

# 在信息洪流中坚持阅读的能力

我们生活在一个被信息填满的时代，屏幕不断告诉我们“你还有什么没看”，但真正的阅读能力却在这个过程中悄悄衰退。温儒敏在谈阅读时，特别强调了在信息过载时代保持“读的能力”的重要性。这里的能力不仅是识字、理解，更是专注、判断与筛选的综合素质。越是信息膨胀，人越容易迷失，而阅读恰恰是一种让人重新掌握主动权的方式。

信息过载带来的最大问题，是让人误以为浏览就是阅读。无论是新闻推送还是碎片化短视频，它们让人保持一种“看了很多”的错觉。但温儒敏反复强调，阅读是要和文字建立关系，而不是被动接受刺激。我也深有同感：过去我常觉得自己每天阅读量很大，但回头一想却记不住任何有价值的内容。直到后来，我开始刻意练习慢读和精读，那些原本模糊的内容才真正变得清晰起来。

慢读的意义不仅在于节奏，更是一种态度。它让我从“快速获取信息”的心态，转向“沉下来理解世界”的心态。慢读的时候，我会逼着自己停下来，思考一句话的含义，或者联想它与现实的关系。在这个过程中，阅读不再是急着完成的任务，而是一种自我对话。

精读则更像是一场精神训练，需要耐心，也需要愿意深入的勇气。很多时候，我们读书不愿意停下来，是因为思考比浏览更累，而精读的本质就是不断地深思与辨析。温儒敏提到，阅读是让思维变得更敏锐的方法，我对此深信不疑。精读能让人更清楚地看见作者的意图，也更清楚地看见自己的思考盲点。

在坚持慢读与精读的过程中，我发现自己的注意力变强了，思考也变得更有条理。在面对大量信息时，我不再被动接收，而会主动选择值得花时间的内容。这种选择本身，就是阅读赋予的力量。

所以，在信息洪流中坚持阅读，已不只是学习需求，而是一种必要的生活能力。阅读教会我们不随波逐流，教会我们在纷繁中保持清醒，也让我们意识到知识不在多，而在于理解的深度。真正的阅读能力，是任何时代都不应该失去的。

## Holding On to the Ability to Read in an Age of Information Flood

We live in an age overflowing with information. Screens constantly remind us of what we haven't yet seen, yet our true ability to read is quietly declining. Wen Rumin emphasizes the importance of maintaining the "ability to read" in an age of information overload. This ability is not just literacy or comprehension but a combination of focus, judgment, and discernment. The more information expands, the easier it becomes for people to feel lost. Reading, however, offers a way to regain a sense of control.

The biggest problem brought by information overload is the illusion that browsing equals reading. Whether it's news feeds or short videos, they create a sense of "I've consumed a lot," but little remains afterward. Wen Rumin stresses that

reading means forming a relationship with text rather than receiving passive stimuli. I relate strongly to this. I used to think I read a lot each day, yet I could not recall anything meaningful. Only when I began practicing slow and close reading did the content start to solidify.

Slow reading is not merely a pace—it's an attitude. It shifts our mindset from "quick information intake" to "calm understanding." When reading slowly, I force myself to pause, interpret, question, and connect. Reading becomes less of a task and more of an inner dialogue.

Close reading, on the other hand, is like mental training. It demands patience and the courage to explore ideas deeply. Many people avoid pausing during reading because thinking is harder than browsing. But Wen Rumin is right—reading sharpens our thinking. Close reading reveals both the author's intention and our own blind spots.

Through these practices, I found my attention improving and my thinking becoming more organized. I no longer accept information passively; instead, I choose what is worth spending time on. This ability to choose is itself a gift of reading.

Thus, holding on to reading in an age of overwhelming information is not merely a learning requirement—it is a life skill. Reading keeps us from drifting with the current. It helps us remain clear-minded amid complexity and reminds us that knowledge lies not in quantity but in depth. The true ability to read is something no era should lose.