

Masterpiece Living Data Revelations

A Textbook Way of Keeping the Mind Sharp

National Paperback Book Day



What's the Best Book You've Read in the Past Year?

Unfortunately, a quarter of Americans would say they've haven't opened one. July 30th is National Paperback Book Day and what better way to celebrate than picking up a copy of your favorite genre of writing. Research suggests doing so will help you destress, challenge your mind, sharpen your memory, and even help you sleep better.

Throwing the Book at Memory Decline:

Studies suggest individuals who participate in mentally stimulating activities such as reading and writing experienced a slower rate of cognitive decline. Masterpiece Living examined individuals living within a successful aging community and compared those who are reading, writing, etc. 5 to 7 days per week to those doing so once a month to not at all. Here's the findings:

Individuals who Read/ Write
5-7 days weekly.

Individuals who Read/ Write
1x per Month to Never.



Reading: The research supports it. Highly successful people have a voracious appetite and an ingrained habit of doing it. Regardless of what your motivation is, if it's been a while since you've picked up a book, it's never too late to start and reap the benefits. What better time to start than National Paperback Book Day? You could even pick up a hardcover book for the same effect – it's okay, we won't tell!

About Masterpiece Living:

Masterpiece Living (MPL) is changing the experience and perception of aging. We partner with organizations to actualize the unique potential of all individuals.

Founded in research, Masterpiece Living provides exclusive resources and expertise necessary to create organizational cultures that promote healthy lifestyles shown by research to result in a successful aging experience. Our data-driven, holistic approach and emphasis on resiliency achieves dramatic, measurable outcomes. To explore ways Masterpiece Living might work with your Organization, contact Clark@mymasterpieceliving.com or call [\(407\) 473-3617](tel:4074733617).