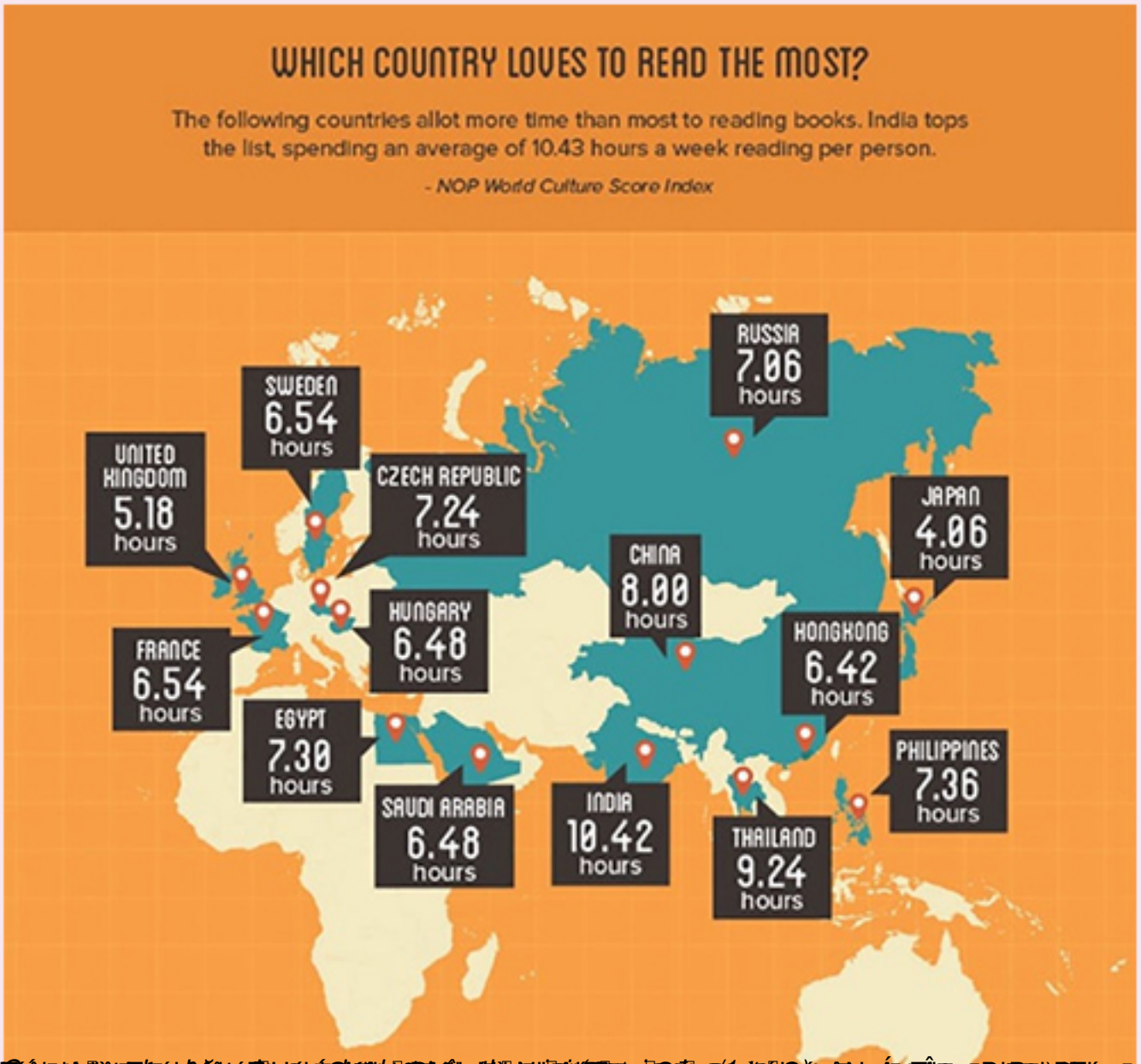
Trang FeelGood t ng k t cho chúng ta nh ng con s thú v v chuy n đ c sách trên kh p th gi i hi n nay.

