Books are better than television

Books are packed with knowledge, they give life lessons, they teach you about friendship, fear, and every little thing that is a part of life. Reading books is better than watching television. As we read our vocabulary, reading skills get better, we improve our memory, get better communication skills books have more of an ability to motivate and inspire its readers. Books can't damage your eyesight or give you headaches, in fact they reduce anxiety and can help you fall asleep. Books develop your imagination, are much more detailed than films. While you read books you are building new and creative thoughts, images and opinions in your mind. It makes you think creatively, fantasize and use your imagination. Many people can't afford to buy a television but books are way cheaper and you can borrow books from libraries for free.

On the other hand, books aren't Reading for a long time or “too much” reading can actually be harmful to you. There are several health damages - both mental and physical that can happen if you read a lot. When you read too much, you become lazy, slow, and exhausted both physically and mentally. When we produce paper books, gases are released into the environment which could result in smog and acid rain.

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