



Top 10 Hints and Tips for Enjoying Quiet Reading Time...

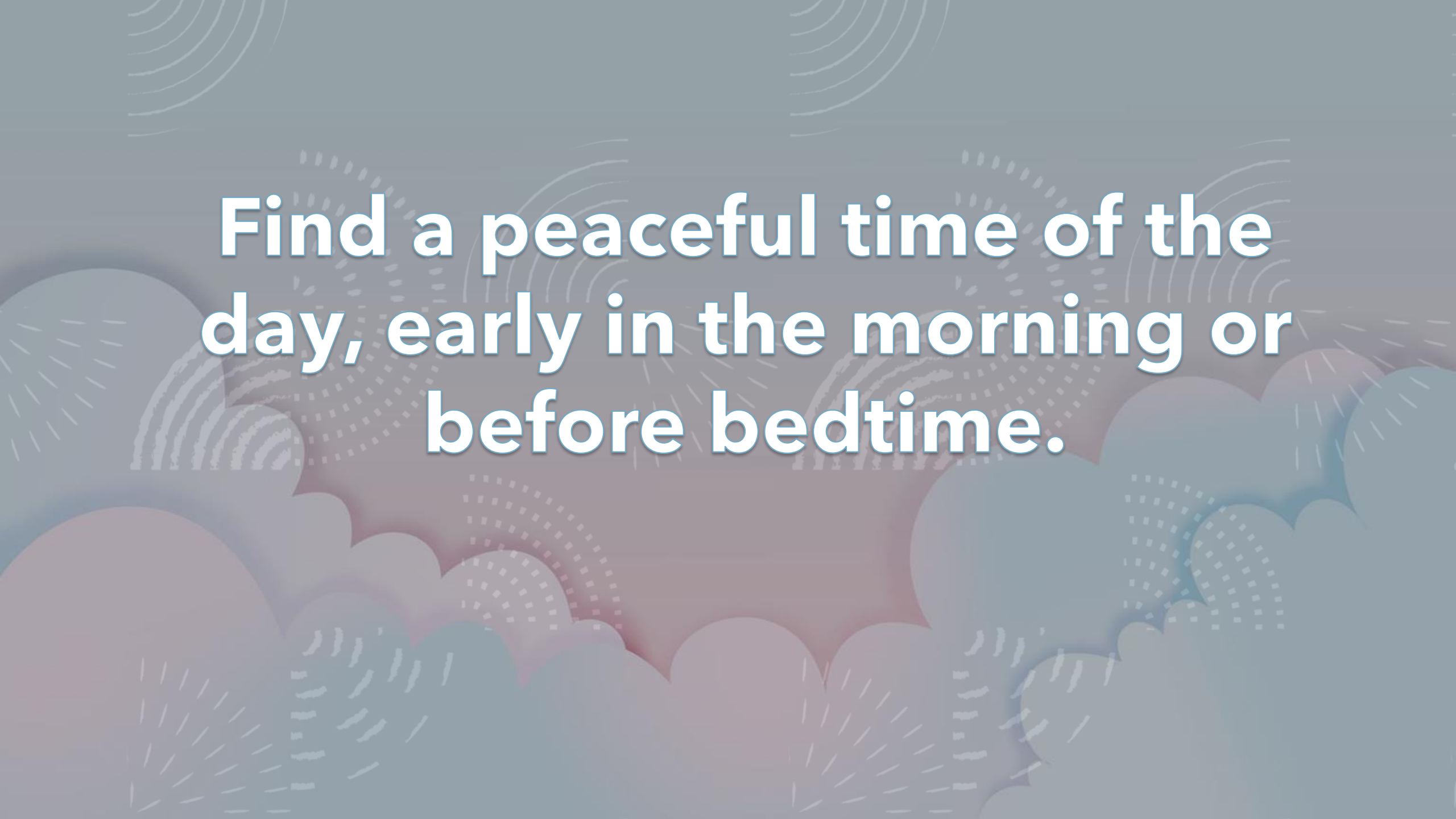


*A book is a dream that
you hold in your hands.*





**Try to read everyday. Set
yourself some
realistic targets.**




Find a peaceful time of the day, early in the morning or before bedtime.

**Make yourself comfortable
on the sofa, in bed or
perhaps in your own
reading den. A calming
room spray may also help
you relax.**

The background features a complex, abstract design with overlapping, semi-transparent shapes in shades of blue, purple, and pink. These shapes are decorated with various patterns, including concentric circles, radiating lines, and dotted grids. The overall effect is a vibrant, textured backdrop.

