

Making time for words and ideas

Reading books tends to become more and more of a luxury as one grows older. Time is more in demand as it is split between work, social life and some much needed rest. Days of all night page turning and sneaking in a book under the covers are just not feasible when you have to come back from work or university after a hectic day. But the truth is, even the busiest of people can and do manage to find time to read books that are pleasurable, creative and mind enriching. So how do these people do it?

More is good

Have more books than you will read at hand or on your night stand. Chances are all books will not be equally appealing at all times, so you always have a choice to read something lighter or heavier according to your preference. Having lots of books around also serves as a visual cue prompting you to read.

Set goals and track progress

Whenever you get the time to read, make a daily goal of how much you will get through. Start small, 5-10 pages, or one chapter. Increase this every day as you progress through the books. Websites like Goodreads is your friend in this case. You can set which books you are reading, track progress and end up with an entire detailed list of your reading habit.

Speed reading

Speed reading aims not only to increase your reading speed, but also helps you internalise what you read faster. This involves being able to cluster together words into groups of 3 or 4 and then being able to guide your eyes to the central idea of a sentence. So if it is an important report or a detective story, you get through it in a shorter amount of time.

Embrace the digital

One of the most mentioned tips for making time for reading is to carry around a book at all times. In this way, you have the luxury of reading while on commute or during breaks. Take that a step further and download an e-book reading software on all your digital devices. Most smartphones these days have

screens big enough for easy reading. Many also own tabs and notes, so having a reading software means, wherever you are, even if you don't have the physical book at hand, you can get some reading done.

The should and should-nots

No one should be told what to read. Lists such as "100 best books..." are good when you want to browse and get recommendations, but they might get you into thinking everything else is expendable. Read what interests you and your chances of getting into the habit of reading will be easier. Most people somehow manage to find time for books when they are hooked to it.

Schedule wisely

Most people say that the best way to get some reading done is to factor in time in between work – be it 5 minutes or half an hour. But research shows this makes reading



seem like a chore to us and the complete immersion needed to truly enjoy a book is lost. What is suggested is to have a regular time every day for reading. Use this for nothing else – maybe take it a step further and read at the same place every day. This in time makes reading part of one's daily routine.

In the end, it comes down to the will to read. Busy, important people all over the world have always made time to. Chances are you can too – so muster up the strength to start and soon you will be back to your old bibliophilic ways.

By Moyukh Mahtab

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Meat Lovers

For many out there who love gorging on meat, Meat Lovers, located at Bashundhara R/A, opposite the Jamuna Future Park walkway, could well be worth scoping out. Sure there are already lots of places out there for good burgers and such, and you can add Meat Lovers to that list as well.

Meat Lovers were in the Dhaka Restaurant Week and they had four dishes to cater to within the two price brackets set for the event. The Tk499 bracket included two options: Classic Platter, which included a beef/cheese Blast Filletto, curly fries, 3 pieces BBQ Wings and Soft Drinks; Sukiyaki Platter which included Chicken Sukiyaki, Sautéed Vegetables, Butter Rice, Soft Drinks and Oreo Ice Cream.

The Tk999 bracket included two options as well and both were unique for this event: Maxitalian Platter which included Taco, Spaghetti with meat sauce, Chicken Steak with Mushroom Sauce, Sautéed Vegetables, Garlic Bread, Soft Drinks and Oreo Ice Cream; and Steak Platter, which included 9oz Sirloin Steak, Portuguese Rice, Sautéed Vegetables, Potato with mushroom gravy, and Soft Drinks. Let's start with the Maxitalian Platter. The

spaghetti with meat sauce had a slight flaw. The spaghetti itself felt a little too hard. The meat sauce was good with ample amount of spice and flavour. The next dish included in the offer was a taco with a nice crunchy shell and enough meat stuffed into it. The Chicken steak was pretty good too, a little dry to be pedantic but the mushroom sauce took care of that and brought a wonderfully creamy taste to the steak.

The Steak Platter included the 9oz Sirloin steak with rice. It was well done and tasted absolutely wonderful. The rice complimented the steak well with its warm and slightly tangy taste. But the true star of this dish was the Potato with mushroom gravy. The gravy coupled with the potato created such an incredible creamy taste that it was just very hard to move away from it, leaving a surreal aftertaste.

Verdict: With their recent relocation, perfectly reasonable prices, wonderfully comfortable décor, and of course the fantastic quality of their food, this place can be easily recommended for anyone looking to gorge on meat but not come home with an empty wallet.

By Intisab Shahriyar



#ChooseBeautiful

“Youth is beauty”

A jointly coordinated conference by Dove and The Daily Star called #ChooseBeautiful, held on 25 April 2015, was attended by some of the most empowered women of the country, who shared experiences and wise words to inspire young girls who suffer from insecurity and low self-esteem.

Amongst these empowered women was renowned theatre and television actor and Deputy Managing Director of Asiatic 360, Sara Zaker.

“When I was born, I had the look that everyone so desired—curly hair, fair skin, and light eyes. My sister, on the other hand, was born with a dark skin. Everyone who saw her said, ‘oh this daughter will have to be a doctor’, which was an indirect way to say that she will have to earn a lot to live on her own,” shared Sara Zaker, stressing on how dark skinned girls are judged to be unattractive in our society.

“This stayed with her, and I on the other hand was treated like I was a little dumb because I was conventionally pretty! I did whatever I could to fight and change that perception, and I still do.”

Sara Zaker, being a media personality and a role model to many young girls in our country, said that it is about time that the media focus on a woman's confidence instead of looks, “because it is confidence that is beauty!” she explained. She believes strongly that now is the time that the standard of beauty needs to be changed, and so does the meaning of the word itself.

When asked where women can find the confidence to be beautiful, she said, “Women nowadays want to be all-rounders. They seem to believe that if they are good at everything, they will be considered beautiful or important. They need to learn to focus on what they are good at and on their talent. That very nurturing of the talent is what will make them confident about who they are.” She also mentioned that since our culture of impunity is far from fading, it is a family's job to help their women feel confident and good about themselves.

As a message to all the young girls in the country, she said, “Youth is beauty. When you are young, you don't realise it, but you should embrace your youth to be able to embrace your beauty.”

By Naziba Basher

Photo: Sazzad Ibne Sayed



Sara Zaker, theatre personality, television actor and Deputy Managing Director of Asiatic 360

So, how do you choose to define yourself?

Dove.

