Importance of Book reading

\* Benefits of reading books .

1. More than visual stuff ( video ) , reading words nourishes brain and expands imagination power .

2. In watching video , the person is almost idle ( not partici[pating) but when one starts reading , he gets completely invoved .

 3. It calms the mind down and improves concentration and memory .

4. Reader becomes Leader .

5. Reading gives better understanding .

6. Improves sub- concious activity .

7. Improves confidence.

8. Gives unforgetable wisdom.