H u h t chúng ta đ u có th đ c nh ng l i không yêu thích vi c đ c. Có nhi u lý do đ đ c sách, đ tìm ki m ki n th c, đ gi i trí, đ tr n kh i th c t i ho c đ n gi n là th giãn. Trang FeelGood đã t ng h p l i nh ng s th t thú v xung quanh vi c đ c sách đ th y rõ th gi i c a chúng ta đang đ c sách nh th nào.

Khi chúng ta đ c sách, ta nh n bi t t ng b ng hình nh ch và nghe chúng đ c phát âm trong đ u. B não con ng i s ph n ng theo nhi u cách gi ng nhau khi chúng ta đ c th m hay đ c to lên thành ti ng. S di chuy n c a m t cũng tác đ ng không nh đ n vi c đ c sách, t c đ thông th ng c a m t ng i đ c sách là 7 đ n 9 ch trong vòng 0,3 giây.

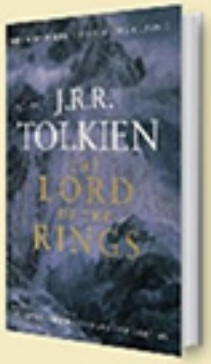


[illegible] Anh chi□n s□ □□ng ap d□o trong danh sách này.

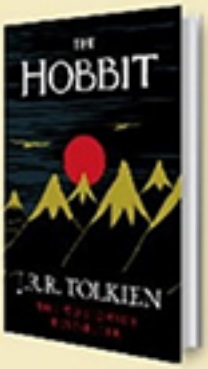
BEST-SELLING BOOKS OF ALL TIME

Book sales numbers are difficult to track as there is no central depository of book sales. Also, sales of religious texts like the Bible (best-selling book of all time by Guinness World Records) and the Quran are impossible to measure because they are often given out publicly.

With these caveats in mind, here's a list of the top 5 single-volume best sellers as of today:

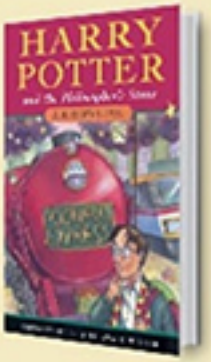


150 million



142 million

140 million



107 million

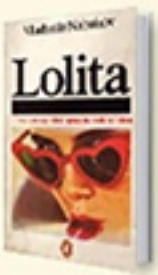
100 million

WHICH BOOKS HAVE BEEN BANNED?

In history, books have always shaken up the norm by tackling sensitive political, religious, and social themes. The following are popular books that have been banned by various governments:

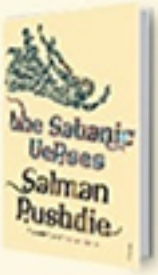
The Naked Lunch (1959) by William Burroughs

A seemingly adjunct collection of short stories more than a coherently constructed novel that depicts drugs and promiscuity with a lot of profanities and grotesque imagery.



Lolita (1955) by Vladimir Nabokov

This book's controversy stems from the memoirs of a dead European intellectual who yearned for a 12-year-old "nymphet", proving to be too obscene for its then audience.



