**YGT episode 240**

Your listening to you've got this episode 203. Welcome to you. You've got this, a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day-to-day demands of an academic life. I'm your host, Dr. Katie Linder. On this episode, I thought I would talk a little bit about how I incorporate reading into my schedule.

Now this is something that I get asked about a lot. Um, and recently I mentioned how once I kind of pulled back a little bit from social media, I've been reading about three or four books a week. And so far this year I've read, um, about 50 books. And when people hear that, they're like, how are you doing that?

Because I seem like a busy person, and yet I am finding time to build reading into my schedule. So I'm going to start by first, uh, linking to good reads in the show notes, in case you want to follow what I'm reading, you can find that there and also we'll link to a recent blog post that I wrote on how I kind of assigned myself reading some times to make sure that I'm like fitting it into my schedule.

And that's definitely one strategy that I can talk about. But I think the first thing that's maybe the most important to mention is that reading is really how I rest and reset. And as an introvert reading is often a solitary activity. Um, sometimes when I read audio books, I can really, you know, uh, separate myself out from the world and just kind of sink into that experience.

But even when I'm reading, um, just a regular book or an ebook. It's really a time for me to be quiet and to usually be alone. Sometimes I read with my partner, um, to have a cup of tea, things like that. And it really does help me to recover from lots of meetings and things like that. So reading for as far as I can remember, um, has always been that way for me.

I've read since I was a young child, I read my way through graduate school. Um, in addition to reading all the things I had to read for classes, I was always reading a fiction book as well. So reading is a habit that's really well ingrained for me. And I think that that is definitely part of why it comes easily to me.

I don't know that I could live without it. And so it's pretty easy for me to build it in. Now that said, let me talk a little bit about how I do this. So I would say I read pretty much every day in the morning during my lunch hour or in the evening. So it kind of depends on the schedule that I have, but usually I will turn to a book versus watching something on television or Netflix or something like that.

My priority is to go for a book first. And so sometimes if I get up early in the morning and I have a little extra time before work, I'll read, then. Um, if I have a break over my lunch hour, I might read during that period, or if I am not doing a ton of client work in the evening, I might do some reading then, or just before he go to bed, I'll pick up like one chapter just to kind of help myself wind down at the end of the day.

So I do include reading for fun on my daily task list. And I have a series of things that I put on that list just to kind of remind myself throughout the day to do them. So that includes. Um, drinking water. It includes, um, meditating doing my yoga practice, just so that I'm kind of keeping these things front of mind.

So I guess I would say I do consider reading a life practice that I'm building in on a daily basis. Now the previous, um, posts that I wrote about assigned reading was really about how, what I'm trying to do concentrated. Study on a particular area. And I mentioned it particularly in the context of studying for one of the exams, for the credentials I earned in the past year, I will take the reading that I want to do, and I'll break it out into a bit of a schedule and then I'll assign certain chapters on certain days.

So if I have reading that I'm doing for work, this is actually a really good strategy to make sure that I'm building and reading in the midst of everything else that I'm doing. And I talk about that strategy in that blog post. So I'll go ahead and link to that in the show notes. Now a couple other things that really helped me too, have more reading day-to-day is that I have books at the ready that I'm really looking forward to.

And I actually created a category, um, on my Kindle called like currently reading or up next. So that as I'm kind of thinking about what do I feel like reading, or if I like pick up a new book that I'm really interested in. I might put it in that up next category so that I have something that I'm kind of anticipating and looking forward to.

And I also add books to my Kindle wishlist pretty frequently, my Amazon wishlist that I want. And then I kind of just check to see if any of them are on sale on a pretty regular basis, and I'll purchase them as they go on sale. So if there are books that are coming out or series that I want to read or something like that, I'll, I'll just kind of.

Keep a watch list, basically for some of those things. And then I'm also always looking at the new books available through my local library and what they're kind of adding to their ebook lists. So I'm keeping a pretty close eye on some of my favorite authors on the kinds of things that I want to be reading.

