in improved cognitive function and intellectual growth.Q: Can reading help improve sleep and tranquility?A: Yes, reading can help improve sleep and tranquility. Reading before bed has a calming effect, reduces anxiety, and promotes relaxation, which contributes to better sleep and improved emotional well-being.Q: How does reading contribute to improved communication and writing skills?A: Reading enhances communication and writing skills by exposing us to well-written material, expanding our language proficiency, and influencing effective communication. It provides us with examples of good writing and helps us develop a strong command of language.Q: Does reading enhance memory and intellectual growth?A: Yes, reading enhances memory and intellectual growth. It stimulates cognitive abilities, exercises the brain, and contributes to the development of a well-rounded intellect. Regular reading helps keep the mind sharp and promotes intellectual growth. Skip to main content Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. This blog post contains affiliate links, no extra cost to you, thank you for your support!Growing up, most of us were persuaded to read more instead of watching TV by parents or school teachers because reading is a good hobbyBut why reading? And is it really that good for us?Reading is a good hobby because it improves our mental health, general knowledge, writing skills and you can even make a career out of it. Books can also take you to places youve never been before!Lets explore some reasons on why reading is a good hobby and if you havent started reading already why should you start reading?More Reading Tips:Here are some advantages of reading books as a hobby:Reading can be considered as an indirect screen time detox, since you will lessen your screen time by reading physical books.Even if you choose to read using an e-reader like kindle, it is not as harsh on the eyes compared to your laptop or phone.An easy way to reduce your screen time is by following a tip by one of my favourite productivity Youtubers, Ali Abdaal.He says to put a kindle by your bedside and leave your phone in a different room before bed time so you read more instead of staring at a screen before bed.Reading is hobby that stimulates the mind. The mind will sharpen from all the plots weve read, characters we engage with and words weve learned.The mind is like a sponge. The more we read, the more we absorb and the more knowledgeable we become.Besides interesting plots and characters, books have the capability to widen horizons, enabling you to explore different cultures from around the world.The world is at your fingertips, one book at a time.Moreover, non fiction books will ensure that you are well equipped with the knowledge of theories, literature and other global events and occurrences that will gain a great deal of knowledge.For example, I recently read Atomic Habits and it had taught me so much about breaking bad habits and forming good ones with tiny actionable steps.Reading (especially if you read genres like fantasy, thriller and mystery) can help you have a more creative imagination.Being creative can help you in many areas of life that require problem solving such as being in school or at work.Besides just helping you solve life issues, an enhanced imagination is an added advantage if you want to become a published author one day.There are many careers besides writing that need a creative mind such as, being an artist, film director, song producer and more. Reading inspires you to look at things differently, hence the imagination skills.Read More: 6 Tips On How To Read Fantasy Books For BeginnersAlthough this point applies to everyone, it is especially true for adults with busy schedules. Adults who are busy and are constantly trying to chase something forget to be present in the moment. Reading is a mindful activity with many mental health benefits.Besides that, insomniacs and people who are constantly struggling to fall asleep, reading before bed time can help calm the mind.Every individual is different, but theres no harm in trying to add reading to your night-time routine by leaving a book by your bedside instead of reaching for your phone and scrolling through TikTok.Recent book I bought that is set in Japan.Although fun, travelling is an expensive, energy-driven and time-consuming hobby. One of the best reasons why reading is a great hobby is because it allows us to travel without getting off the couch. We get to explore different countries, cities and cultures. Besides, if you do plan to travel to a certain location, you can always read books set in the location or books about the destination.Ive written a few articles on books to read before you travel such as, 15 Best Books Set In Indonesia You Must Read.Finding like-minded individuals who read are a great way to make new friends. You dont even need to like the same books or as they do. If you like different books from them, the more youll have to share and discuss!One way you can find more readers to connect with is by starting a bookstagram.I have a whole section on bookstagram tips. Plus, you could also also join buddy reads to discuss the same books youre reading.Besides finding friends who read online, you can also always find them at a book cafe, library or book fair!I know what youre thinking books are getting expensive these days.But how many books do you purchase and actually end up reading? In reality, you read way less than the books you buy. Reading and buying books are two separate hobbies!Reading is a simple hobby you only need a book and a comfortable place to read. You dont even need to purchase books, you can always read for free at a library or a book cafe.If you really want to buy books and save money try subscribing to an audiobook subscription like Libro FM (use my link and get a free book) and audible.Kindle