

Accessing Books

How to keep the brain active and stay relaxed during a period of uncertainty

Why Read?

While books can enrich one's life, they can also have tremendous health benefits that lead to longevity. It can also unite older and younger generations through intergenerational reading, such as a grandparent reading to their grandchildren or vice versa. Reading is especially beneficial during this time of uncertainty as it has shown to help cope with loneliness, keep the mind active, and even serve as a healthy distraction during this pandemic.

Benefits of Reading

- Enhances memory
- Sharpens decision making
- Reduces stress
- Can delay the onset of Dementia and Alzheimer's
- Improves sleep

Access to Books

- Amazon offers thousands of books that can be ordered online and delivered in two days https://www.amazon.com/best-sellers-books-Amaon/zgbs/books/ref=zg_bs_nav_0
- Thriftbooks is a great website that sells new and used books, while following a detailed COVID-19 protocol (large print books are even available) <https://www.thriftbooks.com/b/bestsellers/>
- Barnes & Noble remains open with limited store hours, and is currently offering free curbside pickup for all online orders <https://www.barnesandnoble.com>
- Chain stores like Target and Wal-Mart remain open with limited hours where books can be purchased

What is an eBook?

An eBook is an electronic copy of a book that can be accessed through one's phone or computer. They are a great option for those who cannot access a library or bookstore.

Audiobooks

Audiobooks are downloadable copies of a book that can be listened to through phone or computer. Great for those who struggle with reading text.

Access to eBooks and Audiobooks

- Scribd is offering full access to their selection of eBooks and audiobooks for 30 days
https://www.scribd.com/readfree?utm_source=readfree
- Local libraries are committed to providing eBooks and other digital content for the community through Libby, by Overdrive **(must have a library card)**
<https://www.overdrive.com/apps/libby/>
<https://freebooks.dp.la/collection/groups>
- Audible has made a large number of their audiobooks available for free (can be accessed through an Amazon account)
<https://www.amazon.com/b?node=18145289011>

Sources

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