

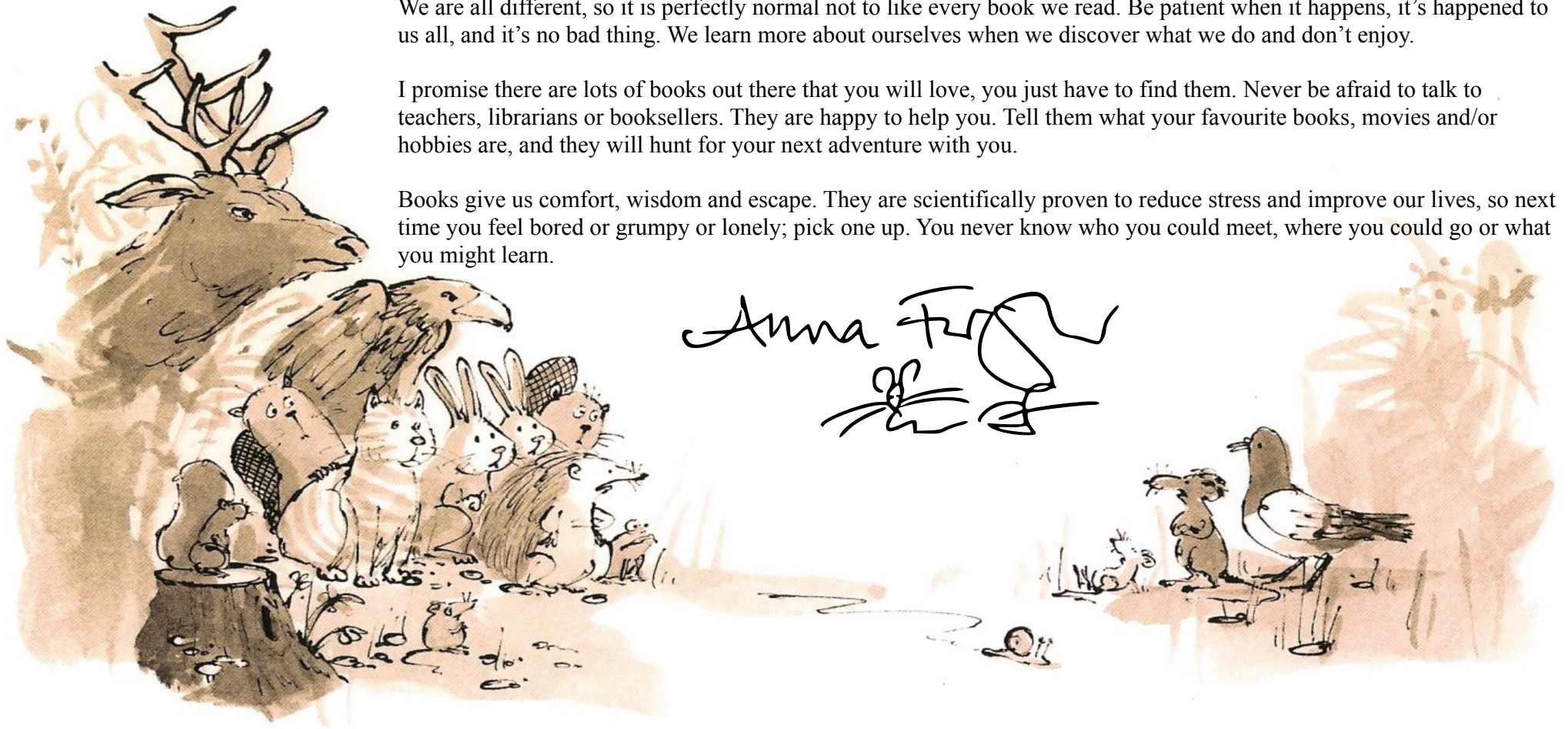
Every time we open a book, something magical happens. We time travel, we read minds, we teleport to different places and different worlds. Every story we read makes our brains grow with knowledge, and our hearts grow with empathy, which not only makes us better people; it also makes the world a better place.

We are all different, so it is perfectly normal not to like every book we read. Be patient when it happens, it's happened to us all, and it's no bad thing. We learn more about ourselves when we discover what we do and don't enjoy.

I promise there are lots of books out there that you will love, you just have to find them. Never be afraid to talk to teachers, librarians or booksellers. They are happy to help you. Tell them what your favourite books, movies and/or hobbies are, and they will hunt for your next adventure with you.

Books give us comfort, wisdom and escape. They are scientifically proven to reduce stress and improve our lives, so next time you feel bored or grumpy or lonely; pick one up. You never know who you could meet, where you could go or what you might learn.

Anna Fargher

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