

阅读的本质：在慢与精之间重新看见自己

温儒敏谈到阅读，本质上不是技术，也不是任务，而是一种让人重新获得清醒和深度的方式。当我读到关于“阅读提升人的思维质量”的论述时，心里有一种被轻轻点醒的感觉。阅读之所以重要，并不是因为它让我们知道更多，而是因为它使我们思考得更好。在大量信息涌入的时代，判断、筛选、沉淀的能力显得尤为珍贵，而阅读恰恰是锻炼这种能力的最佳途径。

我特别认同温儒敏谈到的“慢读”和“精读”。在手机刷屏成为生活常态之后，我们的注意力被切割得越来越碎，不再愿意在一段文字上停留太久。可真正的阅读必须慢下来。当我尝试按照他的建议重新调整自己的读书节奏时，我发现慢读并不是效率低，而是让内容在脑子里真正停留下来的一种方式。越是慢，越能听清作者的心声，也越能逼迫自己去思考文字背后的逻辑。

精读则是另一种自我训练。在过去，我常常抱着“多读几本”的心态，用数量安慰自己，可最终记住的却少得可怜。温儒敏提醒我精读的重要：只有愿意深入，阅读才能真正改变人的思维方式。精读迫使我不断追问：这段话的核心是什么？作者为什么这么写？我自己又是如何理解的？这样一来，阅读的过程变成了一次次对大脑的雕刻。

想到自己的阅读经历，我意识到阅读不仅改变了我的学习方式，也悄悄影响着我的生活态度。它让我变得更愿意沉住气，不在纷乱里随波逐流。在学习上，我更注重理解而不是速度；在生活中，我更愿意花时间把事情做好，而不是匆匆忙忙完成。阅读像是一条缓慢却坚定的河流，在时间的推移中不断塑造一个人的内在风景。

最后我越来越确信：阅读的价值从来不是立竿见影的，而是一种长期力量。它不会替我们解决所有问题，却能在我们迷茫时提供方向；不会立即让人变得智慧，却能让人逐渐学会如何独立思考。在这个信息快速更替的时代，能够保持阅读能力，或许就是能够保持自我。

The Essence of Reading: Rediscovering Oneself Through Slow and Close Reading

When Wen Rumin speaks about reading, he emphasizes that it is neither a technique nor a task but a way to regain clarity and depth. His view that reading improves the quality of one's thinking struck me deeply. The significance of reading does not lie in accumulating more information, but in enabling us to think with greater precision. In an age overwhelmed by information, the ability to judge, filter, and internalize becomes invaluable, and reading remains one of the best ways to train these skills.

I especially resonate with Wen Rumin's ideas of "slow reading" and "close reading." With constant scrolling on our phones fragmenting our attention, many of us are no longer willing to linger over a paragraph. True reading, however, requires slowness. When I tried adjusting my reading pace according to his suggestions, I realized that slow reading is not inefficient. Rather, it allows the text to truly settle in the mind. The slower I read, the clearer the author's voice becomes,

prompting deeper reflection on the ideas behind the words.

Close reading is another form of self-discipline. I used to comfort myself with the belief that reading more books meant better learning, yet I retained very little. Wen Rumin reminds us that only through close engagement can reading genuinely reshape our thinking. Close reading pushes me to ask: What is the essence of this passage? Why does the author express it this way? How do I interpret it? Through these questions, reading becomes an exercise in mental craftsmanship.

Reflecting on my own reading experiences, I realize that reading has not only transformed my learning habits but has also influenced my attitude toward life. It has taught me to be patient and not be swept away by chaos. I now care more about understanding than speed in my studies, and I prefer doing things attentively rather than rushing through them. Reading is like a slow, steadfast river that shapes the landscape of one's inner world over time.

Ultimately, I have come to believe that the value of reading is never immediate. It is a long-term force. It will not solve every problem, but it offers direction when we are lost. It may not instantly make us wise, but it teaches us how to think independently. In an age of rapid information turnover, preserving the ability to read deeply may be the key to preserving our sense of self.