



The Arguments Why You Need to Read Fiction

I am a amount of an oddball among writers, since i don't condemn the telly set. To the contrary, I do think everyone, and especially serious writers, should watch plenty of TV, including TV comedies and dramas, because the audio/visual format gives a perspective which you can't get from reading a novel. This flies when confronted with the normal rant, that TV is often a scourge that should be eliminated from the entertainment landscape.

Conversely, the current trend is to watch more TV and much more movies and browse less, so when one reads, to see non-fiction instead of fiction. The reason why given range from "Reading is hard" to "Novels are uninformative." But what most of the people don't realize could be that the written word, and fiction particularly, provides benefits you can not receive from other media. For instance:



Reading fiction will help you increase your communication skills. A 2008 study by Raymond Mar found out that people who learn more fiction score higher on tests of empathy and social acumen, which people that read more non-fiction score lower. This is perhaps because through fiction, you experience the characters' social interactions and relationships in such a way impossible with many non-fiction.

Reading fiction energizes the imagination. While reading fiction, the mind reconstructs each scene in considerably more detail compared to author described it. It will so by visualizing the non-existent people and places of the story, often basing these visualizations on a person and places used. This can be the human capacity to imagine, to daydream, to invest, to ponder. A

chance to imagine separates us business animals. It enables us to strategize, to organize, to reason, to find out, to generate a better world than existed before.

Books are less costly hour-for-hour of entertainment than movies or DVD's. Specifically in tight economic times, it's wise to foster the thrill of written fiction. For the similar amount a 2-hour movie or DVD costs, you can obtain a book that may entertain you for several days, or weeks. Or borrow it from your local library free of charge.

Reading relieves stress, and does not overstimulate like TV can. Most contemporary television programming was created to capture your attention by constantly pinging your head with abrupt sounds and transitions. This gears the human brain up and creates stress. Research in the University of Sussex learned that reading can help to eliminate levels of stress by approximately 68 percent. Or as cognitive neuropsychologist Dr David Lewis input it, "Losing yourself within a book is the ultimate relaxation."

Fiction permits us to access the narrative, imagine ourselves there, in ways that non-fiction can't. Obviously any good biography is definitely finished before beginning reading it, because it is about a real person. Even if you have no idea of the specific good a particular biographical figure, biographies are seldom written about losers, whereas the loser could be the staple from the fictional story. Or as one English teacher from Wichita, Kansas place it, "Fiction's unknowability causes it to be a whole lot like Life even as experience it."

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