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Best romance books to read for young adults

Keep up with the latest daily buzz with the BuzzFeed Daily newsletter! ThoughtCo uses cookies to provide you with an excellent user experience. By using ThoughtCo, you accept our use of cookies. For some people, there is no greater pleasure than settling into a comfortable chair, cracking open the stiff spine of a new book, and diving headlong into a different world. Books open up infinite possibilities and pleasure, but unfortunately, reading is a hobby that fewer people participate in. If you're like a large percentage of Americans, you haven't gotten a book at all this year, and it's even more likely that if you did, you didn't finish it. Poll results published by The Associated Press and Ipsos show that one in four Americans don't read books at all, and half of Americans read less than four each year. Although the decline in time spent reading is regrettable, what is saddest is our declining ability to read. According to Oxford magazines, the average reading ability of Americans hovers around the eighth or ninth grade level, and the UN Chronicle reports that up to 25 million citizens cannot read or write at all. The United States ranks 21st in the world for literacy. Number one in terms of national education? Cuba. What's even scarier is that according to a report published by Renaissance Learning, the average reading ability of our high school graduates is at a fifth grade level. The benefits of reading in today's hectic world, picking up a book may seem like it's not worth it. However, reading offers countless benefits: 1. Reading uses your mind. The average American spends five and a half hours each day watching TV. While TV can be fun, it does little for your brain or for your body. You can actually burn more calories by reading a book than you do watching TV. Reading is an active spiritual process; you think more, use your imagination, and increase your knowledge. 2. Reading expands your worldview. I've never really walked through a dusty village in Mali. I wasn't born into the life of a Plains Indian in the 1800s. And, I've never trudged along the rainy, dark streets of Paris with a hungry belly and nothing in my pocket except a notebook and a blunt pencil to write my next story. However, I have experienced all these things through the magic and mystery of books. Books allow you to experience other people, other places and other cultures to which you may never be exposed to normal life. This helps you develop compassion, pain, empathy for those who differ from you, and an open mind. 3. Build Focus Books. When you read a magazine, you jump from pictures to captions to history, page by page. When you read a website, you're constantly distracted by moving ads and links that prompt you to the next website or story. While any reading is beneficial, books help you develop the ability to focus and focus because there is no distraction – there is only the story. In addition, reading helps improve your memory. 4. Reading makes you interesting. The world's brightest, most creative minds have written millions of books, sharing their wisdom, which they only wait to get and discover. The more you read, the more you need to talk to your colleagues, friends, dates, spouse or partner, and complete strangers. Reading gives you a rich store of knowledge, ideas and experiences that you can then share with others. 5. Reading helps you learn. I learned myself how to start a business by reading books. I've learned about yoga, Buddhism, American history, mythology, and many other fascinating topics through reading. Reading is a very cheap way to learn new skills and concepts. Instead of attending a class and paying overpriced tuition, or instead of wishing you knew how to build a blog or software program, teach yourself through the books. Reading enables you to take responsibility for your education, no matter how young or old you are. How to read more: Sitting down to read doesn't mean you have to leave an hour or more of your day. There are many ways you can sneak more reading into your life: 1. Cancel cable TV! I canceled cable TV years ago, and I have to say that I haven't missed a bit. Watching less TV is a very easy way to spend more time reading than you used. They also read more books: The average tablet owner reads 24 books a year, compared to other readers, who read an average of 15 books a year. I have an Amazon Kindle, and I like it. One of the biggest benefits to owning a Kindle is that Amazon has thousands of books, the vast majority of them classics, available for free download. This is a very easy and cheap way to get quick and portable access to the best books in the world. Another benefit of online readers is that they are small. You can take your entire library with you on a plane, train, or in your bag. You can read during your morning commute while you're queuing at the grocery store, or waiting to pick up the kids from school. E-readers make it easier to fill small pockets of time by reading, rather than needlessly looking into space Control Twitter on your smartphone. 3. Select Books or Items that interest you: Do you know how many times I have taken War and Peace and tried to read it? At least a dozen. It's one of those books I feel I have to read, but I've never been able to get into history no matter how hard I tried. Sometimes you're not ready for a book, or a book isn't ready for you. Maybe you're not old enough, or you're not in the right place in your life. It may not be meant to cross paths at all - and that's fine. So don't make yourself read a book. Book interested just because you feel you should read it. Start with books that interest you - you'll get more pleasure and value from the experience. If it looks like a chore, then you don't do yourself any favors. 4. Set a time if you have a really busy schedule, you're probably going to have to put aside the time to read. And that really means putting it on your schedule, or choosing a specific time of day. Even if it's only 10 or 15 minutes, it will still be a good way to develop the habit, help you relax, and allow you to forget momentarily about the stress of everyday life in a healthy way. Try reading about your lunch break, or wake up earlier than everyone else and read while you're having a cup of morning coffee. You could also try reducing your internet time in the evenings – there is some amazing reading available online, but the web can also be really distracting. Reading to your children after lunch or before bed will help them develop a love of reading, and allow you to read more as well. 5. Read with others: Reading with your children is a wonderful way to teach them the love of reading. But reading with others, as with friends or as part of a book club, can also be a rewarding and motivating way to read more. There are even online book clubs that you can join. These clubs expose you to books you haven't heard of, and also give you the opportunity to discuss what you've read and learned with others. These discussions and opinions can also give you a greater understanding of his books and characters. The final reading of Word should be a joy, not an obligation. Books are full of magic and mystery, and if you're not used to reading regularly it can be hard to tap into that at first. But go on. I get a book and find time to read during the day. If it's not a good book or if it doesn't bring you pleasure, then stop reading it! I'm sure you don't have to finish every book you start. What other strategies do you use to add more reading time to your day? Jewell Buton Nothing feels as good as spending a few hours curled up with a book that you just can't put down. This goes double-no, does that triple-for romantic novels. You become immersed in a world where something like this can happen and, even better, it usually happens. Before you know it, you devour a page after page, hungry for the next stolen look, witty banter and steamy caresses. If you have a few romance novels since you read Pride and Prejudice (and, of course, dreamed about your own Mr Darcy), then you know how hard it is to put down – and not just because one of your hands is busy doing... other things. Get ready for a warm night inside, because these are the 25 best romantic novels of 2019: No one wants to try green eggs for the simple reason that we've never tried them before. That, and they sound disgusting. If we had gorged on things since birth, the dish would be on every menu of every dinner in America. But we don't, do we? As a child, this story. History, similar to doody humor-a great ewww-so it was fun. But reading it decades later, especially knowing that it was set in 1960s America, a time when many schools, hotels, restaurants and bathrooms were segregated, suddenly, Sam-I-Am's insistence that his neighbor try something new, says the relevant magazine, is Seuss's way of saying, Don't judge a book, or an egg or a man-of its color. Here are more exciting facts about Dr. Seuss and his legacy. Heritage.

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