The Satanic Verses (1988) by Salman Rushdie

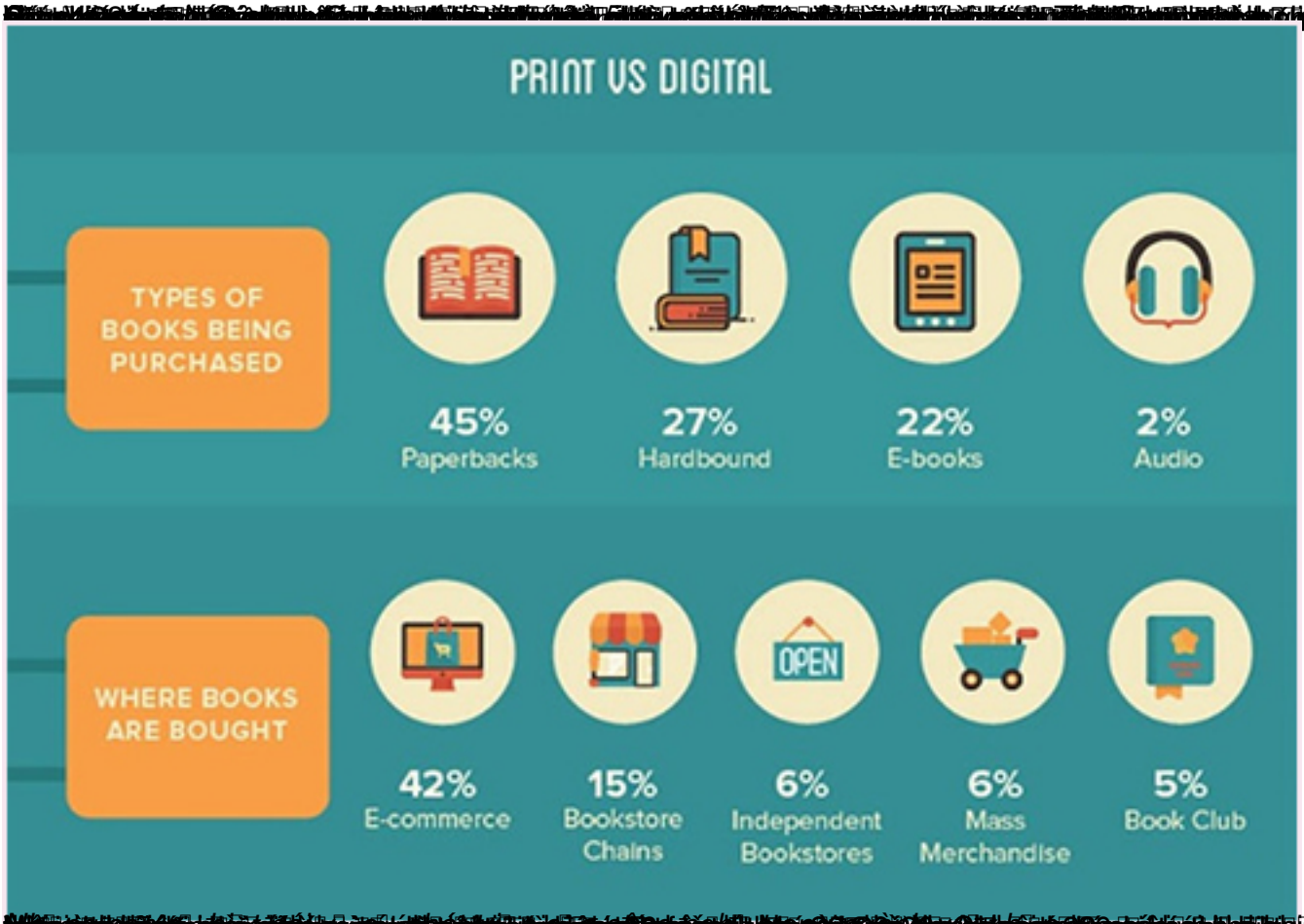
The novel was loathed by a community of Muslims for its alleged blasphemous depiction of a character modelled after the Prophet Muhammad and the transcription of the Quran.

