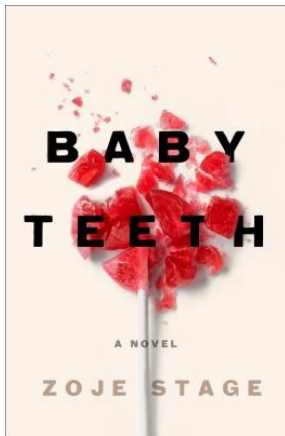


Challenge: Read a scary book. Why read a scary book? Perhaps you have a nerves of steel and a scary book is a laugh for you. Perhaps you like to feel the adrenaline rush. Scary books serve the additional purpose of helping us work through our own worries and fears in a safe and controlled environment. Still skeptical? Know that you can read at your own pace; you can put the book down when you need a break; and you can read in broad daylight with all the lights on.

Read more in "[Why You Should Read Horror \(Even if It Scares You\)](#)" by Sara Roncero-Mendez.

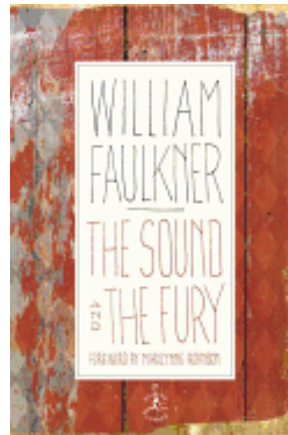
Reading ideas:



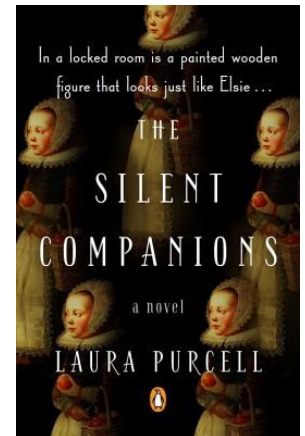
Baby Teeth
Zoje Stage



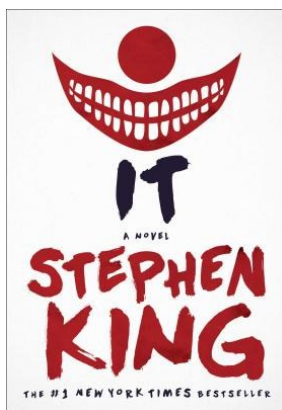
The Guardian
Nicholas Sparks



The Sound and the Fury
William Faulkner



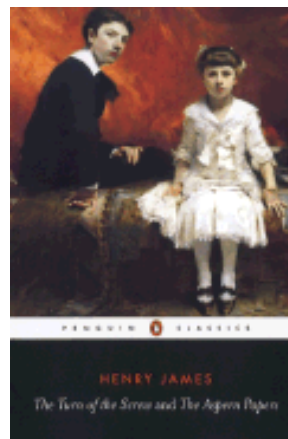
The Silent Companions
Laura Purcell



It
Stephen King



The Passage
Justin Cronin



The Turn of the Screw
Henry James



The Girl with the Dragon Tattoo
Stieg Larsson