

从抗拒到热爱：我的阅读之旅

小时候，我对读书总是有一种抗拒心理。记得每当父母让我拿起书本，我总是想方设法拖延，总觉得看书是一件枯燥的事情。然而，随着年纪的增长，我开始慢慢意识到，读书不仅仅是为了应付考试，它还能打开一个全新的世界。第一次真正被书吸引，是在阅读《小王子》时，那些看似简单的文字，却在我的心中激起了深深的共鸣，让我第一次体会到文字的力量。

在逐渐尝试不同类型的书籍之后，我发现文学作品能唤起丰富的情感体验，比如读《傲慢与偏见》时，我体会到了爱情、误解与成长之间的微妙关系；科普书籍则拓宽了我的知识面，让我了解宇宙的浩瀚、生命的奇妙，以及科技进步背后的逻辑。每一本书都像是一扇窗，让我看到不同的人生和世界。

阅读不仅丰富了我的精神世界，也提升了我的表达能力。我开始能够用更准确、更生动的语言去描述自己的感受，也能在交流中提出更深刻的见解。思维变得更加清晰，分析问题时能够从多个角度思考，这种变化让我在学习和生活中都受益匪浅。

为了养成良好的阅读习惯，我尝试每天固定十分钟进行阅读，睡前读书也成为我的小仪式。时间虽短，但积少成多，这种习惯让我能持续接触新知识，不断反思自己的人生观和价值观。

总体而言，读书已经成为我生活中不可或缺的一部分。它不仅让我获得了知识，更让我学会了思考和感受世界的方式。通过阅读，我体会到了心灵的丰富与成长的快乐，也真正理解了“读书的感觉真好”的含义。

From Resistance to Passion: My Reading Journey

As a child, I always had a resistance to reading. I remember every time my parents asked me to pick up a book, I would find ways to delay it, feeling that reading was boring. However, as I grew older, I gradually realized that reading is not just for exams; it opens up a completely new world. The first time I was truly captivated by a book was when I read 'The Little Prince'. The seemingly simple words stirred a deep resonance within me, making me feel the power of language for the first time.

As I tried different types of books, I discovered that literature can evoke rich emotional experiences. For example, reading 'Pride and Prejudice' made me understand the delicate interplay of love, misunderstandings, and growth. Popular science books, on the other hand, expanded my knowledge, helping me learn about the vast universe, the wonders of life, and the logic behind technological progress. Each book is like a window to different lives and worlds.

Reading has not only enriched my spiritual world but also improved my expression skills. I started to describe my feelings more accurately and vividly, and could offer deeper insights in conversations. My thinking became clearer, and I could

analyze problems from multiple perspectives, which has greatly benefited both my studies and daily life.

To cultivate a good reading habit, I tried to read for ten minutes every day, and reading before bed became a small ritual. Although the time is short, small accumulations add up. This habit allows me to continuously encounter new knowledge and constantly reflect on my life and values.

Overall, reading has become an indispensable part of my life. It has given me knowledge and taught me how to think and perceive the world. Through reading, I have experienced the richness of the mind and the joy of growth, truly understanding the meaning of 'the feeling of reading is wonderful.'