

take

10

minutes
to read

every

day

Read for 10 minutes a day to relax, be inspired and feel good.

Research shows that reading helps you to:

- ◆ Unwind and boost your mood
- ◆ Improve your memory and concentration
- ◆ Escape from the pressures of everyday life
- ◆ Connect with your feelings
- ◆ Improve your self-confidence.

So pick up a book today!

Take 10 minutes to:

- ❖ Escape the commute. Take a break from Twitter and pack a book for your journey
- ❖ Join the library. You'll find a huge range of books, including e-books and audio books, and they're all free
- ❖ Get a better night's sleep. Reading before bed can help you to relax
- ❖ Read what you like - newspapers, magazines, e-books - whatever you enjoy
- ❖ Read to your children and share the joy of stories with them.

Share your favourite books and reading selfies with **#ReadMCR**



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