



Online Reading & Learning Resources

Research shows that 3 ½ hours of reading per week can **reduces stress, slow cognitive decline, improve sleep, enhance social skills, boost intelligence, and actually increase lifespans by 2 years (!)**.¹ It's even more important during times of isolation and anxiety.

For those who miss going to their public library, here are some options to find new reading and listening adventures online² (current as of 3/25/20; subject to change)

LibriVox: Volunteers from around the world record books in the public domain and then release the audiobooks online for free.

Spotify: A wide selection of recordings and free audiobooks.

Project Gutenberg: More than 60,000 free e-books. No fee, registration or special apps are required.

Scribd: Access e-books at no cost (and no credit card) for 30 days.

FreeBooksy: The website offers a daily selection of free e-books for Kindle, Nook, Apple and Kobo devices.

Open Library: Browse more than a million free e-books.

PDF Books World: Download PDF versions of poetry, plays, and literary classics.

ManyBooks: Browse thousands of books for free!

Perlego Online Library: 6 weeks free access to non-fiction books and textbooks.

¹ *Five ways reading can improve health and well-being.* Medical News Today (quoting study published in Social Science & Medicine). [https://www.medicalnewstoday.com/articles/313429#5\)-Reading-may-boost-intelligence](https://www.medicalnewstoday.com/articles/313429#5)-Reading-may-boost-intelligence). Accessed Mar 31, 2020.

² Dorany Pineda. *Bored and on a Budget? Here's how to read for free while social distancing.* Los Angeles Times. Mar. 25, 2020.

This is a great time to read with your children and open up their worlds!

[Audible](#): The spoken-word producer has launched Audible Stories, which lets families listen to hundreds of free titles.

[Penguin Random House Audio](#): The publisher is offering free audiobook downloads of children's titles until April 30, 2020.

[International Children's Digital Library](#): Free award-winning books for various reading levels.

[Tumblebook Library](#): Curated database of children's e-books

...and why not take a free online course? Continued learning has also been linked to better mental, emotional, and physical health!

[edX](#): Access 2000 free online courses from 140 leading institutions worldwide.

[Coursera](#): You can start and finish one of these popular courses in under a day - for free!

[Open Culture](#): 1,500 free online courses from top universities

[Fender Play](#): Free online guitar lessons for 3 months!