

Benefits Of Reading

Fantasy Books For Teens



Enhances strategic thinking skills



Improves emotional intelligence



Encourages them to use their imagination to manage social challenges



Motivates them to shape their destiny or future



Helps build resilience



Promotes understanding of human and social diversity



Helps cope with adolescent problems



Encourages them to see the world in a fresh and creative way

References

1. Sci-Fi and Fantasy Build Mental Resiliency in Young Readers; JSTOR Daily
2. Representing Adolescent Fears: Theory of Mind and Fantasy Fiction; Edinburgh University Press