And so I can always kind of have something that I'm interested or drawn to. And that's a big motivator for me is something that is kind of on my list that I've been wanting to get to. Now I also think what helps me to build this into my schedule is I always have multiple books that I'm reading at one time.

And I know for some people, this is a bit more challenging, but I always have at least one fiction and one nonfiction and the nonfiction. I usually have one non-fiction for fun and maybe one non-fiction that I'm reading for work. And so sometimes I'll have three or four books on the go at one time. And that allows me to kind of switch back and forth.

Just based on what I feel like reading. So if I'm only reading one book and I don't feel like reading that book, then I'm not going to turn to it. I'm going to find something else to do. But if I have another book that's kind of interesting to me, then I'll make sure that I'm kind of working my way through the list of things that I have on my pile.

Now, I've also started to categorize all of my books on my Kindle so that I can tell really easily, which ones I've read, which ones I haven't. And then I've also divided them up by thematic categories. So I can have a bit of a sense of what do I feel like reading and I can look at a particular category of books.

So these are broad categories for me, like fiction nonfiction. I have one related to work in higher education. I have one on yoga and meditation. I have one on travel, um, because sometimes I like to read about people's travel memoirs. So it's really kind of personalized to me and what my reading interests are, but that allows me to kind of go in and see if I'm browsing kind of my own collection.

What are the things that I want to be paying attention to? I also try to alternate really long books with shorter books so that I have some quick wins and I'm not kind of constantly going from. Monstrous books, you know, uh, one to the next. And, um, when I read Anna Karin, and this is a good example of that, because it took me a while.

It took me a couple of weeks to really work my way through that. But then afterwards I switched back to reading kind of some quick books. And by those, I mean, you know, something between like maybe 250 and 350 pages. Um, and those for me, I can usually finish in a couple of days, depending on how much time I can build into my schedule.

Now I definitely didn't want to talk about this topic without also sharing some of my favorite books that I've read from the year thus far. And again, you can always look on my profile on good reads and particularly you can look at this year as reading challenge, and that will show you all the books that I've read in this calendar year.

And, um, as of right now, I think I mentioned there was about 50 in there, but I picked out five that I thought were really, um, fun and that I wanted to pass along. So the first one that I, uh, that I read earlier this year, that I really enjoyed is a book called the book of two ways by Jody Picco. And I have read, I would say most of this author's backlist.

She is someone that I read, um, in college and in grad school. And I actually wrote about one of her books in my dissertation. So I'm very familiar with her work. And this is a book that really focuses on. Egyptology, which was really interesting. It's not something I know very much about, and it takes a narrative and it's kind of like the movie sliding doors where it goes in two directions at once.

Um, so if you're into that kind of narrative storytelling, it's really interesting. And I just found it to be really immersive. I think, um, Jody, Pico's a really good storyteller and, um, there's always a lot of detail and I just really enjoyed it. And I'll link to all of these in the show notes too, in case you want to take a look.

The second book was one that I saw a couple other people reading. And so I picked it up and it's called beach read by Emily Henry. It's a romance. And it was really fun. It's basically about two authors who, um, meet, meet up with each other at this beach house community. And they decide to basically swap genres for the summer.

So she's a romance writer and he does like literary fiction and they decide that she's going to do a literary fiction and he's going to do a romance. Um, and they kind of swapped genres over the summer. And, um, it's really fun for someone who enjoys writing and kind of the writing life. I really thought it was kind of a neat premise.

The third one that I wrote down is actually four bucks. It's a quartet. So I'm cheating a little bit here, but this is one that I came across on. It was some Kindle deal. And you know, sometimes you look at these Kindle deals and it can be really hit or miss, but this one was a mystery series that was based on a group of FBI agents.

