

Read for Well-Being!

Well-chosen books can bring healing to our broken places. When our emotional well-being diminishes a bit, we can reach for the original source of creative energy—words. Books carry immense, life-transforming power. Mental health experts support reading a balance of fiction and nonfiction for the following benefits to your wellness:

- An uplifting book elevates the mood and calms the soul.
- Parents who read with their children develop stronger emotional bonds with them.
- Reading cultivates empathy and emotional intelligence.
- Novels deepen our awareness of ourselves and others.
- Stories elevate confidence, offer hope, and inspire us to dream.
- Vocabulary and cognitive functioning improve with reading.
- Testimonies serve as a map toward freedom from suffering.
- Spiritual insights can lead us along growth journeys.
- Authors share techniques to cope with certain issues.
- Nonfiction grows understanding, adds knowledge, and equips the mind.
- Books serve as accessible, ongoing resources for healing and insight.

Counseling and psychiatry remain vital resources when we suffer from emotional crisis. Our reading can enhance the benefits of professional help and continue to nourish us beyond visits to their offices. What's next on your prescription list of book-balms?

