

## Give the Gift of Reading

Myrna Lapres  
December 12, 2024



Coach Myrna, December 12, 2024

[www.coachmyrna.org/](http://www.coachmyrna.org/)

## Give the Gift of Reading

Did you know that there is a resource for imparting wisdom that we often overlook? It is the use of books and literature in our homes to subtly set the stage for a conversation about a topic that we'd like to explore with our children. Books and stories also provide the opportunity to explore and widen our view of the world. Ann Patchett, renowned American author has said, "Reading fiction not only develops our imagination and creativity, it gives us the skills to be alone. It gives us the ability to feel empathy for people we've never met, living lives we couldn't possibly experience for ourselves, because the book puts us inside the character's skin."

In addition, the most recent market research on how to sharpen our brain suggests that the easiest and most time-tested method is . . . READING! The very nature of reading encourages the brain to work harder and better. Typically, when we read, we have more time to think. Reading gives us a unique pause button for comprehension and insight. With oral language—when we watch a film or listen to

an audio story—we don't press pause.

This is especially true for anyone who struggles with reading. Scientists at Carnegie Mellon University studied children ages eight to ten who were below-average readers. One hundred hours of remedial reading classes significantly improved the quality of their brains' white matter—the tissue that carries signals between areas of gray matter, where information is processed. The researchers' concluded that the brains of these children had begun to rewire themselves in ways that could benefit the entire brain, not only the reading-centric temporal cortex.

So, if you still have a present to buy for your child, a grandchild or a favorite niece or nephew, consider buying a book and even read it with them, if you can. In the case that you have already purchased all of your holiday gifts, consider doing this for an upcoming birthday or other occasion. If you need some book suggestions, here is a list of some of my favorites that I have read to my children and students over the years. [tinyurl.com/2p83c24j](https://tinyurl.com/2p83c24j)

And if you have parents of young children, my book, ***7 Gifts to Give Your Child: Parenting That Will Touch Their Future*** would make an excellent gift.

[www.amazon.com/Gifts-Give-Your-Child-Parenting/dp/B09LGWWXVZ](https://www.amazon.com/Gifts-Give-Your-Child-Parenting/dp/B09LGWWXVZ)

To purchase my book on

Amazon: [www.amazon.com/gp/product/B09L7KS5VH](https://www.amazon.com/gp/product/B09L7KS5VH)

If you already purchased my book, I would love for you to leave a review.

[www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ](https://www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ)

*If you would like to know more about what I offer as a coach, please visit my website: [www.coachmyrna.org/](https://www.coachmyrna.org/)*

*Find out more about creating better connections with Safe Conversations [www.coachmyrna.org/create-connection.html](https://www.coachmyrna.org/create-connection.html)*

