

Reading makes you rich!

English
with A

READING:

Exercise 1 Read the text about the benefits of reading and complete the gaps :

magazines and other forms of media * for the better * gradually develop large vocabularies * than reading on a screen * a set of skills **essential** * those benefits can last a lifetime * the part of the brain that responds * **exposure** to new words, * the earlier you start * can sometimes **lessen**

Reading books benefits both your physical and mental health, and a) _____. They begin in early childhood and continue through the senior years. Here's a brief explanation of how reading books can change your brain — and your body — b) _____.

1. Reading **strengthens your brain**

A growing body of research indicates that reading literally changes your mind. Brain scans showed that throughout the reading period and for days afterward, brain connectivity increased, especially in the somatosensory cortex, c) _____ to physical sensations like movement and pain.

2. **Increases your ability to empathize**

And speaking of sensing pain, research Trusted Source has shown that people who read literary fiction — stories that explore the inner lives of characters — show a heightened ability to understand the feelings and beliefs of others.

Researchers call this ability the “theory of mind,” d) _____ for building, navigating, and maintaining social relationships.

While a single session of reading literary fiction isn't likely to spark this feeling, research Trusted Source shows that long-term fiction readers do tend to have a better-developed theory of mind.

3. **Builds your vocabulary**

Researchers have found Trusted Source that students who read books regularly, beginning at a young age, e) _____. And vocabulary size can influence many areas of your life, from scores on standardized tests to college admissions and job opportunities. A 2019 poll conducted by Cengage showed that 69 percent of employers are looking to hire people with “soft” skills, like the ability to communicate effectively. Reading books is the best way to increase your f) _____ learned in context.

4. **Helps prevent age-related cognitive decline**

The National Institute on Aging recommends reading books and magazines as a way of keeping your mind engaged as you grow older.

Although research hasn't proven conclusively that reading books prevents diseases like Alzheimer's, studies Trusted Source show that seniors who read and solve math problems every day **maintain** and improve their cognitive functioning.

And g) _____, the better. A 2013 study conducted by Rush University Medical Center found that people who've engaged in mentally stimulating activities all their lives were less likely to develop the plaques, **lesions**, and tau-protein tangles found in the brains of people with dementia.

5. Reduces stress

In 2009, a group of researchers measured the effects of yoga, humour, and reading on the stress levels of students in demanding health science programs in the United States.

The study found that 30 minutes of reading lowered blood pressure, heart rate, and feelings of psychological **distress** just as effectively as yoga and humour did.

6. Prepares you for a good night's rest

Doctors at the Mayo Clinic suggest reading as part of a regular sleep routine.

For best results, you may want to choose a print book rather h) _____, since the light emitted by your device could keep you awake and lead to other unwanted health outcomes.

Doctors also recommend that you read somewhere other than your bedroom if you have trouble falling asleep.

7. Helps **alleviate** depression symptoms

British philosopher Sir Roger Scruton once wrote, "Consolation from imaginary things is not an imaginary consolation." People with depression often feel isolated and **estranged** from everyone else. And that's a feeling books I) _____.

Reading fiction can allow you to temporarily escape your own world and become swept up in the imagined experiences of the characters. And non-fiction self-help books can teach you strategies that may help you manage symptoms.

8. May even help you live longer

A long-term health and retirement study Trusted Source followed a **cohort** of 3,635 adult participants for a period of 12 years, finding that those who read books survived around 2 years longer than those who either didn't read or who read j) _____.

The study also concluded that people who read more than 3 1/2 hours every week were 23 percent likely to live longer than those who didn't read at all.

(Source: <https://www.healthline.com/health/benefits-of-reading-books#takeaway> by Rebecca Joy Stanborough, MFA on October 15, 2019)

VOCABULARY:

Exercise 2 Choose the correct word from the article and match with the definition. All the words are underlined.

- 1) a group of people who share a common feature or aspect of behaviour -
- 2) to become or make something become smaller, weaker, less important, etc. -
- 3) a feeling of great worry or unhappiness; great mental pain -
- 4) to make something less severe -
- 5) no longer friendly or in contact with somebody -
- 6) the fact of experiencing something new or different -
- 7) to become more powerful or effective; to make sb/sth more powerful or effective -
- 8) an area of damage to the skin or part of the body caused by injury or by illness -
- 9) to make something continue at the same level, standard, etc. -
- 10) completely necessary; extremely important in a particular situation or for a particular activity -

Exercise 3 Complete the sentences using the words from the previous exercise in a correct form.

- 1) They gave her an injection to _____ the pain.
- 2) The move is clearly intended to _____ the president's position as head of state.
- 3) Are we doing enough to _____ poverty in these countries?
- 4) The interest in my book _____ and many copies are still in bookshops.
- 5) She was obviously in _____ after the attack.
- 6) He became _____ from his family after the argument.
- 7) We try to give our children _____ to other cultures.
- 8) Building and _____ good relationships is an important part of what we do.

HOMEWORK:

1. Write a few sentences using new vocabulary from the lesson.
2. Prepare a short speech about the benefits of reading. Do your best to use some new words from today's lesson.