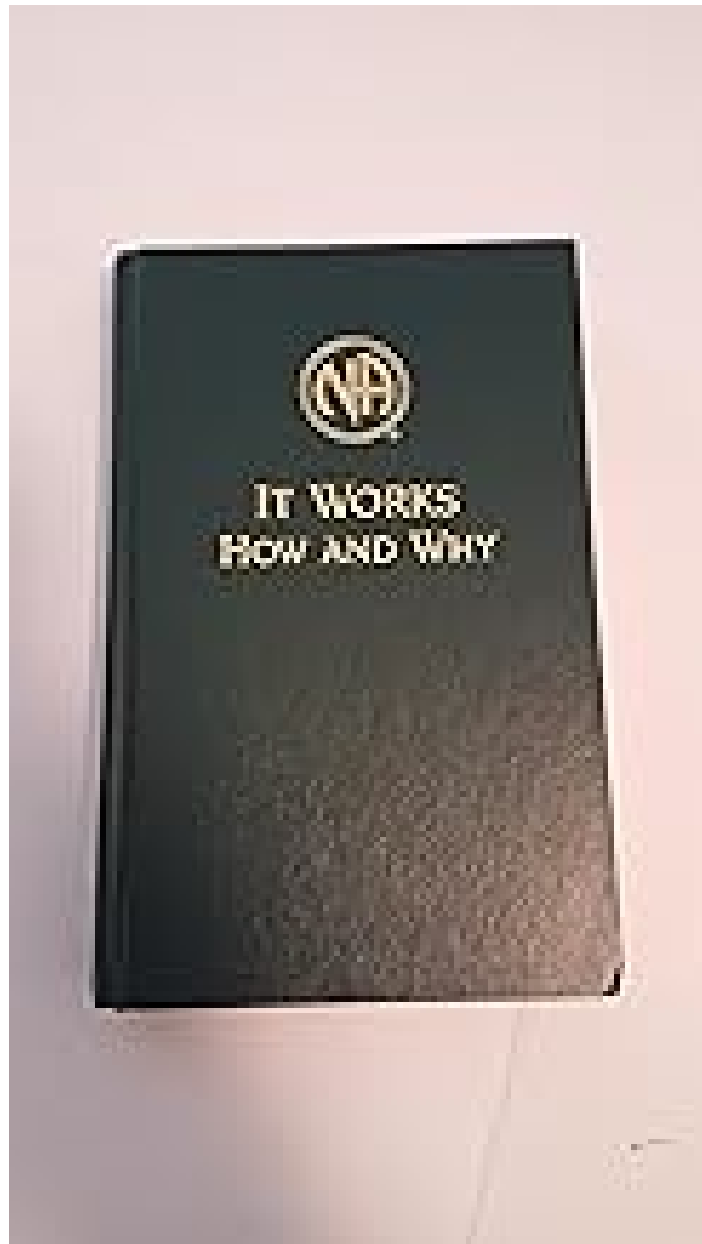
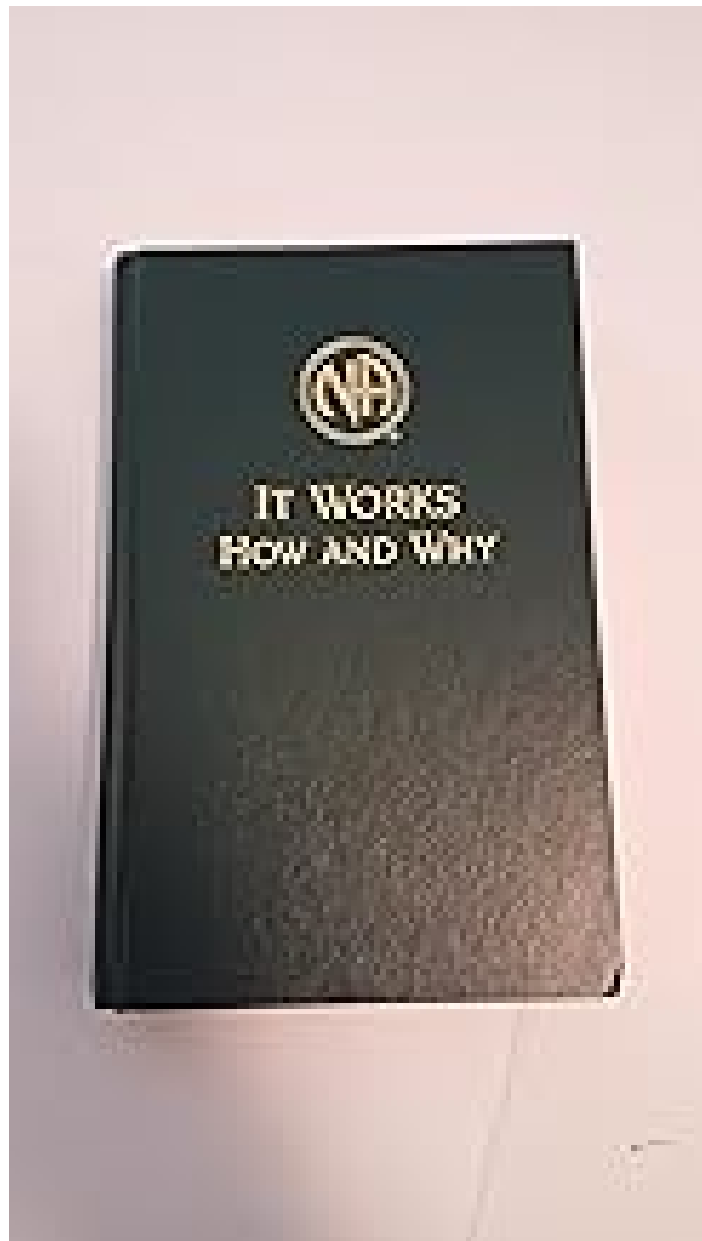


It Works: How and Why: The Twelve Steps and Twelve Traditions of Narcotics Anonymous





- **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 you'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.

Fiction novels can improve analytical skills There are different ways in which reading fictional books will help you improve your analytical skills. The brain is constantly trying to sort and organize information and reading simply makes it better at it. While following the story's plot or imagining the possible ending, you indirectly train yourself to organize, sort, manage, conceptualize,

visualize and manage information. Research and data analysis to fill in the book gaps enable the reader to have the empirical ability of analysis at all times. Not only is it beneficial for your brain to read various fictional books, but itâ€™s also fun!