And I will give a little bit of a warning here that, um, it does involve a couple serial killer storylines. So if this is something that is just not your cup of tea, um, this is not necessarily one that you would want to look into. I would also give a trigger warning for abuse of children, um, and, uh, sexual abuse as well.

So if this is, you know, again, not your cup of tea, then you can avoid this one. But this is a quartet that what I really appreciated about it the most was the development of the FBI agents across the series. So each of the books takes place a couple of years after the previous one in the series. And so you get to see how they're developing over time.

And the team in the books kind of shifts and changes and you see some nice character development. There's also the incorporation of a couple of cold cases, which is one of my favorite kind of sub genres of mysteries as when there's a cold case. And you get to hear kind of some history of the characters involved, and that was in this set of books as well.

And then of course, the characters who are introduced in the first book, Are showing up kind of throughout the entire quartet. Um, I went through all of these books in the first few months of this year and just really enjoyed them. And those are, um, by an author who I'd never read before. Her name is Don.

The fourth book that I put on my list is when called there. I am by Ruthie Lindsey, and this is a memoir. And I would became familiar with Rudy Lindsey because she is friends with another author that I read another memoirist. And he had written a book about, uh, cycling from Oregon to Patagonia. And, uh, this is like his best friend is Ruthie Lindsey.

And so she comes up in this other book. And I became aware of her and started following her on social media. And there am is a memoir of basically how, and I'm not giving any spoilers away here, but basically there's an accident when Ruthie is a teenager and she ends up, um, In a lot of chronic pain from this accident and ends up having to become really reliant on medication.

And in this book, she basically talks about how she has to work her way back from that experience. And I've known a lot of people who have. You know, some level of chronic pain or chronic illness. And I just thought this was a really well done memoir that talks about kind of the challenges, not just for her, but for her family as she was going through this experience.

Overall, this is a book that has a lot of hope in it and it ends, you know, with a lot of hope. And so, um, I would definitely recommend that one as well. I read that one and probably one or two sittings. It was a really quick read and I was really interested in the story. And then the last book that I added to my list is, uh, one called beginners by Tom Vanderbilt.

And this is a book that's really about learning new things, which of course I am like all four and super interested in. And the author talks about his experiences, picking up a bunch of new skills over time, and he talks about chess. He talks about surfing. Uh, he talks about singing. I mean, there's a lot of different things that he goes into and he also pulls in a bunch of research from, um, various, you know, labs and, um, different disciplines talking about how we know, uh, how children learn and how adults learn.

And so I found this to be really interesting. He's a great storyteller. And what I didn't realize until I finished this book, um, and read the author bio is that he's also the author of another book. I really enjoyed about traffic and my partner. And I listened to it on audio, um, at one point and when we were driving actually, and I had really enjoyed it.

And then I realized this is the same person, and that was like years and years ago that we read that book together. So it was really fun to kind of revisit and see what he's up to. And I will say that there were a couple parts of this book where I was literally laughing out loud. I mean, he definitely has a talent for telling stories and, um, definitely has a way of describing situations that, um, like I was laughing at my partner was like, what are you reading?

Cause I'm not typically a laugh out loud read kind of person. Um, but so I really enjoyed this one. It will give you some smiles and laughs as you're going through it. And I will link again to all of these things in the show notes. I hope this gives you some ideas for maybe how to incorporate some reading into your own schedule and what it might look like for you as you're thinking about maybe, um, planning out some summaries being for yourself and just a quick spoiler alert.

I'm going to be talking on the blog this week about some reading challenges that I am kind of rounding up, because I think that summer is a great time to dive into reading outside of our comfort zones and really thinking about. Um, spending a little bit of extra time with reading. So keep an eye out for that.

And, uh, I will make sure to eventually link that in the show notes as well. So I hope you're finding some great books to read yourself. Of course, I would love to hear about them. You can always email me at hello at Dr. Katie linder.com or connect with me on good reads to let me know what you're reading.

I would always love to hear. Thanks for listening.

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Okay.