**Books Are Better Than TV**

Books or Television? A question we ask ourselves everyday because watching television became a constant routine of our lives.

One thing is obvious, books are much better for your health. Many people around the world worsened their eyesight by staring into the screen for too long. Also, people tend to binge eat while watching TV which can cause weight problems.

Its really important for people to read books while they are younger to develop their imagination and creativity skills because it will help them to express their artistic side later on.

If you are really passionate about learning, you will quickly find that watching TV is also informational, but its benefits are nowhere near to reading books. So, books should be your preferred source of learning. Of course, TV is not a bad source if you are dedicated to learn. But it is not the best either.

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