# 英语演讲稿：READING

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　　Some people often say that gold and silver are the most valuable things the world.However,I have my reservations.In my submission,reading is more valuable than anything else.It’s well known that book is the quintessence of human wisdom.Reading is to the mind what exercise is to the body.

　　Sometimes our daily life can start to feel dull, dry or depressing — I know it, you know it, we all know it. At times like this, I like to pe into a good fiction book for a much-needed escape into another world, where I can forget about whatever problems are stressing me out. Whether you want to travel to the land of the Hobbits, a galaxy far away or a tropical destination in a steamy romance novel is up to you. You’ll come back refreshed after your mini-vacation to a fresh and exciting place in the world of words.

　　Books are our friends. They introduce us different kinds of knowledge. They lead us down the road to success.

　　Books are our teachers. They teach us troth, science, literature, and philosophy of life. Besides, they increase our knowledge, enlarge our experience,strengthen our character and do many other things which we can not do without them.

　　Books tell us what is good and what is evil. And only books can tell the good from the bad.

　　Therefore to read more books is the best policy for our young students.

　　Reading introduced me to concepts like mindful eating, relaxation exercises, and the importance of loving yourself. If I didn’t read, I wouldn’t even be aware of these ideas, which have defined my entire coaching philosophy. If you don’t read, you could be missing out on intriguing ideas that would likewise re-define your personal purpose or business philosophy.

　　As is well known, books teach us to learn life, truth, science and many other useful things. They increase our knowledge, broaden our minds and strengthen our character. In other words, they are our good teachers and wise friends. This is the reason why our parents always encourage us to read more books.

　　Reading is a good thing, but we must pay great attention to the choice of books. It is true that we can derive benefits from good books. However, bad books will do us more harm than good.

　　However, in current days,many of us spend most of the leisure time in playing games or surfing the internet,instead of reading. it\'s a pity to find it less and less our students are interesting in reading,or have formed a habit of reading.So,in order to revive reading,this beneficial activity,we\'d better take action right now.let\'s read together,learn together and grow !

　　One is never too old to learn.No matter at what time we realize the importance of reading,we can enjoy it during the rest of our life and finally we will see that it is rewarding to do so.

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