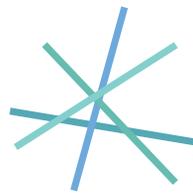
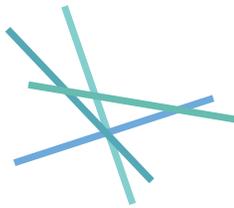


READING Better Than Before

Reading is an essential part of my work, an important aspect of my social life, and most importantly, my favorite thing to do. I'm not a well-rounded person. But reading takes time, and most days, I can't read as much as I'd like. Here are some habits that I've adopted to help me get more good reading done. Consider whether they might work for you.

1. **Quit trying to finish every book.** I used to pride myself on finishing every book I started. No more. Life is short, and there are so many wonderful books to read.
2. **Skim.** Especially when reading newspapers, magazines, and the Internet.
3. **Always have plenty to read.** Never go anywhere empty-handed (digital devices are a big help here). And in order to have plenty to read . . .
4. **Keep a reading list, and keep it handy.** A handwritten list can be left behind, but a cell phone list is always available.
5. **Set aside time to read demanding books.** It's satisfying to stretch. Try setting aside some time each week to read books that are a bit challenging—a dense biography, a religious work written hundreds of years ago, a scientific book with a lot of unfamiliar terminology.
6. **Try audiobooks.** Listening to a book can be a way to experience it in a terrific new way, and makes books available in situations where it's impossible to read—say, when driving.
7. **Don't fight your inclinations.** Sometimes I feel like I should be reading a particular book when I actually feel like reading something entirely different. Now I let myself read what I want, because that way I read so much more.



For more insight, tips, and practical advice on reading-related habits, read:

Better Than Before: Mastering the Habits of Our Everyday Lives by Gretchen Rubin,
#1 *New York Times* bestselling author of *The Happiness Project*