

YOU ARE ENRICHED WHEN YOU READ A BOOK

Description

Like a kid who gallops around with an outstretched tiny hand clutching his newly acquired toy to be shown off to anybody who would spare little time; I too, when I go out to buy a novel or complete reading one, would want to eagerly share the rich wisdom, lively storytelling craft shining from thin pages to any willing ear. Oops! I find none.

Falling in love with books is what my father had kindled when he presented me when I was six years old: a short story book in Telugu – my mother tongue. Fifty years later the book reading itch is still tantalizing me like what I call – my literary courtesan. Unknowingly the habit grew in me like Infatuation: something similar we fall for the childhood heartthrob that enthralls us throughout our adult lives.

Sometimes I get distressed that I couldn't pass on this fondness to my two children who are now both married and settled. Hopefully, I wouldn't let any opportunity slip by: now I have two budding, right in age grandkids that I wish to pass on the legacy of – to be in love with books – that was given to me by my father.

After spending nearly three decades savoring and digesting books: classics, contemporary novels, realistic novels, non-fiction, autobiographies, historical novels, commercial fiction, Romance, and books written by Indian origin authors. On any given day when I flip through the pages, that I have earlier read, the sentences highlighted, the paragraphs marked; I pause for a while and with a thoughtful sigh, I speak to myself, – How can I make this generation understand the wisdom in reading books, the habit of book reading. When would they realize, the more time they practice in Gyms the tougher they are likely to develop the body muscles. In the same way when encouraged to spend few minutes in a library or with a book one can be pleased to profit from the ripening of the intellectual and emotional muscle of the brain. It saddens me hugely, how the generations of our youngsters are missing the extraordinary possibilities, due to one wanting skill: learning to relish the flavors of English language and cleverly choosing how to master the variants and secrets of being fluent in conversing it.

Books, whatever genre we choose to follow, see them as enormous powerhouses of information: ideas, experiences, tastes, traditions, philosophy, arts, and values. As we turn the pages they reflect on us the gems of vocabulary, expressions, semantics, and wordings. Choose any English novel to read, I firmly assure you, would never disappoint for not being a treasure trove like a good – English teacher – we admire. These preceptions close to my heart, whenever I sit down to enjoy a book I get a feeling something equivalent to sitting across with a wise friend: a learned gentleman having an intimate dialogue with me, influencing me to change my perspective and my personality. Half-way through the book, highly excited I keep imagining that this well-informed gentleman putting his hands over my shoulder and walking me down with a small talk, – I have faced many challenges and overpowered them, so can you; this is my recipe, feel free to use it; go ahead –!

Whenever I open my favorite book I'm bound to receive a flash of insight or a point of view to neutral my dull moods. The mystical truth about books is, – the change I wish to see in me is favorably

proportional to the trust I invest in the bookâ?•. This is what I discovered, sensibly, over the period of years: it goes like this. â??Books have an inbuilt embryonic life: it grows creatively on you. Deciding to absorb yourself into a favorite author is like pressing the start button of a chain reaction of self-motivational elements: they enter into your being to cheer: your eyes to focus, fire up your brain vibrant, your ideas encouraging, your words positive, your presence welcome, your results gratifyingâ?•. Itâ??s like a magician casting his magic spell on you â?? for your cultural well-being.

This is my story about books and their inspirational worth. If you wish to cultivate the habit of reading I can share few tips anyone can follow:

Reading is highly enjoyable; choose the books, the style and content you are fond of and love to sit for long stretches. A wrong choice may dull your interest; rather discourage you to go any further. Make sure what you love to read in the long haul.

You neednâ??t limit to one variety, cultivate appreciating two to three writing styles. Imagine you are set before a literary menu; choose what satisfies you â?? over and over. Reading is a lifetime and life-altering habit. You need to be filled in inspired from multiple sources.

Having selected what you like to read, allot a few set times during every day. Like 15 to 20 minutes installments in the course of the day. Work with one or two books hand in hand. The change helps reduce the tedium when sitting for long spells of your eyes on the pages. Select those times you are not disturbed, quiet, able to focus, no TV, no mobile phone. This is the best practice to kick-start a new habit.

Plan in the allotted times to complete 10 to 20 pages or more each day. Compelling yourself to fulfill the earmarked pages is one urgency habit you need to inject into your busy schedules. Stay relaxed when you read, donâ??t be in a hurry to â??scanâ?? the pages. Enjoy the process, highlight new words, check for meanings, mark the sensible expressions, and enjoy yourself as if you are in self-learning process: cultivating a reading lifestyle.

Always carry a book. A much helpful portable habit which has the potential to ward off bad moods, negative vibes: and create in its place a relaxing calming net around you: it balms the unavoidable strains in your packed schedules. When you are planning for your appointments, or to your office; take a book with you, even if you know you donâ??t get time to read: at times, unawares, we are made to wait: a book in hand is a great way to pass the time. Books come handy at railway stations, airport lounges where the irritating delays hit us hard boring us to death. A couple of books in our laps ease off unavoidable worry over a spoiled day or missed appointments. Books like children give joy and provide relaxing ways to pass the time.

Plan to visit bookshops twice every month, or second-hand books stalls. I may sound a little weird here: when you are a true-blue â??book loverâ?• you love everything about the books, you touch them, smell them, you clutch them; you sit holding them. Resolve to buy two books every month. Fix a goal for yourself that to complete the two books before the next month quota is added to your table.

Benefits are many when you find yourself reading one good book every week. They can make your mind think deeper, allow you become more articulate, elevate your self-esteem and confidence levels, teach you more about your subject field; sharpen your skills, control your tensions and help you to reach all your aspirations and assists in all your worthwhile endeavors.

The attachment to the habit of book reading have to induce a good feeling; you have come to see as the time spent as a pleasurable activity; something that you delight in when you share your time with your girlfriend. Make yourself cozy, your favorite chair, over coffee, enjoying the sunset, sitting under a shaded tree, music in the background. Enjoy every page, new words, surreal expressions; the very act of holding a book, eyes on the wriggling words coursing along the pages: an elusive form of invigorating feel that transpires between you and the book.

Category

1. Uncategorized

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