

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.'

阅读改变生活的点滴体会

过去，我总认为读书只是学生时期的任务。课本之外的书籍似乎毫无用处，自己也不会主动去翻阅。然而，偶然一次翻开《霍乱时期的爱情》，我被其中的人物情感和故事节奏深深吸引。从那一刻起，我开始慢慢改变对阅读的态度，逐渐发现阅读其实是一种享受。

我尝试阅读各种类型的书籍。文学作品让我学会理解人性与情感，历史书籍则教会我透过事件看趋势和因果，科普书籍则扩展了我的知识边界，让我明白科学思维的重要性。例如在阅读《时间简史》时，我对宇宙和时间的奥秘产生了浓厚兴趣，同时也培养了逻辑思考能力。

阅读的过程也在潜移默化中提升了我的表达能力。以前写作时总觉得词不达意，现在能更加准确地表达自己的观点，也能在讨论中提出更有条理的思考。阅读不仅是获取信息的手段，更是一种锻炼思维、提升自我认知的方式。

为了养成持续阅读的习惯，我制定了每天睡前阅读十分钟的计划，坚持下来，我发现自己不仅对新事物保持好奇心，也逐渐养成了自律和专注的能力。每天的十分钟，慢慢积累成丰富的精神财富，这种坚持让我在学习和生活中都能获得积极影响。

总之，阅读带给我的不仅仅是知识，更是一种心态的转变。它让我学会观察、思考和表达，让生活更有深度，也让我体会到精神世界的充实与喜悦。读书的感觉，的确是美好的。

How Reading Transformed My Life

In the past, I always thought reading was merely a task for students. Books outside of textbooks seemed useless, and I never took the initiative to read.

However, once I opened 'Love in the Time of Cholera', I was deeply drawn in by the characters' emotions and the story's rhythm. From that moment, my attitude toward reading began to change, and I gradually realized that reading can actually be enjoyable.

I started exploring different types of books. Literature helped me understand human nature and emotions, history taught me to see trends and causes behind events, and popular science expanded my knowledge, helping me appreciate the importance of scientific thinking. For instance, reading 'A Brief History of Time' sparked my interest in the mysteries of the universe and time, while also cultivating my logical thinking skills.

The process of reading subtly improved my expression skills. I used to struggle to convey my thoughts in writing, but now I can express my ideas more accurately and present more organized arguments in discussions. Reading is not only a way to acquire information but also a method to train thinking and enhance self-awareness.

To maintain a reading habit, I planned to read ten minutes every night before bed. Persisting with this plan, I found that I not only maintained curiosity about new things but also gradually developed self-discipline and focus. Those ten minutes each day accumulated into a rich spiritual wealth, bringing positive effects to both my learning and daily life.

In short, reading has brought me more than knowledge; it has transformed my mindset. It has taught me to observe, think, and express myself, adding depth to my life and giving me a sense of spiritual fulfillment and joy. Indeed, the feeling of reading is wonderful.

日常阅读的力量与收获

最初，我对读书的兴趣并不高，觉得读书是负担而非乐趣。然而，随着接触的书籍逐渐增多，我开始意识到阅读对生活 and 思维的积极作用。文学书籍带来的情感共鸣让我体会到人性的多样与细腻，科普书籍则让我理解世界的规律和科学背后的逻辑。

我阅读过《追风筝的人》，感受主人公经历的悲欢离合，这让我在面对生活中的困难时学会了更多的包容和理解。读《自私的基因》则让我明白了生物行为的本质逻辑，从微观到宏观的思维方式逐渐清晰。每一次阅读都像是一次心灵的洗礼，让我在思考问题时更加深刻和全面。

阅读不仅丰富了我的知识储备，也提升了我的表达能力。我发现自己在写作和口头表达中能够更加清楚、有条理地阐述自己的观点，思维逻辑也得到了训练和完善。长期坚持阅读，逐渐改变了我的思维模式，使我在学习和生活中都更为成熟和理性。

为了让阅读成为日常习惯，我尝试每天固定时间阅读，无论是早晨还是睡前，即使只有十分钟，也坚持不懈。正是这种持续的小习惯，帮助我逐渐形成了长期阅读的习惯，也让我能够在快节奏的生活中保持内心的宁静和思考的空间。

总体来说，阅读让我获得了知识、思维的提升和精神的愉悦。它不仅是一种学习方式，更是一种生活态度，让我在成长中不断收获力量和智慧。我深刻体会到，读书的感觉真好，这份快乐是任何其他活动无法替代的。

The Power and Benefits of Daily Reading

At first, I had little interest in reading, seeing it as a burden rather than a pleasure. However, as I explored more books, I gradually realized the positive impact of reading on life and thinking. Literature evokes emotional resonance, helping me understand the complexity and delicacy of human nature, while popular science allows me to comprehend the laws of the world and the logic behind science.

I read 'The Kite Runner' and felt the protagonist's joys and sorrows, which taught me more tolerance and understanding when facing difficulties in life. Reading 'The Selfish Gene' helped me understand the fundamental logic behind biological behavior, gradually clarifying my thinking from micro to macro. Each reading experience feels like a cleansing of the soul, making my thinking more profound and comprehensive.

Reading has not only enriched my knowledge but also improved my expression skills. I find myself able to articulate ideas more clearly and logically in writing and speaking, and my logical thinking has been honed. Consistent reading has gradually transformed my thinking patterns, making me more mature and rational in both learning and life.

To make reading a daily habit, I set a fixed time every day, whether in the morning or before bed, even if only ten minutes. This continuous small habit has helped me develop a long-term reading habit, allowing me to maintain inner calm and space for reflection amidst a fast-paced life.

Overall, reading has provided me with knowledge, improved thinking, and brought spiritual joy. It is not only a method of learning but also a lifestyle, allowing me to continually gain strength and wisdom in my growth. I deeply feel that the joy of reading is wonderful, a happiness that nothing else can replace.