I like the idea that reading for pleasure can:

- Increase my vocabulary

- Increase my knowledge about a topic

- Increase my general knowledge

- Make me able to express myself better in writing or talking

- Show me that there are other people with similar/worse problems

- Show me how other people might have dealt with their problems

- Help my brain model how to react to problems

- Let me escape from my worries for a while

- Give me the pleasure of escaping to another world for a while

- Reduce my stress

- Lower my heart rate

- Make me laugh

- Make me feel scared – while knowing that it's "just a story"

- Let me explore my emotions through fictional characters

- Boost my self-esteem and confidence

- Help me understand other people better

- Help me understand myself better

- Help me get to sleep and help me sleep better

- Improve my imagination/creativity

- Help me do better at school or work

- Make me feel proud

- Make me even better at reading

- Be sociable, too, as you can discuss it with someone else who's read it

- Be generally good for my mental and physical wellbeing