Reading remains a vital task for human development and education in all fields.Having reading in our daily schedule and setting a specific time for reading helps us to continue and make the most of it. Books worth reading Although reading is important, these challenges can be overcome by setting our priorities, allocating regular time to reading, and choosing books that suit us. We must remember that reading is not just a duty or a task, reading is a valuable investment in ourselves, expanding our horizons and achieving personal development.The emotional benefits of reading Reading provides us with a quiet and enjoyable time to relax and get away from the stress of everyday life.

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