

16 FORMAS VERBAIS I

The 26 major advantages to reading more books and why 3 in 4 people are being shut out of success

BY BRAD ISAAC ON December 5, 2007

I read an Associated Press-Ipsos poll revealing that 1 in 4 adults read no books last year. Yes, that's 25% of the adults out there are reading zero books. This is sad.

I knew intuitively the number of books read each year had gone down but to zero? Ridiculous!

And what about the adults who are reading more than zero books a year. How many are they reading in all? One? Five? Actually, the same poll reveals the average adult reads only four books per year. Half of those people read less than four.

If you are one of the non-book readers who feels you "don't need no stinking books", here are 26 great reasons to start the habit...before you are left behind!

1 Reading is an active mental process: Unlike TV, books make you to use your brain. By reading, you think more and become smarter.

2 It is a fundamental skill builder: Every good course on the planet has a matching book to go with it. Why? Because books help clarify difficult subjects. Books provide information that goes deeper than just classroom discussion.

3 Improves your vocabulary: Remember in elementary school when you learned how to infer the meaning of one word by reading the context of the other words in



the sentence? You get the same benefit from book reading. While reading books, especially challenging ones, you will find yourself exposed to many new words you wouldn't be otherwise.

4 Gives you a glimpse into other cultures and places: What is your favorite vacation spot? I would bet you read a lot about that destination. The more information the better. Books can expand your horizons by letting you see what other cities and countries have to offer before you visit them.

5 Improves concentration and focus: Like I pointed out before, reading books takes brain power. It requires you to focus on what you are reading for long periods. Unlike magazines, Internet posts or e-mails that might contain small chunks of information, books tell the whole story. Since you must concentrate in order to read, like a muscle, you will get better at concentration.

6 Builds self-esteem: By reading more books, you become better informed and more of an expert on the topics you read about. This expertise translates into higher self-esteem. Since you are so well read, people look to you for answers. Your feelings about yourself can only get better.

7 Improves memory: Many studies show if you don't use your memory, you lose it. Crossword puzzles are an example of a word game that staves off Alzheimer's. Reading, although not a game, helps you stretch your *memory muscles* in a similar way. Reading requires remembering details, facts and figures and in literature, plot lines, themes and characters.

8 Gives you something to talk about: Have you ever run out of stuff to talk about with your best friend, wife or husband? This can be uncomfortable. It might even make married couples wonder if their marriage is in trouble. However, if you read a lot of books, you'll always have something to talk about. You can discuss various plots in the novels you read, you can discuss the stuff you are learning in the business books you are reading as well. The possibilities of sharing are endless.

9 You'll discover surprises: As you read more books as a source of information, you'll learn stuff you weren't looking for. I've read many great quotes on life and love by reading books on marketing. I've learned facts about biology from reading about chemistry. Heck, I've picked up some facts about history while reading about programming. Since so many subjects intertwine it's almost impossible not to learn something other than the book's subject.

10 Can change your life: How many times have you heard of a book changing someone's life? For me, it was *Your Erroneous Zones* ([link](#)) by Wayne Dyer – which is the first self-development book I read. It opened my eyes to a whole new way of

thinking that was not depressing and dull. It was the first step in my path of choosing my own life and being free of old habitual thought patterns.

11 Can help break a slump: Being in a slump is uncomfortable. If you are a writer, you call it writer's block. If you are a salesperson, it's called – not making a sale in 23 days. But a slump can be a crossroads. It might be you are wavering on your commitment to a particular project or (with marriage) person. Or a slump can be simply a lack of new ideas. Books are a great source of ideas, big and small. So if you find yourself in a slump, pick a book on the portion of your life you are slump-ing and get to reading!

12 Reduces stress: Many avid readers (including me) unwind by reading. Compared with the person who gets home from work and immediately turns on the TV news, you are going from work stress to crime stress. But it's not just news. TV as a source of relaxation is too full of loud commercials and fast moving (often violent) images. If relaxation is something you want, turn off the TV or computer and pick up a book.

13 You'll make more money: If you make a serious effort to read in your chosen career, your expertise in that specialty will increase. As you become more specialized and learned, you join a smaller group of more qualified people. By being part of the small few with the highest level knowledge your pay will increase. It's simple supply and demand.

14 The book is always better than the movie: except for perhaps *No Country for Old Men*. ☺

Texto editado. (Versão original disponível em: <http://www.persistenceunlimited.com/2007/12/the-26-major-advantages-to-reading-more-books-and-why-3-in-4-people-are-being-shut-out-of-success/>).