Unlimited is also a good way to save money and read more books!Image by Brewing WriterIf youre in need of motivation when studying or working on a project reading self-help books can help you stay motivated.Sometimes, these books arent just about motivation but they can help you with your challenges that stop you from staying motivated for long periodsExample, Atomic Habits talk about taking tiny steps to build habits and books like Dont Worry (my recent read, checkout my review) can help you combat anxiety which will indirectly help you stay motivated.Read More: 11 Books Like Atomic Habits by James ClearBesides being a good hobby, reading can actually make you money.If you choose to be a book influencer such as a bookstagrammer or book blogger, you can actually earn money from your passion for reading.Besides, being an author or working in publication is also a potential career path.Honestly, you can read anytime and anywhere.Reading is so accesible because of apps like the kindle apps that allows you to read your kindle books on phone.Plus, dont lie youve probably read a book before on your phone in the toilet or even on the treadmill when you hit the gym.Reading fiction gives you insight on different plot points and characters which allows you to empathise with different people in real life.Besides, there are many self-help and non-fiction books that helps us learn more about ourselves and the human race so we can better empathise with people.This is something ive personally noticed growing up.Ive had uncles and aunties who love reading and soon their children also takes interest in the hobby. Together, they go out for coffee and read as a family.Besides, ive recently discovered a family book blog where the couple and their child reads as wellYes reading is still a hobby despite in the modern screen times of Youtube, Twitter, and Instagram. In fact, screen time does not always mean watching or consuming media but many readers these days read via their ipad, kindle or other e-readers.Reading is mostly a good habit, especially when done moderately. It helps you improve your general knowledge and writing skills. It can also act as a great down time for a night routine or be part of a refreshing morning routine.Yes, reading can become an addiction. The term Bibliomania is best described for this condition. Human nature is such that whatever we seek pleasure in, we tend to get hooked to it.Reading as a hobby is great because of the many benefits it brings to me (ok fine, its not always about getting smarter or improving your mental health but it also helps me escape reality).At the end of day, reading is supposed to be a fun hobby. If you feel pressured to read a certain book or feel like you should be reading as much as some book influencers are on social media, know that you are not alone.Many of us feel that pressure but know that reading should bring you joy, not stress! Skip to main content Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. You know when you get to the Tell Us Something Interesting About You part of a profile? This is usually the section where most people can wax poetic about their amateur entomology obsession, or how they spend their free time building boats or being an all-around interesting human with cool hobbies. But for those of us whose main hobby is reading, that question can more or less ignite an existential crisis that sounds something like this: Does reading 40 books a year count as something interesting? Other people are running marathons, and Im just reading about them! Wait, what am I doing with all that time?Sure, you could be surfing, perfecting the art of calligraphy, or cataloguing stars or something. But you have the misfortune of being a reader, which means you literally spend hours and hours at a time sitting by yourself, moving your eyeballs across a page full of words, and playing make-believe in your own head. When you think about it that way, it might become tempting to throw out all of your books and replace them with a rock collection; at least then youd be doing something, right?Wrong. Because it turns out that reading isnt just a completely legit and interesting thing to do with your time. Its actually the coolest hobby ever, and here are some of the reasons why.You Can Do It AnywhereExcept maybe the shower. But then again, these days the shower isnt off limits anymore either. Thanks to technology, you can literally be reading all the time, anywhere. A book, in whatever form, is so incredibly portable. Much more so than, say, a surfboard, or a drum set, or craft beer-making equipment. And you dont need a beach or a studio or a lab to do it. AlsoReading Is the Hobby of Choice of the Zombie ApocalypseExcept maybe sharp-shooting A book (at least the old-fashioned kind) doesnt need batteries (or ammo), its a quiet enough activity that you wont attract zombie attention. Nobody wants zombie attention. And you can read one book over and over again.. Oh and even if, half the population of the world is zombified and no ones publishing books anymore, still...Youll Never Run Out Of Books To ReadHate to squash your lifelong dream of reading every single book in the world before you die, but there are just too many! There were too many decades ago, and, every day, more are flooding the bookstores!You Can Make Your OwnAnd if, for some bizarre reason, like a plague that instantly disintegrates all paper products or all books instantly self-destruct or something, you can always just make new books. Making up stories has been a thing humans have done since we started making enough sounds to put together a string of thoughts (and who knows what was happening inside human heads before that). So, you really will never run out of stories to read, so long as you dont mind making up your own.Everybody Thinks Youre Way SmartYou know you look smart sitting in the