



Build Empathy

Reduce Stress

Relaxation

Improve Relationships

Reduce Dementia Symptoms

Pure Escapism

Motivate Learning

Improve Educational Outcomes

Improve Communication

Improve Creativity & Imagination

Improve Mental Health

Improve Focus and Flow

Increase Emotional Intelligence

Help Self-Expression

Increase Self-Esteem

Increase Self-Awareness

Improve General Knowledge

Improve Cultural Awareness

Increase Relatedness

Pure Enjoyment

# 20:20

**20 Reasons to  
Read for Pleasure  
for  
20 Minutes a Day**



Feed your  
Imagination

[www.readingjackdaw.co.uk](http://www.readingjackdaw.co.uk)