

# 阅读让我成长

我一直觉得，书是我最好的朋友。每当我遇到烦恼或者心情不好时，我都会找一本书，静静地坐下来读。阅读对我来说，不仅是学习知识，更是一种心灵的慰藉。我的读书习惯从三年级开始养成，那时我每天晚上睡觉前都会读半小时书，即使再累，也不舍得放弃。

有一次，我读到一本感人的故事书，书里的主人公是一个勇敢的小女孩，她在生活中遇到很多困难，但从未放弃梦想。读到她克服困难的情节时，我的眼泪都快掉下来了。我深深感受到勇气和坚持的重要性，也学会在生活中面对困难时要有信心。这次阅读经历让我明白，书不仅能带来知识，更能教会我如何做人。

除了故事书，我还喜欢读科普书籍。我记得有一次，我在图书馆借到一本介绍恐龙的书，里面的插图和文字让我仿佛穿越到几千万年前的侏罗纪时期。那时我看到各种各样的恐龙，了解它们的习性和生活环境，感到无比惊讶。这种探索知识的感觉，让我对世界充满了好奇心，也激发了我自主学习的兴趣。

读书还提高了我的写作能力。以前写作文总是简单的叙述，但现在我会借鉴书中的描写方式，让文章更生动。例如，我在描写雨天时，会写“雨点像银色的小珠子落在窗台上，发出轻轻的响声”，这样不仅让文章更有画面感，也让读者更容易产生共鸣。通过阅读，我慢慢学会了用文字表达情感，也更喜欢写作。

总之，读书给我带来了快乐和成长。它让我开阔了眼界，培养了耐心和专注力，也让我学会了勇敢面对生活中的挑战。我相信，只要坚持读书，我会在知识的海洋中不断成长，成为一个更好的人。

## Reading Helps Me Grow

I have always thought that books are my best friends. Whenever I feel troubled or unhappy, I pick up a book and sit quietly to read. For me, reading is not only about gaining knowledge but also a comfort for the soul. I developed my reading habit in third grade, reading for half an hour every night before bed. No matter how tired I was, I didn't want to give it up.

Once, I read a touching story about a brave little girl who faced many challenges in life but never gave up on her dreams. When I read about her overcoming difficulties, I almost cried. I deeply felt the importance of courage and persistence and learned to face challenges in life with confidence. This reading experience taught me that books not only bring knowledge but also teach us how to be better people.

Besides storybooks, I enjoy reading science books. I remember borrowing a book about dinosaurs at the library once. The illustrations and text made me feel as if I had traveled back millions of years to the Jurassic period. I saw all kinds of

dinosaurs and learned about their habits and living environments, feeling amazed. This exploration of knowledge made me curious about the world and motivated me to learn independently.

Reading has also improved my writing skills. Before, my compositions were simple narratives, but now I borrow descriptive techniques from books to make my writing more vivid. For example, when describing a rainy day, I might write, “Raindrops fell on the windowsill like silver beads, making soft sounds,” which makes the writing more visual and relatable. Through reading, I have learned to express emotions with words and enjoy writing more.

In short, reading brings me joy and growth. It broadens my horizons, cultivates patience and focus, and teaches me to face life’s challenges bravely. I believe that by continuing to read, I will keep growing in the ocean of knowledge and become a better person.