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## Brown and Wisnewskis' "Read to lead: The simple habit that expands your influence and boosts your career" (book review)

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# Book Review

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Brown, J. & Wisnewski, J. (2021). *Read to lead: The simple habit that expands your influence and boosts your career*. Grand Rapids: Baker Books. 236 pp. \$18.99. ISBN 9781540901200

Encouraging both readers and non-readers to cultivate a healthy habit of reading books, authors Jeff Brown and Jesse Wisnewski outline numerous benefits for both personal and professional growth. “Reading to lead is more about how reading itself can make you a better son or daughter, friend, coworker, manager, entrepreneur, and an overall better human being. As you read books in general, you’ll better understand people, improve your decision-making skills, sharpen your ability to communicate, and become more creative, which are all essential characteristics of the modern-day leader” (p. 12). From the beginning chapters that outline why a person should read books to tips on how best to approach a reading plan, Brown and Wisnewski offer simple strategies that can easily be implemented to increase the amount of reading a person engages in.

Explaining why reading books has been decreasing over the years, the authors provide simple steps to overcome many obstacles to reading including how to limit distractions and overcome excuses, especially those that result from living in the digital age. Providing eight research-based reasons why readers appear to be more successful in their careers than non-readers, the authors share insight and wisdom that people in any discipline can benefit from, even if not currently in a leadership role.

In the second and third parts of the book, readers are provided step-by-step instructions on how to build a reading plan with action steps to measure the accomplishment of these reading goals. With tips on how to read smarter and even begin a book club, Brown and Wisnewski offer compelling, yet very practical, suggestions to not delay in embracing the essential habit of reading. “To really get everything out of the books you read – to absorb the material into your bloodstream – you need to think of yourself as a student while you read. You want to treat the book in front of you as if you are sitting in a classroom with the author” (p. 122).

This book is suitable for libraries that desire to encourage the practice of reading books, especially among current generations of college students who appear to be reading books less and less. Providing such simple action steps to increase reading,

the authors offer challenging but practical steps that any level of reader, or non-reader, can embrace in efforts to gain new skills and new perspectives.

**Reviewer**

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