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For some people, there is no greater pleasure than settling into a comfortable chair, popping open the auspensible spine of a new book, and diving smouls into another world. Books open up endless possibilities and pleasures, but unfortunately, reading is fun that fewer people are involved in. If you're like a large percentage of Americans, you've picked up a book at all this year, and it's even more likely that if you are, you haven't finished it. Survey results published by The Associated Press and Ipsos show that one in four Americans don't read books at all, and half of Americans read less than four each year. While the decline in reading time is sad, what is smud is our declining ability to read. According to the Oxford Journals, the average ability of Americans to read around eighth or ninth level is around eighth or ninth level, and the UN Chronicle reports that up to 25 million citizens cannot read or write at all. The United States ranked 21st in terms of national literacy? Cuba. What's even scarier is that according to a report published by Renaissance Learning, the average reading ability of our high school graduates is at the fifth level. The benefits of reading In today's hectic world, picking up a book may seem like it's not worth the time. However, reading offers countless benefits: 1. Reading is used by your brain the average American spends five and a half hours every day watching TV. While television can be fun, it does little for your brain or for your body. In fact, you burn more calories while reading a book than when watching TV. Reading is an active mental process: think more, use your imagination and increase your knowledge. 2. Reading expands your worldview I have never actually passed through a dusty village in Mali. I wasn't born into the life of a Plains Indian in the 1800s. And I've never walked the rainy, dark streets of Paris with a hungry belly and nothing in my pocket except a notebook and a blunt pencil to write another story. However, I have experienced all these things through magic and mystery books. Books allow you to experience other people, other places and other cultures that you might never have been exposed to in everyday life. This will help you develop compassion for suffering, empathy for those who are different from you, and an open mind. 3. Books Build Focus When you read a magazine, you jump from pictures to subtitles to story, page by page. When you read a website, you're constantly distracted by moving ads and links that urge you to the next website or story. While any reading is beneficial, books will help you develop the ability to focus and focus because there is no distraction – there is just a story. In addition, reading helps improve memory. 4. Reading makes you interesting the world's brightest, most creative minds have written millions of books, sharing their wisdom, all of which are just waiting for you to pick up and discover. The more you read, the more talk to colleagues, friends, dates, your spouse or partner, and complete strangers. Reading gives you a rich repository of knowledge, ideas and experiences that you can then share with others. 5. Reading will help you learn how to start a business by reading books. I learned about yoga, Buddhism, American history, mythology and many other fascinating topics through reading. Reading is a very cheap way to learn new skills and concepts. Instead of attending a class and paying overpriced tuition, or instead of knowing how to create a blog or program software, learn through books. Reading allows you to take responsibility for your education, no matter how young or old you are. How to read more sit read, does not mean that you need to fight an hour or more of your day. There are many ways you can smuggle more reading into your life: 1. Cancel cable TV I canceled cable TV flights, and I have to say I miss it a bit. Watching less TV is a very easy way to open the time to read more. I often use the evening to read and it's my favorite part of the day. If I still had a cable, I could otherwise flip through the channel behind the channel, looking for something to watch. 2. Invest in a tablet device According to a Pew Research study and published in NBC News, 30% of study respondents who own a tablet or e-reader say they spend more time reading than they used to. They also read more books: The average tablet owner reads 24 books a year compared to other readers who read an average of 15 books a year. I own an Amazon Kindle, and I'm glad. One of the biggest advantages of owning a Kindle is that Amazon has thousands of books, the vast majority of them classics, available for free download. This is a very easy and inexpensive way to get fast and portable access to the best books in the world. Another advantage of e-readers is that they are small. You can take the entire library with you on a plane, train or purse. You can read during your morning commute when you're queuing at a grocery store, or wait to pick up kids from school. E-readers make it easy to fill small pockets of time by reading instead of staring at space or checking Twitter on a smartphone. 3. Select books or genres that interest you Do you know how many times I picked up War and Peace and tried to read it? At least a dozen. It's one of those books I should read, but I've never been able to get into a story no matter how hard I tried. Sometimes you just aren't ready for a book, or a book isn't ready for you. Maybe you're not old enough, or you're not in the right place in your life. Maybe you're not destined to cross paths at all - and that's fine. So you don't have to read yourself a book that you're not interested in just because you feel like you should read it. Start with the books that interest you - you will get more pleasure

and value from the experience. If it looks like a chore, then you are do yourself some favors. 4. Set the time If you have a really busy schedule, you may need to set aside time to read. And that means actually putting it on your schedule or picking a specific time of day. Even if it is only 10 or 15 minutes, it will still be a good way to develop a habit, help you relax and allow you to forget for a moment about the stress of everyday life in a healthy way. Try to read your lunch break, or wake up earlier than everyone else and read when you have a morning cup of coffee. You can also try to reduce your time on the internet in the evening - there is some amazing reading available online, but the site can also be really intrusive. Reading to your children after dinner or before bed will help them develop a love of reading, and allow you to read more as well. 5. Read with others Reading with your children is a great way to teach them the love of reading. But reading with others, such as with friends or as part of a book club, can also be a rewarding and motivating way to read more. There are also online book clubs you can join. These clubs expose you to books you may not have heard of, and also give you the opportunity to discuss what you have read and learned with others. These discussions and opinions can also give you a greater understanding of the books and their characters. The final reading of words should be a joy, not an obligation. Books are full of magic and mystery, and if you're not used to reading regularly, it can be hard to get involved at first. But keep going. Pick up a book and find time to read during the day. If it is not a good book, or if it does not bring pleasure, then stop reading! You certainly don't have to finish every book you start. What other strategies do you use to add more reading time to your day? Updated December 31, 2019 Knowledge is power, and you'll need a lot if you'll be able to drive your business to success. Whether you are a budding entrepreneur or an entrepreneur who is trying to make your business successful, learning from successful entrepreneurs' experiences can help you grow faster. Let's look at 15 books about the best entrepreneurs to get inspiration about the success and growth of your business.1 Think and get rich by Napoleon HillThis book was called the grandfather of all motivational literature and it was actually the first book to give a recipe for what it takes to become a winner. Napoleon Hill draws on the stories of millionaires such as Henry Ford, Andrew Carnegie and Thomas Edison to illustrate the principles he has put forward. Get the book here!2. Lean Startup's Eric Reisa many startups end up failing, but many of these failures are actually avoidable. Lean Startup provides a different approach that is now adopted around the world and is changing the way companies are developed and products are initiated. In lean startup, Eric Reis describes what is required for through the fog of uncertainty to find a way to a sustainable and successful business. Get the book here!3. E-Myth Revisited by Michael E. GerberIn's revised edition of a 150,000-copy bestseller, E-Myth, by Michael Gerber disproves some of the myths surrounding starting his own business and shows how common assumptions can end up getting in the way of being able to run a successful business. Gerber succeeds in walking the reader through the steps that occur in the life of the enterprise, from childhood, through the pain of growing up as a teenager, to the perspective of a mature entrepreneur. Get the book here!4. 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