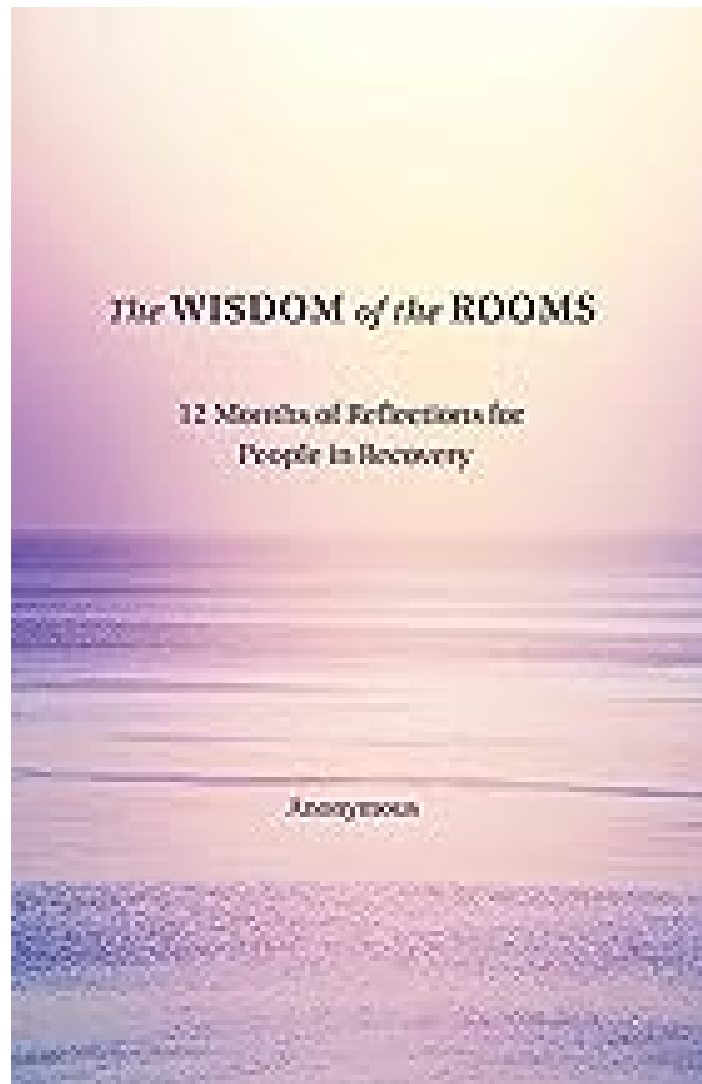
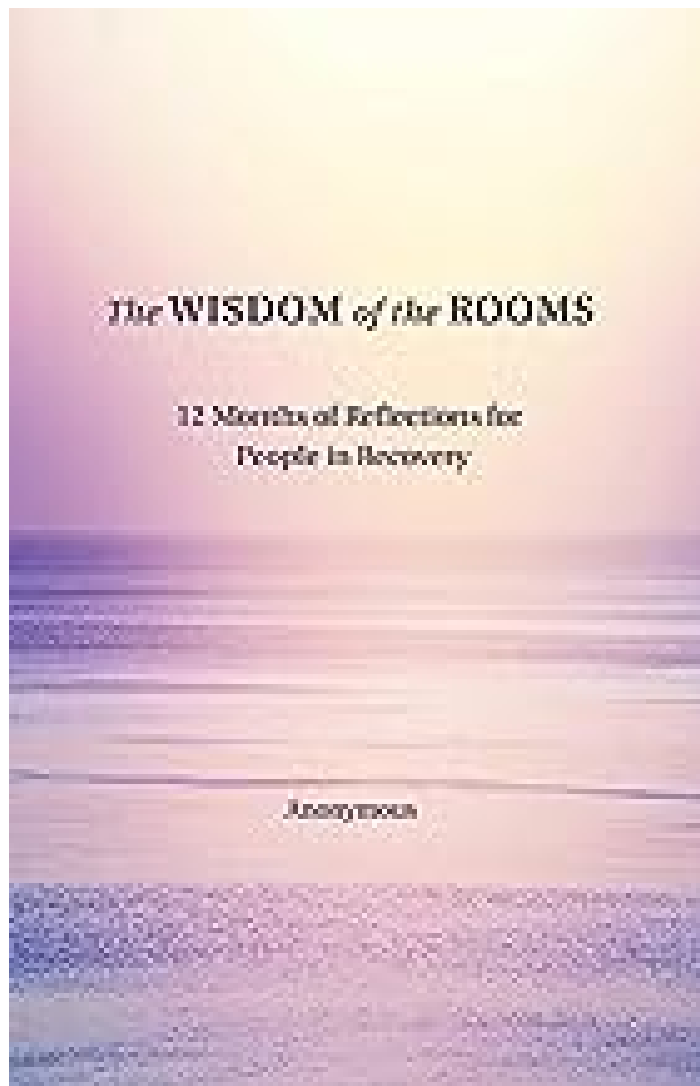


# The Wisdom of the Rooms: 12 Months of Reflections for People in Recovery





- **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 havenâ€™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 can help you burn some calories Granted, you wonâ€™t burn nearly as many calories as you would on a brisk walk or a jog, but the fact still remains that reading does help you burn more calories than you normally would sitting on the couch. Every action we perform (consciously or not), burns calories. Whether we are simply breathing, talking, or thinking, our bodies use energy to perform these tasks. Reading, being a rather complex mental activity, requires quite a lot of resources (processing power if you will), which in turn will need to be fueled by calories.

