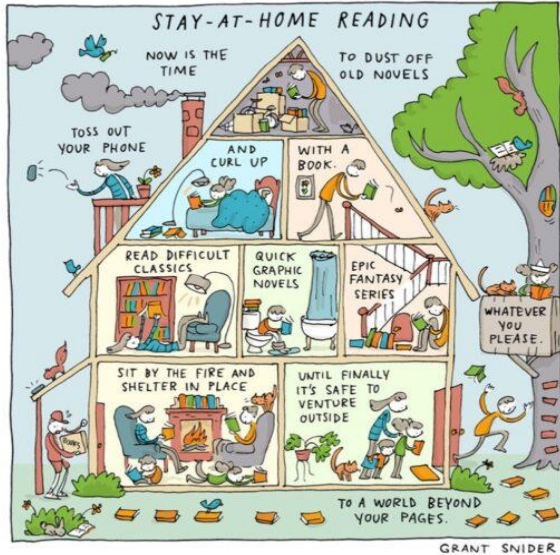




LIBRARY NEWS



It turns out books can be a more effective and efficient relaxation method than listening to music, meditating, or even taking a short walk. A study in 2009 found that just reading for **6 minutes** can reduce stress by **68%**:

<https://worldliteracyfoundation.org/reading-reduces-stress/>

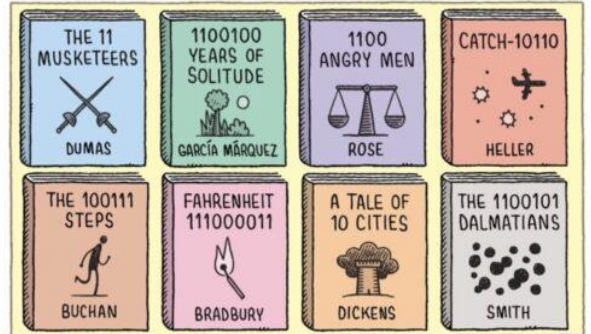
But what can be an even better stress reliever? Yes, a good cartoon. An engaging, visually stimulating cartoon will not only make you laugh out loud and thereby force stress to leave but in doing so will instantly lift your mood.

Cartoons about books and libraries are exceptional because they are entertaining. They provide and encourage book lovers with a steady visual flow of reasons why reading is important!

Just like books, these clever cartoons will help you reduce stress – and provide refreshing reasons to read even more books:

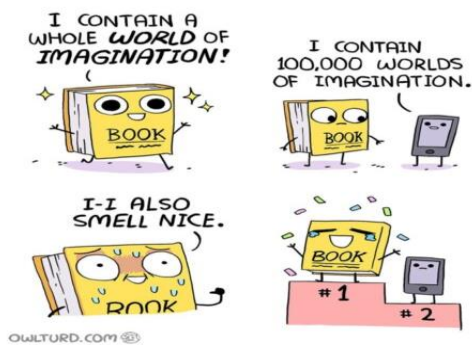


NEW! CLASSIC FICTION WITH BINARY NUMBERS!



1/100

TOM GAULD



Any questions or comments kindly email librarian@saintolaves.net