



***Your Guide to reclaiming the Joy of Reading
One Page at a Time***

by

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***"Even ten minutes with a book can take you somewhere beautiful
It can help relax your mind and give you inspiration.."***

Fiction for Busy Adults Starter Pack

Your Guide to Reclaiming the Joy of Reading—One Page at a Time

Welcome to the joy of reading! This guide is designed for adults who've fallen out of the habit but are ready to make space for stories again—one page at a time. Whether you're juggling work, family, or just life, you deserve a few quiet moments and a good book.

1. Quick Start Reading Guide

- **Set a goal to read just 10–15 minutes a day**
 - Big goals often stall. Small ones spark momentum. A simple 10–15 minute reading habit can reignite your love for stories without adding stress to your day. It's your quiet rebellion against burnout—a moment that's just for you. The magic? Once you start, those few minutes often turn into many more. All it takes is a page to remember why you loved reading in the first place.
 - **Pick books that truly interest you, not ones you 'should' read**
 - Ditch the “Shoulds.” Read What You Damn Well Want. This isn't homework. You're not earning points for suffering through “important” or “must-read bestselling” books that bore you to tears. Read what excites you. Read what makes you laugh, cry or stay up too late. Your bookshelf, your rules. Finding joy in what you are reading is the only requirement, and if it doesn't bring you joy, put it down and find another book that does bring you joy.
 - **Use audiobooks during commutes or chores**
 - Don't wait for the “perfect” reading moment—create it. Let audiobooks bring stories back into your life during commutes, chores, or errands. Reignite your love for fiction, one chapter at a time, no matter how busy life gets.
 - **Let go of guilt—reading is self-care, not a chore**
 - Reading isn't a task to check off, it's a gift you give yourself. Every page you turn is a step toward joy, rest, and reconnection with your imagination. Escaping to a new world and broadening your mind is self-care, not a chore.
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2. Top 10 Fiction Picks for Busy Adults

1. *Quick to dive into. Hard to put down. Perfect for busy lives.*

1. **The Midnight Library** by Matt Haig

A woman caught between life and death explores alternate versions of her life through a magical library. A moving, reflective story about regrets, choices, and second chances.

2. **Eleanor Oliphant Is Completely Fine** by Gail Honeyman

A quirky, socially awkward woman's structured life begins to unravel in surprising and heartwarming ways. Funny, deep, and ultimately uplifting.

3. **Before the Coffee Gets Cold** by Toshikazu Kawaguchi

In a small Tokyo café, customers can time-travel—but only for the length of time it takes their coffee to cool. A gentle, emotional read about love, loss, and second chances.

4. **The Seven Husbands of Evelyn Hugo** by Taylor Jenkins Reid

A legendary Hollywood starlet finally tells the truth behind her scandalous life. Glamorous, emotional, and compulsively readable.

5. **The House in the Cerulean Sea** by TJ Klune

A caseworker is sent to evaluate an orphanage for magical children—and finds unexpected warmth, whimsy, and belonging. A feel-good, modern fairy tale for adults.

6. **The Tiny vampire From Outer Space That's Bitey: Escaping Umbra** by Stacey Carroll

A tiny vampire must escape her home planet in search of food, but she doesn't realize she needs to leave until she meets a much larger vampire. Full of strange twists and vampire problems.

7. **Anxious People** by Fredrik Backman

A failed bank robbery turns into an accidental hostage situation that brings together a group of quirky strangers. Hilarious and touching with heart and depth.

8. **Verity** by Colleen Hoover

A struggling writer uncovers disturbing secrets while ghostwriting for a famous author. Dark, fast-paced, and full of shocking twists.

9. **Remarkably Bright Creatures** by Shelby Van Pelt

A grieving woman forms an unexpected bond with a wise octopus in a small coastal town. Tender, charming, and full of heart.

10. **Lessons in Chemistry** by Bonnie Garmus

In the 1960s, a brilliant female scientist becomes a reluctant TV cooking star while challenging societal norms. Smart, funny, and empowering.

3. 15-Minute Reading Challenge

Day 1: Read 15 minutes – Write down what you liked most about the passages

Day 2: Read 15 minutes – Write down your motivation for continuing the book or for finding another book.

Day 3: Read 15 minutes – Write down the character you like the most and least and why

Day 4: Read 15 minutes – Are you finding your joy? Why or why not?

Day 5: Read 15 minutes – Are you still only reading 15 minutes or is it more or less? Why?

Day 6: Read 15 minutes – Write down the page number your on and everything you love about the book so far. You can use this to see how much you read next week and compare it to this week.

Day 7: Celebrate your progress! - And Maybe read some more! If you're done with your first book, choose another.

4. Bookish Self-Care Prompts

- What kind of stories do I need right now?

- What did I love reading as a kid?

- What book made me feel seen?

- How do I feel after 15 minutes of reading?

- Where is my favorite place to read?

5. Low-Pressure Book Club Starter

- Ask a friend to read the same book
- Schedule a coffee or Zoom to talk about it
- Use open-ended questions like:
 - What part stuck with you?
 - Which character surprised you most?
 - Would you read another book by this author?

This can help get your mind thinking about the book you reading and what types of books you might like to read in the future. And Remember, if you can't afford a book, you can always get one or more from your local library!