

THE BOOK IS A LIFE-LIGHTING COACH

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Abstract: The book is a life - lighting coach. The phrase expresses the importance of the book in human life, its educational and educational role. Books serve to give us knowledge, expand our thoughts, make our lives more meaningful. Through them, we realize ourselves, understand the world around us and enrich our life experiences. Books have a significant place in human history. They serve not only as a source of knowledge, but also as a means of preserving cultures and traditions.

Key words: book, literature, social relations, communication, thought, genre, emotions.

Uzbekistan's rich literary heritage, unique culture and historical experiences have been passed down from generation to generation through books. Each book embodies spiritual, moral and aesthetic values within itself. They give us life lessons, make it possible to learn from our mistakes and help us make the right decisions in the future. The process of reading a book encourages a person to think, analyze and solve problems. By reading, We understand the thoughts, feelings and experiences of other people. This helps us to empathize, communicate with others and develop our social relationships. Books make a person a more broad-minded, creative and self-conscious person. Books can be of different genres: artistic, scientific, historical, biographical, etc. Each genre has its own characteristics and offers readers different experiences. Fiction reveals the human psyche, feelings and inner world. And historical works help us understand the events of the past, the process of human development. Scientific

books, on the other hand, expand our knowledge, introduce new ideas and guide us in solving modern problems.[1]

Reading a book is not just a process of acquiring knowledge, but a process of self-development. By reading, we form our thoughts, develop our own views and try to find answers to important questions in life. In the process of reading, we introduce ourselves to new ideas, explore new worldviews and contribute to our own personal development. Since books have a place in a person's life, reading them should become the norm. It is every person's task to take the time to read, constantly read books and discover new works. It is important that we feel comfortable in the process of reading, create a comfortable environment for reading and choose topics that are interesting to us. Books are not only a source of knowledge, but also a tool that reflects important events in our life, our feelings and experiences. They help us realize ourselves, make our lives more meaningful and understand the world around us. Each book embodies new ideas, thoughts and feelings within itself. And the process of reading fills us with new experiences, expands our thoughts and makes our life more interesting.[2]

In the process of reading books, we introduce ourselves to new ideas, get acquainted with various thoughts and views. This makes us a person who is not only educated, but also able to express our opinion independently. Through books, we will have the opportunity to develop ourselves, discover new ideas and make our lives more meaningful. Books are a great tool not only for reading, but also for discussing, arguing and expressing our thoughts. We are further developed by talking to friends about the books read, sharing ideas and discussing new ideas together. This process encourages us to express our thoughts more clearly, communicate with others and Share our life experiences.[3]

Books give us a variety of life lessons. They help us solve problems, make it possible to learn from our mistakes and help us make the right decisions in the future. Through books, we realize ourselves, understand the world around us and enrich our life experiences. Each book embodies new ideas, thoughts and feelings within itself.

And the process of reading fills us with new experiences, expands our thoughts and makes our life more interesting.[4]

Conclusion:

So the book is a life-lighting coach. He gives us knowledge, expands our thoughts, makes our lives more meaningful. And the process of reading books helps us to develop ourselves, communicate with others and develop our social relationships. Each person should take an important place in his life and develop the habit of reading books. Books help us realize ourselves, make our lives more meaningful and understand the world around us. They should become an integral part of our life.

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