



TOP FIVE MOST INTERESTING ARTICLES FOR PRIME TIME READING

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ABSTRACT

This article discusses the most useful and interesting articles that can be read in real life and on social networks to get information and spend people’s free time productively. Also, the topics of the article are chosen based on the age, gender, and social status of the readers, and these interests change over the years.

**Keywords:** critical thinking, transmission, health, nutrients, specific food, medicine, happiness, love, partnership, romantic, unrepeatable, confidence, career, employer, business plan, lifestyle.

Introduction

This article explains 5 popular topics that many people find interesting when they are busy with their studies and work. According to the research by Catherine Winter reading is one of the best and good for daily habits in life because it is very useful for people and their lives. For example, it helps readers develop critical thinking and spend their time effectively. Usually people who like to read articles choose the topics of articles based on their profession, craft or interest. According to Mark Manson, articles are usually written based on different topics. Each person chooses it based on their desires. For example, Self-improvement, development of productivity, relationships between people and living a good life, getting motivation from someone or something, etc. They are countless and we can't even list them. Readers read articles in two ways. First, when they have time for themselves, they read for information. Second category readers read to improve their skills. To be more precise, to develop reading or critical thinking or to increase vocabulary. However, in both cases, this activity is useful for them and their development.

Moreover, we do not fully understand the benefits that articles give us. For example, from one article, we may get information about an important holiday, tradition, customs of another culture or country. It is not the activity that is chosen for transmission, but the information that is important and useful in itself.

A series of topics that many readers have read and found fascinating.

### 1.Health.



One of the most popular and interesting topics is health. Health is equally important for every person. That's why many people care about their body parts and health and like to read information written on this topic. According to the theories of many researchers, including Sa'id H. Zyoud, Muna Shahshir, there is a connection between the consumption of specific foods or nutrients from the diet and stress and depression. It was also noted that nutrition has a significant impact on human health. Health is important not only for adults, but also for young children. For example, it is very important for their healthy development, creating a healthy competitive atmosphere and positive eating behaviors. Manoj Sharma, Xiaorong Hou and Yong Zhaolqr stated that Food safety is becoming a global concern these days, and according to research in recent years, it is a concern of universities. However, effective methods of delivering food safety education and its implementation to the public, including educational institutions, are limited. In addition, a number of strategies are important for maintaining our health. There are physical activities, control of eating habits, avoiding medicine and so on. Most importantly, people should follow a healthy lifestyle.

### 2.Happyness





Hannah.K.Lee.

Tara Parker-Pope says behavioral scientists have spent a lot of time studying what makes people happy (and what doesn't). We know that luck, happiness can predict health and longevity, and happiness scales can be used to measure social progress and the success of public policies. But happiness is defined differently by everyone, and it is not something that just happens to people. Everyone is capable of making small or big changes in the behavior and relationships of the people around them, which will help them lead a happier life. A person's happiness depends on his personality, in what situation he is in, and in what atmosphere, with whom he communicates. Happiness does not choose age, gender or situation. It comes at any time. But there are many ways to be happy, and it is usually created by people themselves. The term happiness is a popular way of measuring and comparing happiness around the world. The World Happiness Report ranks countries based on the subjective well-being and happiness of the people living there, as well as their answers to the stairwell test and statistics. Here are the top 10 happiest countries on earth:

10 HAPPIEST COUNTRIES ON EARTH	
1. Finland (7.769)	6. Switzerland (7.480)
2. Denmark (7.600)	7. Sweden (7.343)
3. Norway (7.554)	8. New Zealand (7.307)
4. Iceland (7.494)	9. Canada (7.278)
5. Netherlands (7.488)	10. Austria (7.246)

### 3.Love/partnership.





"The Mastery of Love is a beautiful, romantic, unrepeatable and easy-to-read self-help book about the lies and junk we lead and lead. It aims to illuminate our dramatic lives, "is a great force that teaches us to overcome fear and self-confidence and how to awaken our own inner strength. Through love we can learn to love others and ourselves" - Toltec Nagual and best-selling author Don Miguel Ruiz (240 pages). This type of book is usually read by teenage boys and girls, and this topic seems more interesting to them than to older people. Because people of this age have a higher interest in love, affection, trust, separation, and establishing a relationship with a member of the opposite sex. In addition, love and relationship are not just the understanding of the relationship between representatives of different sexes. Because the concept of love is a broad word, mutual love and relationships between friends, siblings, partners are also compatible with the concept of Wu. "The mastery of love" by Miguel Ruiz in the chapter "The purpose is to live in love" when people were young, they are taken from their natural state of love - often stolen by their parents - that is, they are "married". They learn to seek outside influence, approval, and external validation. The Toltecs call it a "parasite"—an evil vice—because it's a belief that robs many of life and joy.

#### 4. Business/Career.



Nowadays, business is a profession that interests not only men but also women. Most of us know very well that this field is a source of income. Although it is not easy to develop and have a career in business, many people try their luck in this field. Also, what and how to start a business? what types of business are there? how to develop and create a career in business? questions are often asked in the mass media. It seems that people do not ignore the information on this topic. The main thing in business is risk. Mucci said that there are small businesses that are feeling the "inflationary pressure of wages." Many employers, especially male workers, suffer from low wages and are trying to find ways to overcome this problem. The best way to succeed in Mucci. Business is a perfect business plan and a profitable investor.





## 5. Wealth/Lifestyle.



How to earn money and how to become rich is of equal interest to everyone because of trying to be financially independent and live as in a good brochure. In general, there are many types of wealth, and everyone understands the meaning of this word based on their worldview and social situation. There are also debates on this topic. Julius Bär Wealth is not a guarantee of health or happiness. Now, as the world tries to get back to normal, how comfortable and affordable is the high-end lifestyle, and how have prices and habits changed in the past year? The main findings of the Global Wealth and Lifestyle Report are the tools that define human life. Maybe money can't buy health and happiness, but with the help of these tools, we can heal from various diseases, restore ourselves, and make ourselves and our loved ones happy.

### Conclusion

In general, each topic has its own value and a reader who loves to read it. Usually, articles are chosen based on the reader's situation, and they differ in this respect. In my opinion, the purpose and importance of each written article is the same in human life. The topics of the above articles are surveys, researches and social networks selected according to statistics, and I think that the readers of this article will get the necessary information for themselves.

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**Sides.**

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