Acesso em: 18 agosto 2009.)

FAMILIARIZAÇÃO COM O TEXTO

1 Observe o título, a gravura e os itens numerados (em negrito). Em seguida, descreva em poucas palavras o provável assunto do texto.

2 As frases abaixo contêm informações apresentadas pelo autor do texto. Enumere-as de **01** a **14**, de acordo com o tópico a que se referem.

a Com a leitura, você aprofunda seu conhecimento sobre vários assuntos. Tal fato contribui para aumentar seu amor próprio/sua auto-confiança, pois as pessoas passam a solicitar sua opinião em questões diversas.

- b** O hábito da leitura possibilita maior desenvoltura nas conversas/bate-papos, já que amplia o leque de assuntos que você conhece e pode discutir.
- c** A prática da leitura torna seu cérebro mais ágil.
- d** Ler um livro é muito mais interessante do que ver o filme (produzido a partir do mesmo livro).
- e** A leitura ajuda a relaxar depois de um dia estressante de trabalho.
- f** Você sempre aprende algo novo, não necessariamente relacionado ao assunto do livro que está lendo.
- g** Você passa a se expressar melhor, pois a leitura amplia o léxico pessoal de cada leitor.
- h** A leitura possibilita obter informações sobre outros lugares/países, etc.
- i** Você passa a se lembrar de detalhes/fatos com mais facilidade, pois a leitura envolve um grande número de informações que precisam ser absorvidas pelo leitor.
- j** Os livros são requisito essencial de qualquer curso porque possibilitam aprofundar (e muitas vezes entender com maior clareza) assuntos discutidos em sala de aula.
- k** Através da leitura, você passa a enxergar o mundo de forma diferente.
- l** Com a leitura direcionada à sua carreira profissional, você tem condições de se tornar mais qualificado e, com isso, melhor remunerado.
- m** Os livros são uma fonte inesgotável de ideias; portanto, um antídoto excelente nos períodos de baixa produtividade (em que nos sentimos bloqueados, sem ação).
- n** Por serem em geral mais extensos que revistas ou matérias da Internet, os livros exigem maior concentração. Tal fato reverte positivamente para o leitor, que passa a se concentrar por períodos mais longos.

3 Quais das vantagens listadas pelo autor você considera mais importantes? Justifique sua resposta.

4 O parágrafo abaixo traz estatísticas do hábito de leitura em alguns países. Qual a posição do Brasil em relação aos países citados? Em sua opinião, por que isso acontece?

On the average, a Brazilian reads less than 2 books per year; 1.8 books per year, to be exact. Colombians read 2.4 books per year, the English read 4.9 books per year, Americans read 5.1 books per year and the French read an average of 7 books per year.

(Disponível em: <<http://www.brazzilmag.com/content/view/299/2/>>. Acesso em: 19 agosto 2009.)

APRESENTAÇÃO E PRÁTICA DE ASPECTO LINGUÍSTICO

TEMPO PRESENTE (SIMPLES E PERFEITO)

No PROCESSO DE LEITURA, os verbos têm grande importância para a compreensão. Na oração, são eles que exprimem *ação* (pular, correr, fazer, etc.) ou *estado* (ser, estar, morar, etc.).

De fato, a estrutura sintática das frases fica bem mais clara quando somos capazes de identificar seu(s) verbo(s). Com base nele(s), podemos também em geral localizar o *sujeito* (que normalmente precede o verbo e determina quem ou o que pratica a ação) e o *objeto* ou *complemento* (que costumam vir após o verbo e complementam a ideia expressa por ele).

Os verbos também são essenciais para estabelecer o tempo em que se dá a ação (presente, passado ou futuro). Conhecer os tempos verbais nos possibilita entender com maior clareza as ideias expressas pelo autor, uma vez que conseguimos situar a ação no tempo em que é descrita. Observe agora as descrições dos tempos verbais *presente simples* e *presente perfeito*. (Para conhecer os outros tempos verbais, vá aos Anexos, página 145).

O **Presente Simples** é formado do infinitivo do verbo, sem a partícula 'to'. A terceira pessoa do singular (*he/she/it*) recebe -S, -ES ou -IES, dependendo da forma do verbo.

Exemplos: *play – plays; catch – catches; study – studies.*

Geralmente, refere-se a:

→ fatos imutáveis.

Exemplo:

*Water **boils** at 100 degrees Celsius.*

→ ações/situações habituais.

Exemplos:

*My sister **goes** to work at 7:30 am.*

*British people **drink** a lot of tea.*

→ estados.

