



## WHY READ 20 MINUTES A DAY?



**STIMULATE  
YOUR  
MIND**



**REDUCE STRESS**



**IMPROVE MEMORY  
AND CONCENTRATION**



**STRENGTHEN ANALYTICAL  
THINKING SKILLS**



**READ PRINT/DIGITAL  
OR LISTEN TO AUDIO**



 **Beanstack** Tracker app

**TRACK YOUR READING  
EARN INCENTIVES  
STAY MOTIVATED**



[metrolibrary.org/summerreading](http://metrolibrary.org/summerreading)



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