

Reading books good for your health

By Nicholas Bakalar, New York Times

Reading books is tied to a longer life, according to a report.

Researchers used data on 3,635 people over 50 participating in a larger health study who had answered questions about reading.

The scientists divided the sample into three groups: those who read no books, those who read books up to three and a half hours a week, and those who read books more than three and a half hours.

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