

Why should we read? We assume that reading is good for us, but often we cannot articulate exactly what it does for us. In this fascinating book, Sarah E. Worth addresses the many ways in which reading benefits us morally, socially, and cognitively from a philosophical perspective.

Worth leads her readers through the subtle questions of the ways in which we understand fiction, nonfiction, and the overlap and blending of other genre distinctions. Ultimately, she argues that reading, hearing, and telling well-told stories is of the utmost importance in developing a healthy sense of personal identity, a greater sense of narrative coherence, and an increased ability to make different kinds of inferences.