

They explained that the desire to read books will be drastically reduced if we spend too much time playing computer games, surfing the internet or even watching television programmes. I hate to say this, but there is some truth to that.

I think I spend more time reading than watching television programmes, even though I enjoy watching



, documentaries and Disney programmes.

If there are some pretty cool TV programmes like the recent "HIGH SCHOOL MUSICAL", you bet I will put my books down.

Reading is fun and enjoyable. It changes my mood totally.

WHEN I M SAD, I READ.

WHEN I M MOODY, I READ.

WHEN I M STRESSED, I READ.

AND WHEN I M BORED, I READ.

For example, reading an adventure novel gives me a sense of excitement and suspense. It's a pretty good solution for boredom.

And reading Geronimo Stilton's books on **MOUSE CITY** makes me laugh my socks off. It's another good antidote that blows all my worries and stress away.

Best of all, I don't need to remember what I read. I just enjoy my books, unlike reading school textbooks where I have to crack my brains to remember the facts, especially for Science. I believe you know what I mean!

Don't get me wrong, I do enjoy **SCIENCE**, but for some topics, remembering some of the names and their functions can be a challenge, especially terms like cytoplasm, xylem, phloem, stomata, nucleus, chloroplast, stigma, filament, anther, ovule and more. They require more brain cells than other topics.

One science topic that confuses me is the **TOPIC ON LIFE CYCLE.**

Can you remember whether a cockroach, dragonfly, grasshopper, mayfly, butterfly, moth, mealworm beetle, frog or mosquito has a three-stage or four-stage life cycle?

Well, a grasshopper, mayfly, cockroach, frog and toad have a three-stage life cycle, whereas a butterfly, moth, mosquito and mealworm beetle has a four-stage life cycle.

At times, I have mixed them up and concluded that some three-stage life cycle insects have a four-stage life cycle and vice-versa.

I always laugh at myself for mixing up them up. But I suppose it was not funny when I lost marks as a result in my tests.

Anyway, I bet most adults don't know the answers. I know my parents don't know the answers by heart either! Maybe you can **TEST YOUR PARENTS!**

As for reading, I don't have to force myself to remember what I read. I just read for fun and enjoyment.

But the strange thing is I actually remember more facts on the subjects that I don't need to remember than on subjects where I need to remember.

I love **DOGS** and I read a lot about them. The interesting thing is I can remember many breeds of dogs without actually studying.

Maybe if it's in the textbook, I **WILL FORGET THEM ALL.** Ha!

Anyway, the objective of this book is to share with you my reasons for reading and the interesting things that I have discovered from reading.

I would also like to share with you some of the unusual side benefits of reading. Honestly, I did not know there are so many benefits until I started reading.

And at the end of it, I sincerely hope you will agree with me that reading is **FUN AND ENJOYABLE.**