

Ex2. Count your points:



1-4 points – **book absentee** – you don't remember the last time you read a book. Analog or digital, reading is not your cup of tea. You definitely prefer other types of entertainment.



5-8 points – **average reader** – you enjoy a good novel from time to time, but you mostly prefer shorter forms such as articles and stories.



9-12 points – **bookworm** – you are eager to get hold of latest releases or bestsellers in your favorite genres. The literary quality of a book is very important to you. You choose to satisfy your appetite for reading whenever you can.

sources: oakconsult.co.uk, hellogiggles.com, slate.com

Part2: reading

Ex3. Read the article below about the habit of reading and answer the questions:

https://www.inc.com/christina-desmarais/why-a-daily-habit-of-reading-books-should-be-your-priority-according-to-science.html?utm_source=pocket&utm_medium=email&utm_campaign=pockethits

Why a Daily Habit of Reading Books Should Be Your Priority, According to Science

Twenty six percent of adults in the United States have not read even a portion of a book within the last year. It's an unfortunate reality considering that researchers have found that consuming the written word is exceptionally good for people. Here's what studies have found.

Reading fiction helps you be more open-minded.

It's because the same brain regions are activated when you experience something in real life as when you get into the heads of characters and imagine walking in their shoes. Researchers have actually found that this practice of seeing the world from the perspectives of others helps people be more **empathetic** and better understand different ways of thinking.

Reading protects against cognitive decline.

Like most things in life, the **adage** "use it or lose it" applies to your thinking ability, at least if you believe data sifted from the Victoria Longitudinal Study, a long-term investigation of human **aging**. When

analyzing a sample of 250 middle-aged and older adults who were tested three times over six years researchers found that intellectually engaging activities act as a buffer against cognitive decline. It's because reading is exercise for your brain.

Reading a paper book is good for your memory, compared with e-books.

Heath writer Maia Szalavitz pulls together input from several **reputable** sources who believe that it may be harder to remember things presented electronically, compared with on paper. When you hold a book in your hands, you make unconscious **associations** with where words are on the paper--top or bottom, left or right on the page--as well as how far into the book you are according to how many pages are in your right versus left hand. These landmarks help people remember.

Reading is a habit held by successful people.

Dozens of **high-achieving** individuals have shared with me their daily habits for success and reading is undeniably a common theme. Want a few recommendations to help you in business? A few titles which repeatedly make executive book lists: *Steve Jobs* by Walter Isaacson, *The Five Dysfunctions of a Team* by Pat Lencioni, *The One Minute Manager* by Ken Blanchard and Spencer Johnson, and *Meditations* by Marcus Aurelius.

1. How many people in the USA haven't read any book within the last year?
2. Why does reading fiction helps you be more open-minded?
3. Can reading help your mind stay in better shape ?
4. Why is it more difficult to remember information while reading na eBook?
5. What do many successful people have in common?

Part3: vocabulary

Ex4. Look at the expressions from the text below and try to match them with their definitions:

1. empathetic	a. the process of growing old
2. adage	b. feeling another's pain as one's own
3. aging	c. having a good reputation
4. reputable	d. very ambitious
5. associations	e. mental connections between thoughts, feelings, ideas or sensations
6. high-achieving	f. a proverb, wise saying

Ex5. Now fill in the gaps with an appropriate expression from the previous task:

1. He remembered the old, "Look before you leap."
2. Many countries in Europe have an population.
3. He had always been a person and a good worker.
4. The beach has positive for me as I used to spend my holidays there.
5. He is a kind and friend.
6. I insured my property with an established, company.

Ex6. Discuss the following questions with your partner. Make sure you use the key vocabulary from the previous activities.

1. When was the last time you felt **empathetic** towards somebody?
2. Do you know anyone who is a **high-achiever**?
3. Do you make **associations** to remember English vocabulary better?
4. Do you do anything to prevent **aging**? (physical exercise, crosswords/puzzles, taking supplements)

Part4: speaking

Ex7. After reading exchange the opinions on the following questions with your partner:

1. Do you agree with the points mentioned in the article?
2. Do you know how many people in your country haven't read any book within the last year?
3. Do you feel encouraged to start reading more?

Part5: homework

Ex8. Make sure to practice your vocabulary with some flashcards:

<https://quizlet.com/pl/613108649/why-a-daily-habit-of-reading-books-should-be-your-priority-according-to-science-flash-cards/>

If you enjoyed today's article here is a longer read as a follow up:

https://www.theatlantic.com/education/archive/2019/09/love-reading-books-leisure-pleasure/598315/?utm_source=pocket&utm_medium=email&utm_campaign=pockethits