READ, READ, READ...

What they say is true: the more you read, the better you read. In other words, stepping up the reading you do for yourself will make other reading tasks less of a chore. Here are some ideas for you to find the kinds of books that will most interest you:

You can find books that interest you by...

- Deciding what you're in the mood for. High adventure? Romance? Perhaps you enjoyed a recent movie or TV miniseries; chances are it was based on a book you'd enjoy also.

- Asking around. Ask friends, a favorite teacher, or your coach to suggest books they enjoyed.

- Checking out the library. It won't cost you anything, and the choices are virtually unlimited. Don't be shy about asking a librarian a question like, "Do you have any books on rock music?"

- Browsing in a bookstore. Find the section that interests you—fantasy, cars, computers, or whatever. Treat yourself to an inexpensive paperback, or just have a look around.

- Consulting a list of books other teenagers have enjoyed. Ask for a book list at your school or public library.

- Not judging a book by its cover. What you see on the cover is not necessarily what reviews printed inside a dust jacket, or skim the first chapter to find out what a book is really about.

- Trying a few pages. If the book is not for you, put it aside and try another, until you find a winner.

- Reading at your own pace. Reading isn't a contest. So what if you read slowly or skip words here and there? If you're interested, you'll read to the end, and that's what counts. And you'll probably find yourself picking up speed along the way.

- Letting one good thing lead to another. When you read something that really speaks to you, you may be sorry to have it end. But the end is never really the end for a person who reads. You can always open another book, and another, and another.