# **Reading can do you good**

First, let's take a look at a firm idea: reading is healthy, good for your health and good for you. Well, I think so, but is it better in itself than any of the hundreds of other existing activities? Maybe sometimes.

Is reading a book better than playing outside? Better than a good conversation? Better than exploring websites on a topic you're passionate about? Better than exploring nature? Better than playing sports? Better than drawing or reading or playing music or dancing?

I don't think so. I think each activity has its own advantages and sources of pleasure.

Is it better to read than to watch TV? I tend to believe that yes, if learning is important to you, but not necessarily if your main goal is fun. Both activities can be meaningful in their own way.

Is it better to read than to play video games? It's going to be controversial, but I don't think it is.

Read perhaps better than many activities if your main goal is to cultivate yourself and improve your chances of success in various careers. However... reading is more than a way to achieve a goal... Reading is an end in itself. It's a pleasure, and that's how you should approach it.

And if you benefit incidentally from being better prepared for your studies and for your life, then so much the better!