



Reading for Pleasure

What do we mean by reading for pleasure?

Reading for enjoyment rather than for academic study. This can also be known as leisure reading.

Here are some of the benefits of reading for pleasure:

- Reduces stress
- Stimulates the mind
- Benefits your critical thinking and vocabulary
- Increases knowledge
- Helps combat social exclusion
- Raises educational standards
- It gives you more insight into human nature and decision making
- Leads to a better understanding of other cultures

To summarise reading for pleasure benefits society through:

- Health & Wellbeing
- Education
- Economics

Top tips for reading for pleasure. Getting started- borrow some fiction from the library. The University of Bolton Library has many titles or use your local public library.

Did you know? You can download and access ebooks and audio books via BorrowBox. This is available for free in your local public library! Perhaps join a book club or group to explore new titles and meet new people.

Other suggestions include:

- World Book Day-showcases books and has special promotions such as Quick Reads
- Researching prize winners such as the Booker Prize
- Good Reads- a popular online forum for book sharing
- Asking friends and family for recommendations

Research suggests that reading for 30 minutes a week increases health and wellbeing. Reading for pleasure has been found to improve our confidence and self-esteem, providing the grounding we need to pursue our goals and make life decisions. It can even aid our sleep!

Access LEAP Online at: <http://www.bolton.ac.uk/leaponline>