

# How to Develop Your Reading Habit

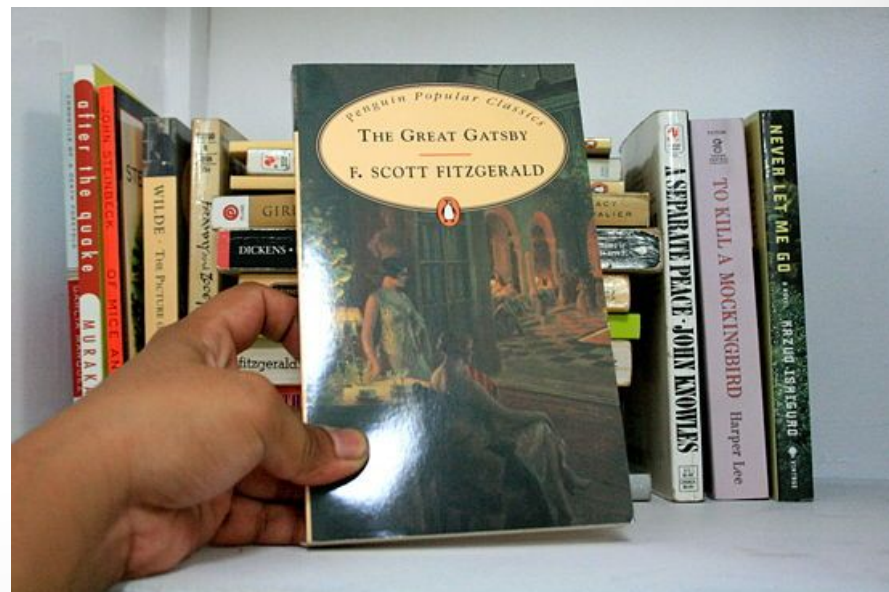
From website



Составила: Мазуркевич Е.В.

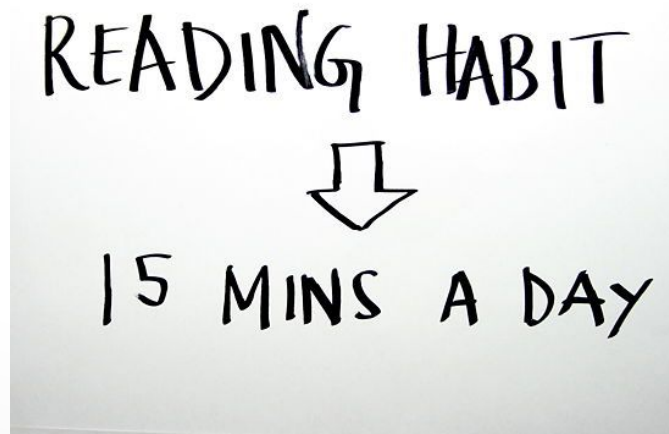
## Step 1

**Pick up a book.** If you are nowhere near a book, how are you supposed to read? Try finding something to read. That can be anything, including newspapers, magazines, novels etc. The important thing is that the book you choose should be at your level. Don't choose a book too high for your level because it will just waste your time.



