

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.