

# 一本书带来的思维开口

我常常会回想起我们家进行第一次共读活动时，我对那本书并没有抱太大期待，只觉得那是一次例行的家庭活动。然而就是那本看似平凡的书，为我打开了一个新的思维窗口。我在阅读前的心态并不算好，甚至有点应付，觉得书中的内容不会对我产生太大影响。

但越往后读，我越感觉自己的想法开始移动。书中提到的许多案例和观点，让我意识到自己在面对学习和生活问题时，时常只看到表面，很少从更深的角度去理解。尤其是关于“有效学习”的部分，让我第一次正视自己在学习方法上的不足。

家庭阅读的过程也在悄悄改变我。我开始习惯在读完一章后做一些简单的思考，并尝试与家人讨论。我原本害怕自己的观点幼稚或偏颇，但父母总是认真倾听，并给予我不同的角度。这样的交流让我明白，阅读不仅是接收信息，更是整理自己思考的过程。

在制定家庭阅读目标时，我们达成了一致：不求读得多，但求读得认真。我们设置了每周的阅读计划，也设立了“心得交流夜”。这些分享不仅让我听到不同的理解，也让我学会如何表达自己的观点。以前我总是担心讲不好，可现在我更相信，表达并不是为了证明自己多聪明，而是为了让思想流动起来。

随着阅读的深入，我发现自己在生活态度上也有明显变化。例如以前面对困难任务我会逃避，而书中提到的“成长型思维”概念让我逐渐学会接受挑战，把错误当作成长的一部分。阅读也让我学会把情绪拆解成更可理解的部分，在焦虑时通过分析原因来让自己冷静下来。

反思整个过程，我认为家庭阅读最珍贵的并不是我们读了多少本书，而是它帮我们建立了更开放、更互相支持的沟通方式。未来我希望我们能尝试更有深度的阅读主题，比如心理学、文化研究或传记类书籍，让家庭阅读的影响走得更远。

如今再回头看，当初那本并不起眼的书，确实改变了我很多。它让我看到了思维可以被拓宽、习惯可以被重建、成长可以从阅读的细微处开始。

## The Window a Single Book Opened for Me

I often think back to the first book we read together as a family. I had no high expectations and simply treated it as another family activity. Yet that ordinary-looking book unexpectedly opened a new window in my thinking. Before reading, my mindset was careless and dismissive, assuming it would not influence me much.

But as I continued reading, my thoughts began to shift. The cases and ideas in the book made me realize that I often faced problems only on the surface, rarely trying to understand them in depth. The chapters on effective learning forced me to confront my previous shortcomings in study methods.

Reading within the family slowly changed me. I started reflecting after each chapter and discussing my thoughts with my parents. At first, I worried that my ideas

were immature, but they always listened patiently and offered different viewpoints. I learned that reading is not just absorbing information but clarifying one's own thinking.

We set family reading goals—not to read more, but to read better. With weekly plans and sharing nights, our exchanges became a part of the reading experience. I learned to articulate my thoughts, not to prove anything, but to allow ideas to flow.

As reading became more consistent, I noticed changes in my attitude. I used to avoid difficult tasks, but learning about the concept of a growth mindset encouraged me to embrace challenges. Reading helped me understand my emotions and approach problems more calmly.

Looking back, the greatest value of family reading is not the number of books we finished but the open and supportive communication it fostered. I hope we can explore deeper themes in the future—psychology, cultural studies, biographies—so that our reading journey continues to expand.

The book that once felt ordinary has now become a turning point. It taught me that thinking can widen, habits can be rebuilt, and growth can begin quietly with each page.