

Want to read more?

5 TIPS FOR FINDING MORE TIME

FIND YOUR FRINGE HOURS

Where are some small pockets of time that you could use to read? Brushing your teeth, cooking dinner, waiting in the school pickup line, during sports practice warmups, in waiting rooms?

KEEP A BOOK WITH YOU

Whether it's a paperback tucked in your purse or car, an e-reader that fits in a tote, an audiobook download or an app on your phone - always have a book with you!

SCHEDULE READING TIME

Find a 15-30 minute time slot in your schedule and make that your daily reading time - during breakfast or lunch, before bedtime or during a work break.

READ WHILE MULTITASKING

You can read during commercials if you're watching TV, read on the treadmill while walking or listen to an audiobook while exercising. I sometimes read while cooking pancakes!

PRIORITIZE READING

Choose reading over other activities. Read the book instead of watching the movie. Read the book instead of working on another project or chore. Just choose reading!

For book reviews and thoughts on reading, visit

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