

WORLD
**BOOK
DAY**

Even when the pressure is on, choosing to read

BOOSTS YOUR WELLBEING

Make a

READING HABIT

try scheduling 10 minutes a day

Choose your

READING to match your MOOD

Hide distractions to find

YOUR FOCUS

GET

READY

take a breath or two

MIX IT UP

try an audiobook on a walk

SOCIALISE

chat about it, read together or
join a book club

Discover the World Book Day Book Club at

worldbookday.com/bookclub

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