



# How Reading Teaches Us To Be Resilient

[Reading as a remedy: One of the best ways to build resilience in students](#) (*District Administration*)

[The Quiet Power of Books: How Reading Nurtures Inner Strength](#) (World Literacy Foundation)

[Books for Raising Resilience in Kids of All Ages](#) (Strong4Life from Children's Healthcare of Atlanta)

[Reading can help with mindfulness and can teach students to be more present](#) (Medito Foundation)

[9 Benefits of reading print books](#) (*Real Simple*)

[What are the benefits of reading books?](#) (*Today Show*)

[How Reading Changes Your Perspective](#) (Beanstack)

[Benefits of reading: Reading books can positively affect your life](#) (Healthline)

[Mindfulness through reading and being present through books](#) (Medium)

[How to be mindful when reading](#) (*NYTimes*) and [a printer-friendly version](#)