

# READING FACTS: HOW DO YOU STACK UP?

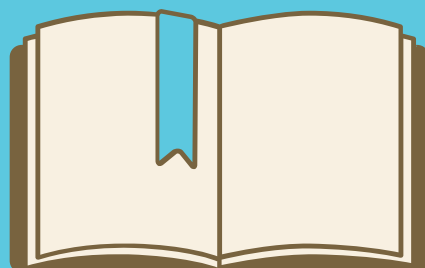
HOW MAKING READING A HABIT IMPROVES YOUR LIFE

23%

OF AMERICAN ADULTS SAY THEY  
HAVEN'T READ A BOOK IN THE LAST  
YEAR



21% OF AMERICAN  
ADULTS ARE  
FUNCTIONALLY  
ILLITERATE



THE AVERAGE PERSON  
READS 300 WORDS PER  
MINUTE

## THE MEDIAN # OF BOOKS

READ BY AMERICANS PER YEAR IS



4



IN COMPARISON TO NON-READERS,

## REGULAR READERS EXPERIENCE



HIGHER SELF  
ESTEEM



REDUCED STRESS



REDUCED MENTAL  
DECLINE IN OLD AGE



IMPROVED QUALITY  
OF SLEEP