**Advantages Of Reading Books**

**1. Improve Focus And Concentration**

Reading books require attention.

When you read books with consistency, your muscles of concentration grow. That’s how reading books improve your focus and concentration.

Bill Gates reads 50 books per year. And just look at his concentration.

To achieve your goals, you need laser sharp focus. The truth is, it’s incredibly hard to focus and concentrate on a goal for months or even years.

So start reading books. Gradually, your focus and concentration power will improve.

**2. Improve Vocabulary**

To put your ideas into right words or to express yourself exactly the way you want to, you need a large enough vocabulary.

Especially, in countries where English isn’t the native language, people face difficulties in speaking English.

More often than not, they struggle to find relevant words while framing sentences during a conversation. This happens because they don’t have enough words in their active vocabulary.

Reading books exposes an individual to a bajillion of new words…

Using which one could improve his vocabulary set, and thus bring variety to his sentences while expressing himself either through speaking or writing.

**3. Improve Creativity**

Creativity is nothing but a combination of different ideas.

And books are all about ideas.

The best part: books contain ideas that originate from experienced people.

When you develop a habit of reading books, you work on your idea-generation muscle too.

That means your creative muscle becomes stronger.

There is a reason that all writers are avid readers, and most readers (if not all) start writing eventually.

Also, exposure to different opinions, thoughts, and perspectives allow you to reach multiple conclusions.

**4. Provide Perspective**

One of the easiest ways to have an epiphany or eye-opener moment is to read a book that has changed the lives of millions of people.

Of course, there are shitty books out there.

But some books are no less than gold.

Books change your paradigm and allow you to see reality from different angles and thus reach your own conclusion.

**5. Help You Make Friends**

Humans love to build communities. Reading books might make you new friends who share the same interests as you.

You won’t believe how many people love reading books on the planet earth – interests might differ, though.

**6. Fun To Read**

What makes books addictive is that they’re fun to read. How wonderful is it that you could learn great insights from successful people by turning a few pages.

Sometimes they tell you stories that entertain you. While at other times, they teach you lessons.

**Reading is an entirely different experience:**

From the outside, it looks like you’re just sitting and reading words and sentences.

But readers know from the inside that they’re having fun, which is no less than the pleasure you get while doing a party.

**Reading isn’t boring. It just looks boring.**

Okay, I agree, some books actually are boring…

But most of the time, they’re fun to read.

**7. Help You Improve Your Professional Life**

What makes successful people different is that they know things that an average person doesn’t.

So if you’re looking to improve your professional life, find books that teach you to be successful at your work.

Because books contain researched and valuable information that might help you.

It’s important to understand that not all books would be helpful to you. But does it really matter?

You only need one idea to change your life.

The possibilities are endless.

**8. Help You Build Discipline**

For instance, your habit of reading books every day might help you go to gym without fail or procrastination.

That’s because habits are patterns in our brains. In other words, habits are also our muscles which you could train and use in different aspects of life.

**9. Improve Your Writing Skill**

Reading helps a lot in writing.

The idea here is simple:

Both reading and writing is simply an act of interacting with words. The more you read, the more words you consume.

Ultimately, that reflects in your writing.

If you are interested in improving your writing skills, you would want to check out this:

**10. Make You Calm And Peaceful**

When you become wise or wiser than your peers, you start to save your energy and use it to do meaningful things.

**Wisdom allows you to see through bullshit.**

Ultimately, you become more calm and peaceful.

Often people get agitated when they fail to handle their problems in life. Books supply you enough knowledge so that you become capable of dealing with any circumstance.

There are a lot of books that teach you about Stoicism and other such philosophies.

Books like **A Man Who Sold His Ferrari** even show you techniques that monks use to stay calm and focused on their goals.

**11. Improve Your Imagination**

Fiction books are best suited for that. Every story takes you on an adventure.

The authors like JK Rowling can literally make you feel the character and make it look as if they are alive and right in front of you.

By reading story books, you can improve your imagination.

Imagination gives you the power to create.

**Disadvantages Of Reading Books**

Reading books has its downsides too. (In life, most things come at a price.)

Now, I’ll discuss all the disadvantages of reading books. I’ve personally faced most of them. That means I’m not making them out of thin air.

Anyway, let’s get started.

**1. Consume Time**

Well, you can also listen to audio books, but that’s a different approach. Let’s stick to the context of this article.

Why does it take so much time to read books?

It’s a no-brainer. Most books have more than 150 pages. Being humans, there is a limit to how fast we can read.

Read too fast, and you might miss important details in the book. Read to slow, and it’ll take forever to finish that book. So most people read at a speed that suits them.

To those who say they can finish a book in an hour, I’ll say, “Seriously? Are you sure that you aren’t missing fine details?”

Still, you can’t deny that books consume a lot of time.

But at the end, reading books isn’t about how fast can you read, it’s about how effectively you read and how much you actually apply in your life.

**2. Require Will Power**

It isn’t really a downside of reading books, it’s a prerequisite.

Book reading isn’t everyone’s cup of tea. Some people can’t read more than one page.

For some people, reading is one of the most boring activities in the world.

Yes, reading books could be painful if you’re not used to read lots of books.

**3. Eat Up Storage**

When it comes to storing books on your hard-drive, it barely consumes any space. That’s because those books are usually in Epub, Pdf, or Mobi format. In other words, a pdf version of a book, in my opinion, will only consume less than 20MB (maximum).

But when it comes to physical books, as the number of books increases, the burden of organizing and storing them on a shelf also increases.

Some people even love to collect books. While others sell it.

But you can’t hide from the truth that storing physical books and organizing them could be a pain in the behind.

**Note:**This is the reason that these days, people prefer the audiobook or the ebook format.

**4. Weaken Your Eyesight**

A lot of reading might put glasses on your nose.

When we read books, we fix our eyes on the letters close to us. Doing it for a long time sometimes causes short-sightedness.

When you become short-sighted, you run a risk of losing the ability to see far objects clearly.

**5. Make You Unhealthy**

[Sitting for long hours can cause many diseases.](https://www.medlife.com/blog/does-sedentary-lifestyle-lead-to-diabetes/)

Often people read books by sitting on a chair. This sedentary lifestyle creates many problems like Diabetes or Obesity.

One solution might be to take breaks every half an hour while reading and take a walk for 2 minutes along with some stretching.

**6. Some Books Are Part Of Propaganda**

So this is the darkest side of reading books.

I won’t take the name of any book here.

But some books are made for the sole purpose of brainwashing the young minds.

There are marketing books whose only goal is to sell you an expensive course in the end.

Also, there are religious books who ask you to blindly believe in mythical ideas and submit to an authority.

There are good ones too…

You don’t have to believe in this though.

This is my personal opinion.

But since I read a lot of books, I have become wise enough to decide which book to read and which to avoid.

Remember that not all books lead you to the truth.

The books that help you make your life better, bring you to the reality and help you deal with the hardships of life are the most practical ones.

And I recommend that you read more of such books.

Don’t buy all the mythical and fantasy ideas that some books share.

Stick to the logic.

Reject all that is not true.

Always do a “background-check” of the author or publication before you buy any book.

Be skeptical before you accept any idea.