

## **'Books are Brain's Tonic Food**

Picture-book, Art-book, Paper-book and e-book,  
Magazine, daily-Newsletter, and also an Audio-book

While walking on my treadmill, when rocking in a chair,  
Every month four/five books, I do read Cover to cover

A habit inherited from my father, hence my hobby since childhood,  
'Keep reading', I was told, to human brain, it's a tonic-food

Good books are companions, and create referential frames  
They do provide a keen vision, of the life with powerful lens !

- **Vinata Kulkarni** ( 23rd April, 2016, World Book Day)

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