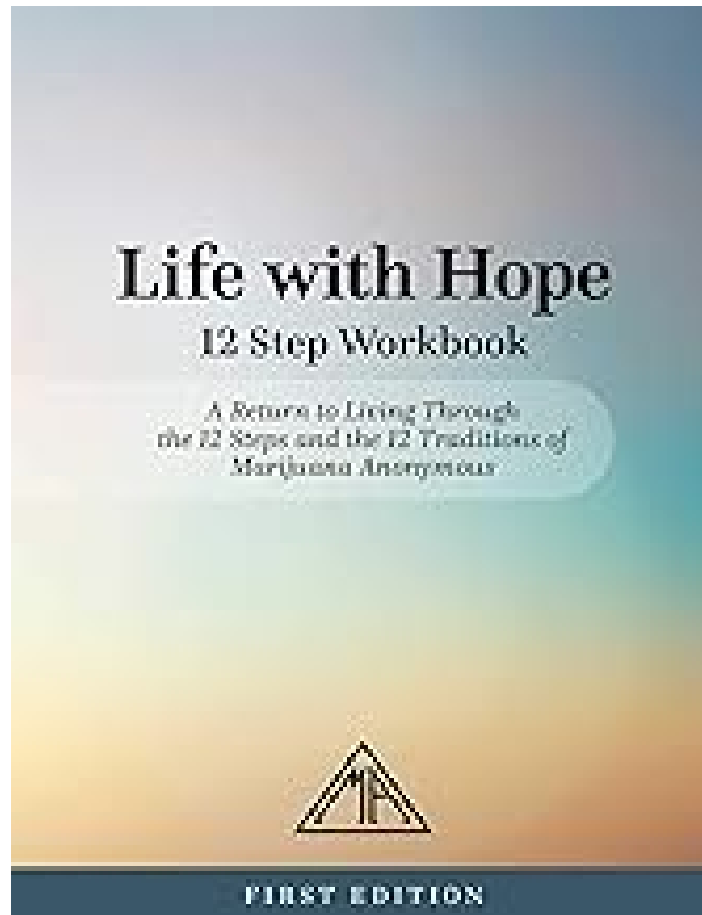
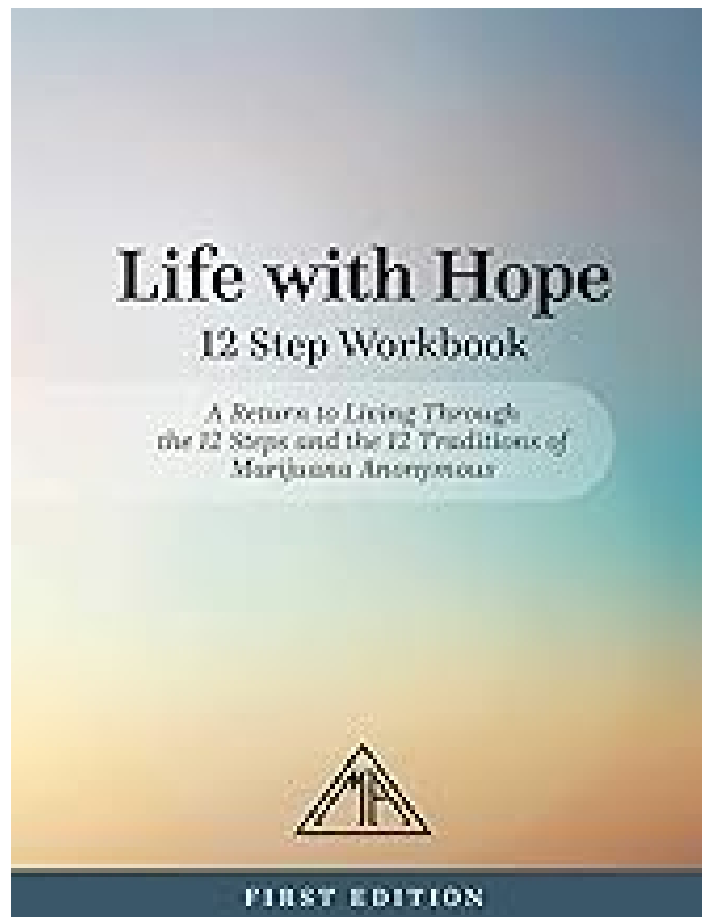


# Life with Hope 12 Step Workbook: A Return to Living Through the 12 Steps and the 12 Traditions of Marijuana Anonymous





• Whether we choose the traditional reading format of paperback and hardcover books or if we go for modern solutions like audiobooks or e-books, there is no question about it: reading has a ton of benefits for us. Ever since the first-ever written novel, *The Tale of Genji* by Murasaki Shikibu, people haven't stopped reading fiction, and there are many reasons behind this. Reading is a fun activity, one that can help you relax and feel better after a long day, it gives us a way to escape our daily routines and troubles, and provides us with endless learning possibilities. Reading is

equally effective in boosting both our physical well being and our mental health and is appropriate for people of all ages. Because we know youâ€™re interested in finding out as much as possible about how your hobby can improve your life, you will find below detailed explanations about each separate benefit, split into relevant categories. Reading helps you become more tolerant Fiction stories deal with diversified topics and you can learn a lot from them about being more tolerant. As I already mentioned, reading relaxes your body and mind. Being less stressed means youâ€™re in a better general state of mind which allows you to better accept those around you. Not only that but exposing yourself to different life stories can help you better understand the struggles of other people and project your knowledge into your everyday life.

