

**“Cast your bread
upon the waters, for
after many days you
will find it again.”**

Ecclesiastes 11:1.



Seventh-day Adventists

People of the Book?



Benefits of Reading

Kids & Reading

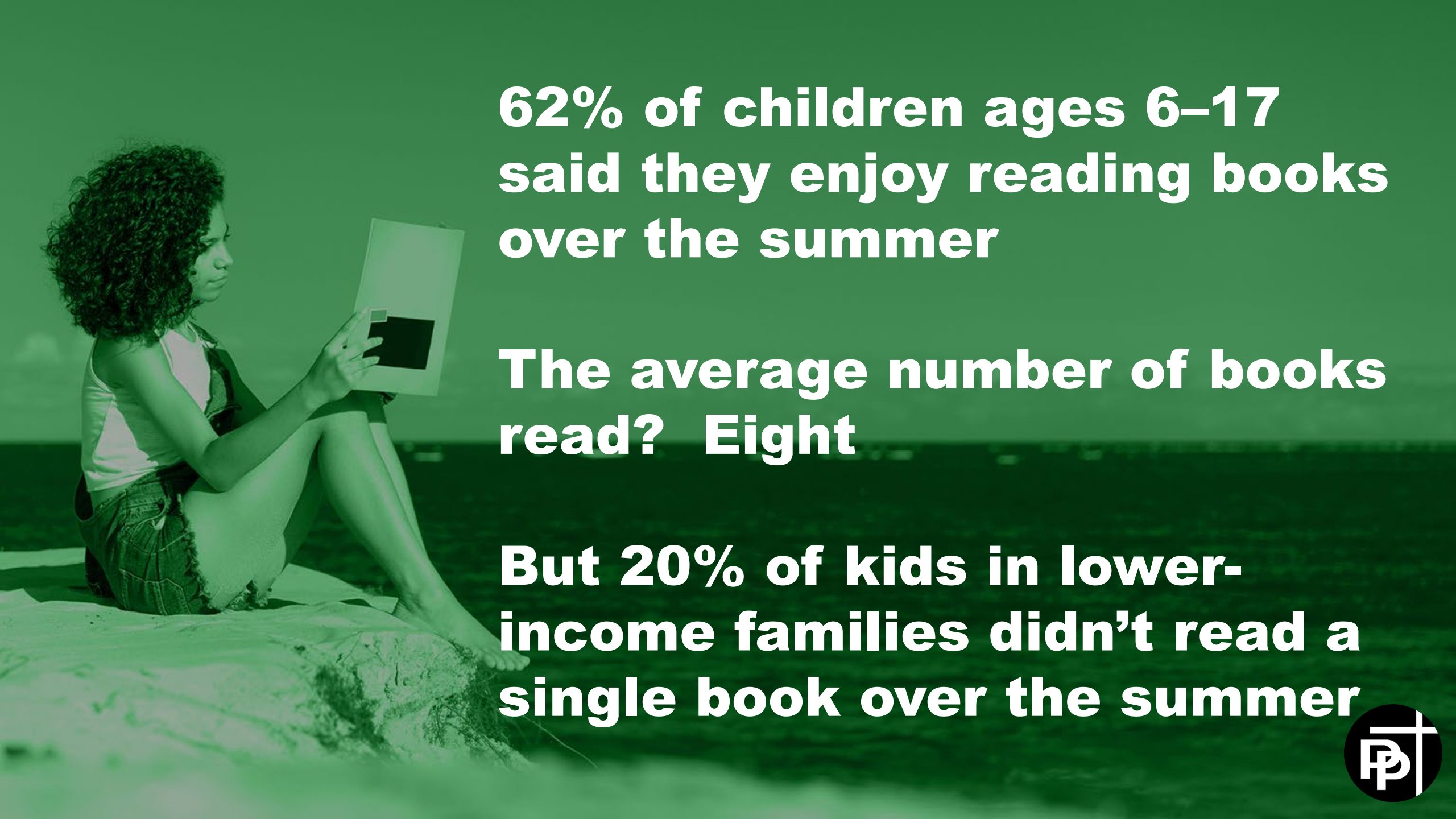


**Six extra
minutes of
reading per day
can turn a
struggling
reader into an
excellent reader**



**Third grade students
who are readers are
almost five times more
likely to graduate high
school**



A young girl with curly hair is sitting on a sandy beach, reading a book. She is wearing a white tank top and denim overalls. The background shows the ocean and a clear sky. The entire image has a green tint.

**62% of children ages 6–17
said they enjoy reading books
over the summer**

**The average number of books
read? Eight**

**But 20% of kids in lower-
income families didn't read a
single book over the summer**



**Homes with an income
over \$100,000 have
Almost twice the
number of books
than homes with
an income of
\$35,000 or less**



**Children's
books expose
kids to 50%
more words
than TV**



Benefits of Reading

Read More, Feel Better



**Adults who read for
30 minutes a week
report feeling 20%
more satisfied
with their lives**



**Just six minutes of
reading can
reduce your
stress level
by 68%!**



**Book readers have a
20% “reduction in risk
of mortality” over 12
years, compared to
non-readers**



Benefits of Reading

Reading Can...



**Reading Books
can boost your
brain power**



**Reading Books
can improve
concentration**



**Reading Books
can help your
memory**



**Reading Books
can make you
more empathetic**



**Reading Books
increases
vocabulary**



**Reading Books
enhances
imagination**



**Reading Books
can help you
sleep**



**Reading Books
can make you a
better writer**



**Reading Books
can make you a
better preacher**



**Reading Books
can make you a
better leader**



Leaders are readers!



**Reading Books
can increase
your faith**



**Find a great selection
of faith-building books
at your local
Adventist Book Center!**



Go READ,

Go SHARE!