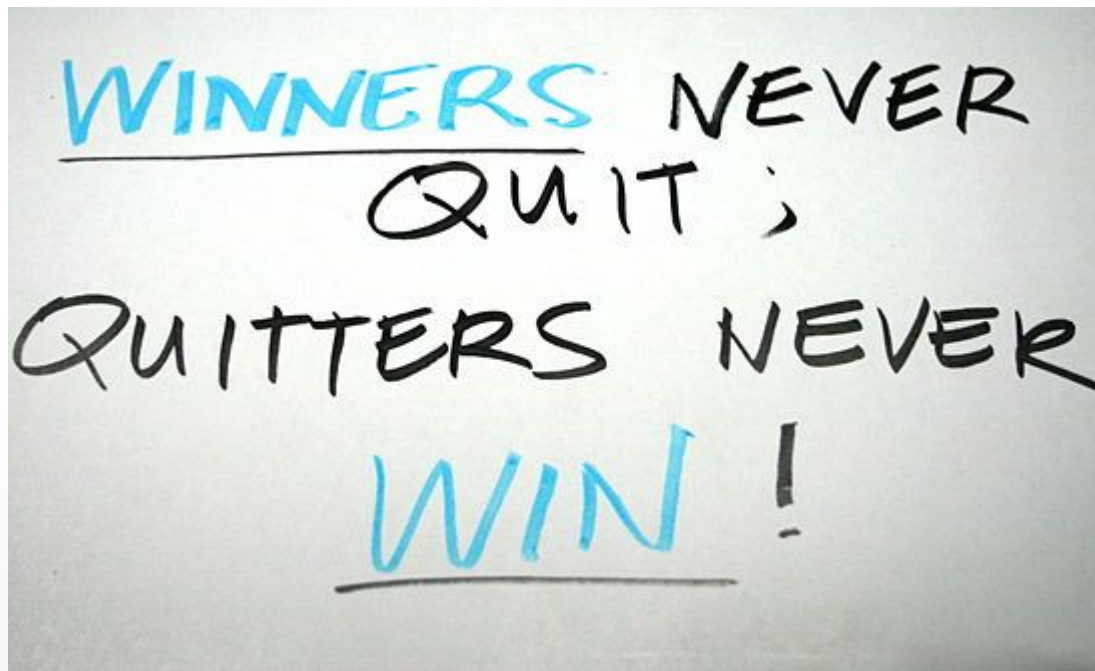
## Step 2

**Practice your reading habit.** Now that you have found what you like to read, you can set a goal of 15 minutes a day of reading. During this time, you're not supposed to care about anything except your reading. After 15 minutes, you can close your reading material and do something else. Practice this every day. Make it a habit. After you have gotten used to this habit, you can increase the time you need to read in a day to 20 or 30 minutes



## Step 3

**Don't give up.** If you find that you cannot complete the task in the first place, don't be ashamed and hold your chin up! Remember, winners never quit! You just have to try again and again until you achieve it.



WINNERS NEVER  
QUIT ;  
QUITTERS NEVER  
WIN !

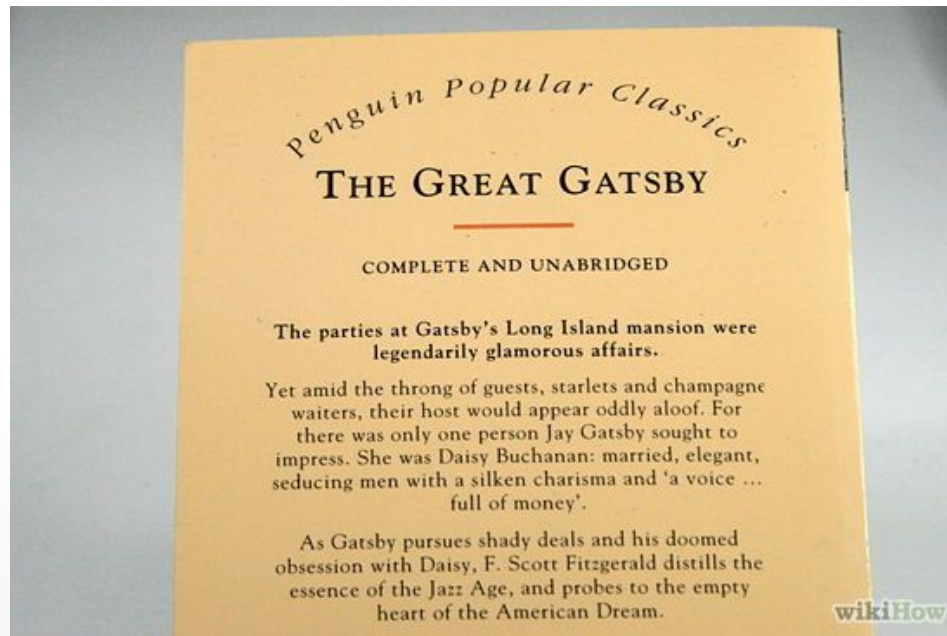
## Step 4

**Don't put too much pressure on yourself.** No kidding. If you find yourself being stressed while reading a book, don't continue reading under pressure like that. Reading is for pleasure, not pressure, so don't push yourself too hard until you might quit reading forever, or even if you can read, the outcome won't be so good either.



## Step 5

**Before you start reading a book, browse the table of contents to form an idea of what the book is about.** In storybooks or fictional books, there will usually be a short description at the back. You can look at the description to get a better idea of the book's contents.



Step 6

**Read a review of the book before deciding whether to read it or not**



<http://www.wikihow.com/Develop-Your-Reading-Habit>