**Switch off phones, iPads,
games consoles etc.**

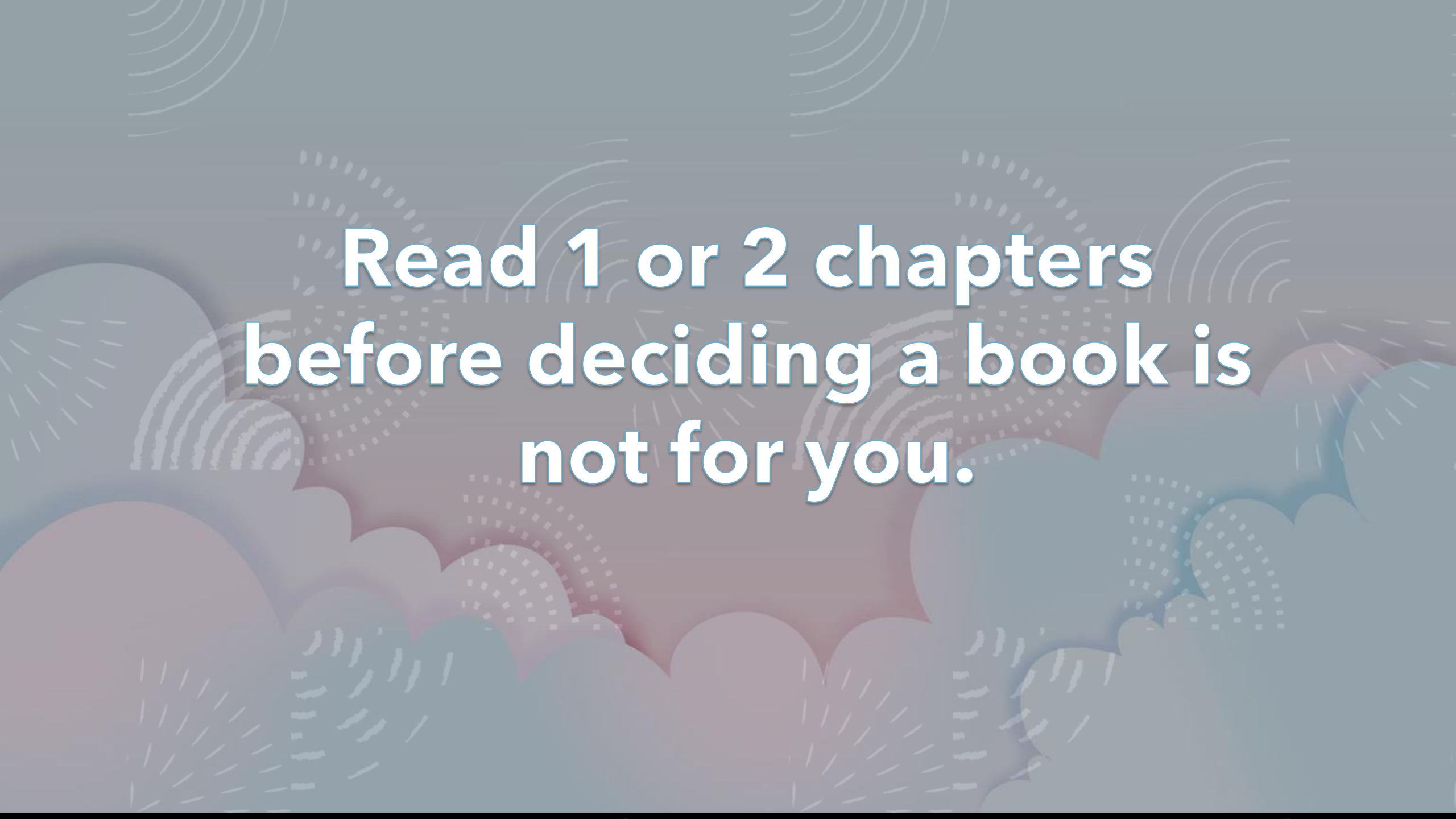


**Sometimes, it is lovely to
read with a family member,
or even a pet!**

Make sure you have enough light. A lamp, fairy lights or a torch is good. If you need glasses for reading, wear them!

**When choosing a book:
think about authors you
like, use recommended
book lists or read a book
that a like-minded friend
has suggested.**

Pick a book that interests you. Check out the blurb, on the back cover, and read 2 or 3 random pages.



**Read 1 or 2 chapters
before deciding a book is
not for you.**