

PAPER DISTRACTIONS

We live in the age where everyone deals with stress on a daily basis. Jobs are getting harder to obtain, good grades in school are harder to achieve and the pressure of how one looks nowadays might just be bigger than ever. That is why we all search for distractions, anything that would take us to a place of stillness and relaxation. This is where, for me and many others, books come into play.

There are so many different types of books out, it is hard to single out just one genre. Some will offer you a beautiful love story, some a complex character trying to discover what the purpose of life really is, some will make you solve a crime and others take you to different planets filled with magic to completely detach you from your normal life.

Many times you can find me staring at my phone screen and while most people think I am obsessing over a young Hollywood heartthrob, I am actually reading a book. Shocking, right? Well the world is evolving everyday so as a result the nature of reading has to keep up. Even though my phone offers me easy access to books from all around the world, I still prefer holding an actual book in my hand. There is something about holding the pages filled with stories and being able to have a physical contact with the paper and the words written on it that makes the experience more enjoyable. Regardless of what kind of story you are reading, there is always a character you can connect to and compare yourself with. Book stores and libraries are a place I would be happy to spend the rest of my life in, browsing through the never ending supply of books, drowning in whichever book grabs my attention. The only negative effect of reading I have experienced is being really emotionally connected to the characters, which makes it hard to focus in school while I'm trying to figure out why my warrior boyfriend with gorgeous eyes and a heavenly smile just broke up with me or how I'm going to save the world from the evil forces hiding in the shadows.

Through books I have grown emotionally, developed my personality and learned how to look at things from a different perspective. I have also made a lot of friends through them, exchanging favorite books and having a deeper understanding of that person. Someone's favorite book might tell you more about a person if you pay enough attention to the story and the characters in it.

So whether you are looking for a light distraction or an emotional escape from your life, books are the simplest yet the most complex 'cure' you can find.

Oksana Ivanović, 3.E