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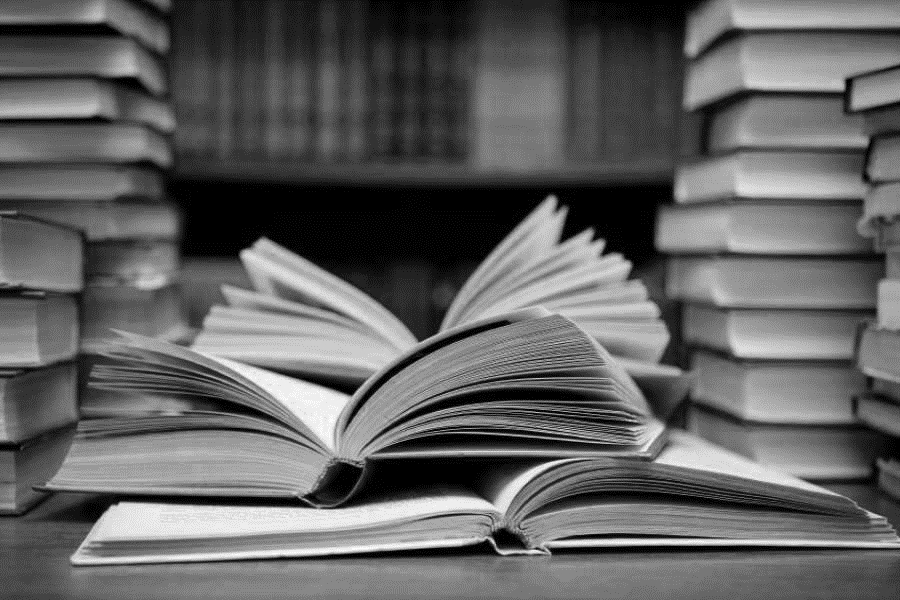
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* helps you to develop a positive self-image
* helps build confidence
* is a vital skill to function effectively in society
* helps to expand your mind
* develops your imagination
* enables you to educate yourself
* enables you to be informed
* helps shape your opinions
* improves your concentration by forcing you to use your brain
* helps you to reason things out which are unfamiliar
* helps to stretch your memory muscles by forcing you to remember detail
* improves your vocabulary
* aids creativity
* helps you to learn
* makes you more interesting
* reduces stress
* is entertaining
* improves your conversation skills
* makes you smarter
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