Exemplo:

*My father **lives** in Italy.*

→ opiniões e sentimentos.

Exemplo:

*I **don't like** science-fiction films.*

Pode também ser utilizado:

→ para indicar o tempo futuro, especialmente quando precedido por *if* e conjunções de tempo (*when, while, before, after, etc.*), ou quando se referir a horários regulares de trens, ônibus ou vôos.

Exemplos:

*I'll be glad if it **rains** soon.*

*What are you going to do when you **leave** school?*

*The train **arrives** at 7:45.*

→ em resenhas de livros e filmes, bem como em resumos de acontecimentos históricos.

Exemplos:

*May 1945: The war in Europe **comes** to an end.*

*At the end of the play both families **realise** that their hatred had caused the death of the lovers.*

→ em narrativas informais (para torná-las mais dramáticas e/ou reais).

Exemplo:

*"So I **open** the door, and I **look** out into the garden, and what do I **see**? A man wearing a pink shirt and a policeman's helmet."*

Por sua vez, o **Presente Perfeito Simples** é formado da junção do verbo **have/has** (que funciona como verbo auxiliar) com o **particípio passado do verbo principal**.

Exemplos:

*I **have finished**.*

*She **hasn't arrived**.*

Pode fazer referência a:

- acontecimentos recentes, sem indicação explícita de tempo.

Exemplos:

*I can't go on holiday because I've **broken** my leg.*

*According to latest reports, government forces **have pushed** back the rebels and **retaken** the town.*

*I've just **seen** Mary.*

- acontecimentos num tempo indefinido no passado.

Exemplos:

*I've **travelled** a lot in America.*

*Jim **has had** three car accidents.*

*Paul **has never read** "War and Peace".*

- acontecimentos num tempo indefinido no passado, com conseqüências no presente.

Exemplos:

*I've **twisted** my ankle. (That's why I'm limping.)*

*I **have bought** myself a car. (That's why I am always on time for classes now.)*

- situações que tiveram início no passado e continuam até o momento presente.

Exemplos:

*I've **lived** here for the past 10 years.*

*We **have had** this flat since 1985.*

No texto "The 26 Major Advantages to Reading More Books...", o autor utiliza o tempo presente (simples e perfeito) diversas vezes para expor as razões pelas quais o leitor deve adotar o hábito da leitura.

- 1 Observe os trechos a seguir, retirados do texto, e sublinhe os verbos nos tempos presente simples e presente perfeito. (Os tópicos de onde eles foram extraídos estão indicados entre parênteses).

- a By reading, you think more and become smarter. (1)
- b Books provide information that goes deeper than just classroom discussion. (2)
- c You get the same benefit from book reading. (3)
- d ... reading books takes brain power. It requires you to focus on what you are reading for long periods. (5)
- c This expertise translates into higher self-esteem. (6)
- d Many studies show if you don't use your memory, you lose it. (7)
- e Have you ever run out of stuff to talk about with your best friend, wife or husband? (8)
- f I've learned facts about biology from reading about chemistry. (9)
- g How many times have you heard of a book changing someone's life? (10)
- h As you become more specialized and learned, you join a smaller group of more qualified people. (13)

CONSOLIDAÇÃO

MARCADORES DISCURSIVOS E GÊNERO TEXTUAL

1 Localize os marcadores discursivos contidos nos trechos abaixo, extraídos do texto. Em seguida, indique as ideias que eles expressam (*adição; contraste; causa/consequência; tempo; sequência cronológica; exemplificação; ênfase; comparação; conclusão*).

- a Actually, the same poll reveals the average adult reads only four books per year.

- b (...) here are 26 great reasons to start the habit ... before you are left behind!

- c While reading books (...), you will find yourself exposed to many new words you wouldn't otherwise. ...

- d Unlike magazines, Internet posts or e-Mails that might contain small chunks of information, books tell the whole story.

- e Since you are so well read, people look to you for answers.

- f Reading, although not a game, helps you stretch your memory muscles in a similar way.

- g Have you ever run out of stuff to talk about with your Best friend, wife or husband? (...) However, if you read a lot of books, you'll always have something to talk about.

h Books are a great source of ideas, big and small. So if you find yourself in a slump, pick a book (...) and get to reading!

2 No texto "*The 26 major advantages to reading more books...*", o autor Brad Isaac adota um estilo bastante informal para apresentar suas ideias. Releia a introdução e os tópicos 9 e 14, e indique as marcas que denotam essa informalidade.
