

Course trailer transcript: What happens to *you* when you read?

[MUSIC PLAYING]

Narrator:

Ever wondered how much of an influence a book is really having on you?

This free openlearn course invites you to find out, by exploring our relationships with books.

The research suggests that those of us who read books can actually live longer, simply by getting lost in a good book!

A good read can entertain us, and transport us to different fictional worlds, but it can change us psychologically as well.

Reading improves our wellbeing, for example, especially during challenging times throughout history.

Packed with activities and extracts to explore, by taking this course, you will discover more about what happens to you, when you read!

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