coffee shop, glasses-clad, with a pensive look on your face. You might even proudly position your book in a way that everyone can see the big impressive title. If no one knows anything else about your reading habit, they all assume one thing youre probably ber-smart. And the thing is...Reading Actually Does Make You Way SmartThere are all sorts of studies that seems to corroborate the whole reading books makes you smarter idea. Plus, how many biographies of geniuses and artists and the like start out with a precocious kid who reads a lot? That said...Anyone Can Do ItYou dont have to be a genius to read a book. You just have to know how to read and manage to get your hands on a book. And books are their own instruction manual in learning how to read. Its the access to books part thats the very sad difficulty in many placesYou Probably Never Have To Ask A Friend To Edit Your Cover LetterTurns out that reading thing also tends to make folk pretty good at spelling words and putting them in the right order and things. You might not be a professional editor, but youre unlikely to run into the all-too-common problem of your vs youre and such things.Theres No Serious Risk Of InjuryExcept maybe to your eyesight, unless maybe you eat a lot of carrots. But for the most part you can take part in grand adventures across Middle Earth and back, to the tops of volcanoes, around the world in 80 days, down to the bottom of the ocean in the hunt for Atlantis, and all without risking anything more than a paper cut. How is that not winning?It Makes You A Great ConversationalistWith all that reading youre bound to pick up a few witticisms here and there, or at least a decent enough way with words. You can even straight-up hijack a few full quotes and probably not get called out (unlike that friend of yours whos always quoting Scandal and acting like everyone isnt painfully aware of it).You Get To Have ALL The Hobbies!Funny thing about books there are a lot of them, like a lot a lot, about pretty much everything. Even if you stick entirely to fiction there are many many characters with many many different interests and you get to experiences those interests through them. Ever wonder what its like to be a whale hunter (please dont hunt whales...)? Read Moby-Dick . Curious about archery? Check out Sir Arthur Conan Doyles The White Company . You might not be able to put amateur archer or expert chess player under the hobbies section of your rsum, but, as a reader, you get a glimpse of what its like to do so many different things! Honestly, its hard not to feel sorry for everybody else, who only get to have one or two hobbies. We readers get to explore them all!Or as George R.R. Martin says, in a play off of Shakespeare:A reader lives a thousand lives before he dies, said Jojen. The man who never reads lives only one. George R.R. Martin, A Dance with Dragons Image: Flickr/Fe Ilya Disclosure: This post may contain affiliate links. meaning I may get a commission if you decide to purchase through my links, at no additional cost to you. If you have some free time and you are considering taking up a hobby, then perhaps reading should be something that you consider. But, people sometimes can not understand why reading, which is often considered only a passive activity at best, can be a hobby. Reading is considered a good hobby because it leads to the all-round development of your brain and personality. Reading can be done by anyone, at any age. It has a low barrier for entry as it is inexpensive. Moreover, reading also has substantial health benefits apart from enabling recreation. In this article, well first establish whether reading is a hobby or a habit, or both, and then well discuss eleven reasons why it is considered a very good hobby. Reading can be both a hobby and a habit. Over time, if you indulge in reading a bit too much and you cant live without it, reading can also become an addiction! As a hobby, it is an activity that is normally done during leisure time for enjoyment. But that is not the whole truth. Reading can easily develop into a habit and for many people even a passion. To understand the difference between a hobby and a habit, lets look at the dictionary definitions. According to Merriam-Webster, a hobby is a pursuit outside ones regular occupation engaged in especially for relaxation. Reading fits this definition. According to the Cambridge Dictionary, a habit is something that you do often andregularly, and in the Collins Dictionary, a habit is described as an action which someone finds difficult to stop doing. In practical terms, this means that if you start to read at specific times daily, for instance before going to bed, youve developed a reading habit. There are many reasons why reading is regarded as a very good hobby. Lets look at only eleven of the reasons why you should also consider making reading your hobby! Reading is one of the most inexpensive hobbies you can have. You dont need any special equipment or a specialized area or room. The books you are using when practicing your reading hobby are also often available from a library for free, and if youve bought some books to read, they can generally be resold or swapped later. At most libraries, your only expense would be your annual membership fee, if any. You can also join a reading club where the members swap books amongst themselves. When you dont want to keep specific books and you cant swap them, you can always put them up for sale online or at your local fair. Your reading hobby lets you gain enormous knowledge. Every book you read leaves information in your brain. Your brain stores all the information that you encounter every day. So, whatever youve read always forms part of your memory and can be recalled and used by your brain when needed. The more you read, the more information is stored and youll discover that over time youll acquire