

# 16 tips for reading with advantage

But should pay attention to, what to read can be different. [choose to pay for college essay](#) In one case you get the benefit of reading, in the other &#8211; to waste your time, spoil your eyesight and posture. In conditions of active modern life few people can arrange the ideal conditions for reading, but still worth striving for.

1. Find your favorite place to read where you will feel most comfortable.
2. Take it easy and relax: unnecessary movements to distract.
3. The text should be well lit, in low light you must use an additional light source.
4. You should place the book at a distance of 35-40 cm from the eye. Besides, you should hold the book at an angle, so that all rows were equidistant from your eyes.
5. Prefer paper books to electronic devices. The resolution on a printed page of text several times higher which is better for your eyes.
6. Avoid reading on the road, because while driving any vehicle will be vibration transmitted book. This makes it difficult to read and leads to rapid eye fatigue.
7. Must read in silence to the excess sounds does not take part your attention.
8. Following the advice of modern scientists, for convenience when reading, one should sit at an angle of 135 degrees, allocative the back support, opening your chest and putting your feet on the floor.
9. Take breaks in reading, not less frequently than once per hour. During a break is to stand and do exercises to relieve tension in the body, do exercises for eyes, consider read.

## And some General advice how to read more better:

- Write a list of books you'd like to read.
- Allocate a fixed monthly amount for new interesting books for you.
- Make sharing books among friends.
- Alternate styles: after literature, go to the business, and after you and in psychology to read.
- Read with a pencil, highlight important places. After some time reread their notes and write, it inspires new knowledge from not-yet-read books.
- Highlight a special time for reading, for example, 1-2 hours a day.