

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**