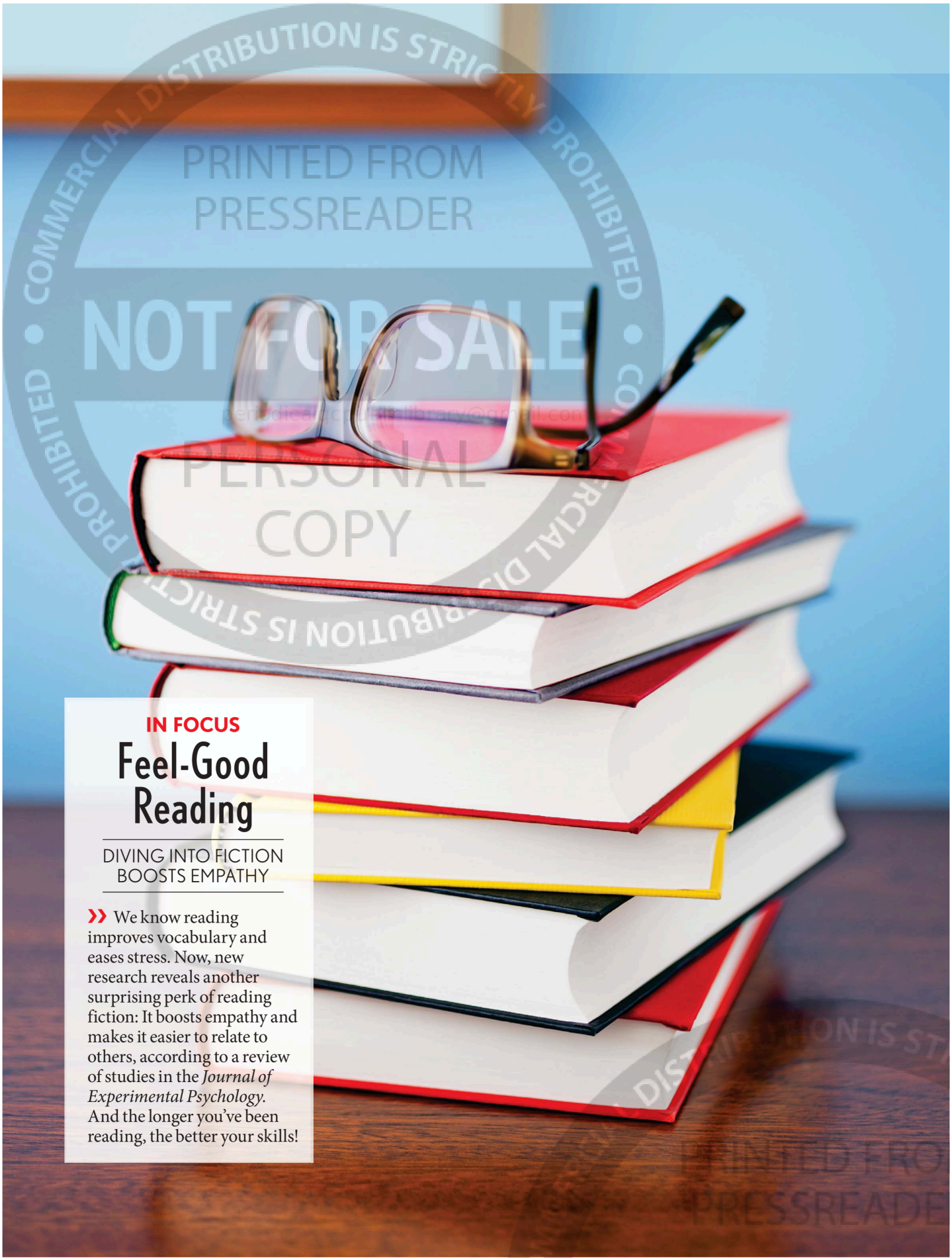
- Reading



IN FOCUS

Feel-Good Reading

DIVING INTO FICTION BOOSTS EMPATHY

We know reading improves vocabulary and eases stress. Now, new research reveals another surprising perk of reading fiction: It boosts empathy and makes it easier to relate to others, according to a review of studies in the *Journal of Experimental Psychology.* And the longer you've been reading, the better your skills!

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