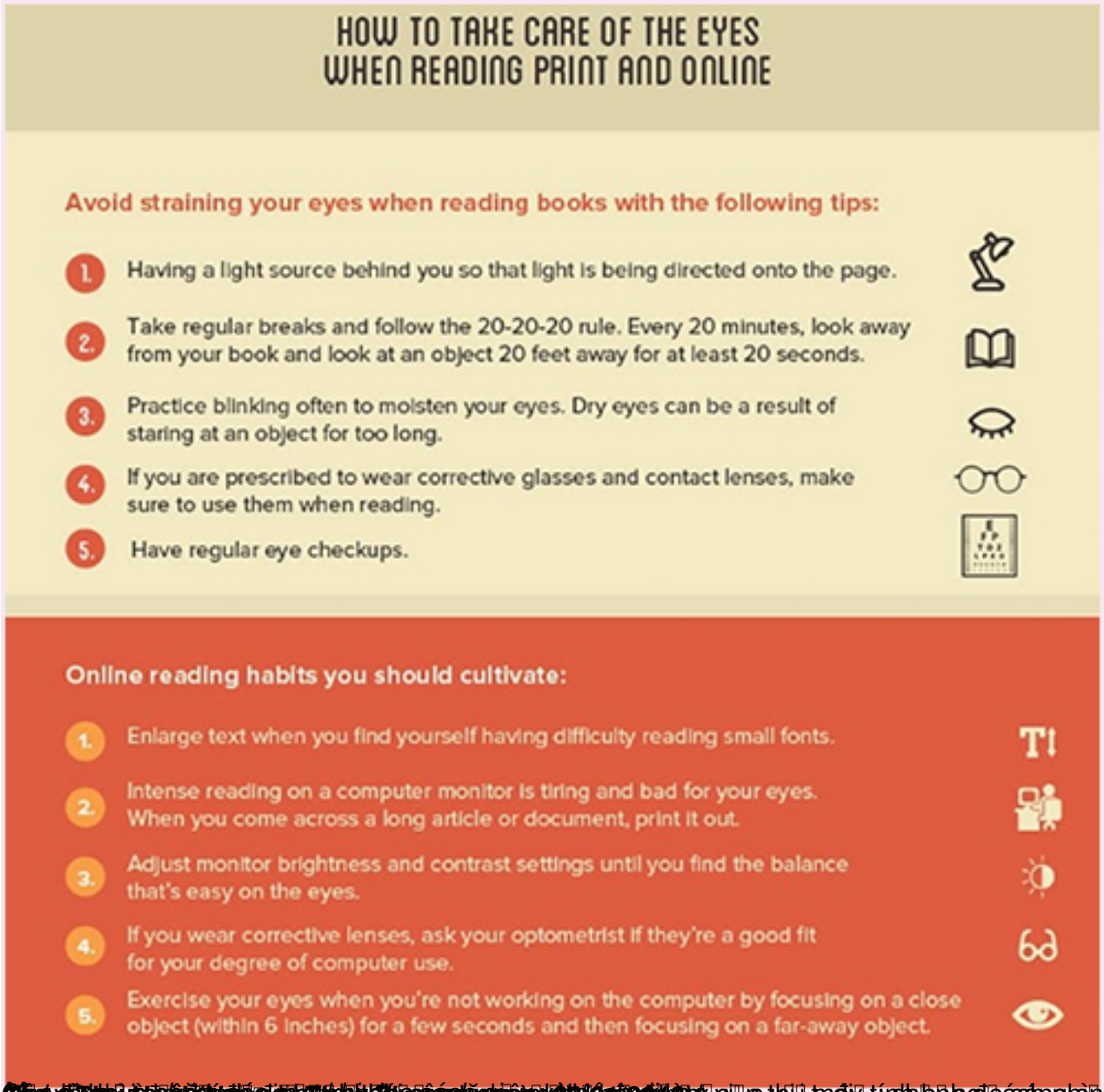
Nineteen Eighty-Four (1949) by George Orwell

This dystopian novel based on the "Big Brother" concept was banned

Alice's Adventures in Wonderland (1865) by Lewis Carroll

This popular story was banned in China, amongst other countries,


PRINT VS DIGITAL
TYPES OF BOOKS BEING PURCHASED
45% Paperbacks
27% Hardbound
22% E-books
2% Audio
WHERE BOOKS ARE BOUGHT
OPEN
42% E-commerce
15% Bookstore Chains
6% Independent Bookstores
6% Mass Merchandise
5% Book Club


HOW TO TAKE CARE OF THE EYES
WHEN READING PRINT AND ONLINE
Avoid straining your eyes when reading books with the following tips:
1. Having a light source behind you so that light is being directed onto the page.
2. Take regular breaks and follow the 20-20-20 rule. Every 20 minutes, look away from your book and look at an object 20 feet away for at least 20 seconds.
3. Practice blinking often to moisten your eyes. Dry eyes can be a result of staring at an object for too long.
4. If you are prescribed to wear corrective glasses and contact lenses, make sure to use them when reading.
5. Have regular eye checkups.
Online reading habits you should cultivate:
1. Enlarge text when you find yourself having difficulty reading small fonts.
2. Intense reading on a computer monitor is tiring and bad for your eyes. When you come across a long article or document, print it out.
3. Adjust monitor brightness and contrast settings until you find the balance that's easy on the eyes.
4. If you wear corrective lenses, ask your optometrist if they're a good fit for your degree of computer use.
5. Exercise your eyes when you're not working on the computer by focusing on a close object (within 6 inches) for a few seconds and then focusing on a far-away object.

[illegible]