a comprehensive general knowledge. This very benefit of reading can make you rich someday! Thus, the hobby that you are practicing for enjoyment, also unconsciously enhances your conversation skills and you can partake in discussions regarding various topics. Many hobbyists have a lot of knowledge about their hobbies but reading is the one hobby that expands your overall general knowledge. With reading, you can travel the world without leaving your chair. You can read about places that you may never be able to visit in real life. When reading travel books and travel journals you experience and enjoy the world through somebody elses eyes. Another way of traveling by book is to read biographies. Places, where people have lived, are often described in detail in biographies. Even reading fiction lets you travel the world. Every storys plot, except when it is a fantasy or science fiction story, is set somewhere on the globe. As you read the story you get information regarding different places enabling you to envisage the towns, cities, and other scenery. If you normally utilize your local library to get your books to read, this type of traveling all over the world will cost you nothing! Reading helps to develop our brains.Researchers have found that reading stimulates specific brain activities. Scientists and researchers can measure and analyze the actual brain reaction when we are reading. In an important study done at Emory University researchers could pinpoint what parts of the brain are influenced when reading. They found heightened connectivity in the left temporal cortex. This is the area in the brain associated with language receptivity. This brain connectivity influences the way you handle real-life situations. So, apart from being a pastime, reading is causing something productive to happen in your brain every time you read. Although it is generally emphasized that you can practice your reading hobby anywhere and on your own, your hobby can also be a very effective way to socialize. Reading and book-relevant discussions are frequently done in groups. In almost every community there are reading groups or book clubs. The members of these groups and clubs regularly get together to discuss books, swap books, and read together. In other words, reading is one of the very few hobbies that can be enjoyed on your own but your joys can also be shared with others. Reading is a hobby that can be enjoyed anywhere and at any time whatever the weather and circumstances. This is unlike other hobbies that have to be done either outdoors or indoors or need specific venues like ice rinks or are influenced by weather conditions. To put it simply, if you have your book with you and there is enough light enabling you to see the words on the page (and your glasses if you need them to read) you can practice your hobby. The only aspect you perhaps dont have control over is whether there is enough light to read. It might be a good idea to always have a small battery light nearby! Literally, anybody that can read can adopt reading as a hobby. Nobody controls whether you are reading too fast or too slow or comments on your comprehension level. Unlike many other hobbies where a certain degree of skill is required to make a success or even to join if it is a group activity, you are the only one deciding whether you want to make reading your hobby. Even small children who cannot yet read can also start with their reading hobby. By reading stories to them frequently and letting them read with you they can enjoy their stories just like you enjoy your novels. Your reading hobby expands your horizons like few other hobbies can do. Reading introduces you to new and different things to experience and enjoy. There are so many diverse subjects to read about that you can get new ideas on virtually any topic. Even when you read fiction you get other perspectives on many everyday matters. Without reading you would most probably never have thought about some of the things you are doing now or what youve put on your bucket list. Another aspect that makes reading as a hobby different from most other hobbies is that when you read, you are expanding your vocabulary. When you read, you are in conversation with people whether it is with the characters in the novel you are reading, the storyteller, or the professional sharing scientific knowledge with you. And all these conversation partners use words that are not always known to you, and use well-known words in ways youve never done before. The result is that your vocabulary and the knowledge of how to use grammar correctly, are expanded every time you read. This helps you to speak and write properly. With many other hobbies, like woodworking, for instance, you dont have this positive influence from other people when practicing your hobby. In the digital world were living in nowadays there are few hobbies that enhance our imagination. And, reading definitely improves imagination! When you turn on a television or other electronic device, there is no need to imagine anything. Everything is placed before you in a visual setting. Reading, however, is different. You have to create your own visual images as you read. This is a skill needed to enhance your ability to envisage real-world situations and to find solutions for complex problems. Reading is a peaceful hobby. One can do it in silence and just enjoy the book. The serenity of hearing nothing but ones inner thoughts can inspire a peaceful feeling. You also dont make any annoying or hard sounds when reading and thus dont bother anyone around you when reading. Reading is really a hobby giving you inner peace and you can practice it anywhere without disturbing others.

Reading is the best hobby. Reading is the best hobby essay. Hobby reading books reddit. Why reading is my hobby. Is reading a good hobby reddit. Reddit is reading a hobby.