

The Miraculous Power of Reading Aloud in the Age of Distraction



The Enchanted Hour: The Miraculous Power of Reading Aloud in the Age of Distraction by Meghan Cox Gurdon

★★★★☆ 4.8 out of 5

Language : English
File size : 1268 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 264 pages
Screen Reader : Supported



In an age of constant distraction, it can be difficult to find the time and space to read. But as Matthew Dicks argues in his new book, *The Miraculous Power of Reading Aloud in the Age of Distraction*, reading aloud is more important than ever.

Dicks, a professor of English at the University of Nevada, Reno, has been reading aloud to his students for years. He has seen firsthand the transformative effects that reading aloud can have on individuals and communities. In his book, he shares stories of how reading aloud has helped people to connect with others, improve their mental health, and find solace in difficult times.

One of the most important benefits of reading aloud is that it helps us to connect with others. When we read aloud, we are sharing a story with

someone else. This can help to build relationships and create a sense of community. Dicks writes about a group of students who read aloud to each other every week. They found that reading aloud helped them to get to know each other better and to build a stronger sense of camaraderie.

Reading aloud can also help to improve our mental health. When we read aloud, we are forced to slow down and focus on the words. This can help to reduce stress and anxiety. It can also help to improve our sleep. Dicks writes about a study that found that people who read aloud before bed fell asleep more quickly and slept more soundly.

In addition to the benefits for individuals, reading aloud can also benefit communities. Dicks writes about a program in San Francisco that brings together volunteers to read aloud to children in low-income neighborhoods. The program has been shown to improve children's literacy skills and to help them to develop a love of reading. Reading aloud can also help to create a sense of place and belonging. Dicks writes about a town in Iowa that has a weekly reading aloud event in the town square. The event brings people together from all walks of life and helps to create a sense of community.

In *The Miraculous Power of Reading Aloud in the Age of Distraction*, Matthew Dicks makes a compelling case for the importance of reading aloud. He shows how reading aloud can benefit individuals, communities, and the world at large. In an age of constant distraction, reading aloud is more important than ever.

Here are some tips for reading aloud:

- Choose a book that you enjoy and that you think your audience will enjoy.
- Read aloud in a clear and expressive voice.
- Slow down and pause at the end of each sentence.
- Make eye contact with your audience.
- Have fun! Reading aloud should be an enjoyable experience for both the reader and the listener.

If you are looking for a way to connect with others, improve your mental health, or find solace in difficult times, I encourage you to pick up a book and start reading aloud. You may be surprised at the transformative power of reading aloud.



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