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Keep up with the latest daily buzz with the BuzzFeed Daily newsletter! Justin PumfreyGetty Images If you're an avid bookworm then give yourself a pat on the back because this could mean that you're a nicer person, according to a new study. In fact, the scientists revealed that reading regularly can make you kinder, more empathetic and able to see things from others' points of view. The research was carried out by a team at Kingston University in London who quizzed 123 participants on their preferences for books, TV programmes and plays. Following this, their interpersonal skills were investigated, including how they treat other people and to what extent they consider other people's feelings. The results found that people who preferred reading were more likely to act in a socially acceptable manner compared to television watchers. These TV lovers were found to be less friendly and less empathetic. EmelyGetty Images The findings also revealed that the type of book you read also has an impact on your emotional intelligence. If you want to be extra lovely, you should apparently read fiction because this type of bookworm showed more positive social behaviours. Drama and romance novel readers revealed to be the most empathetic. Readers of comedy came out on top in terms of being able to relate to others, while readers of experimental books were more able to see things from different perspectives. "Exposure to fiction relates to a range of empathetic abilities," researchers told the Independent. "Engaging with fictional prose and comedy in particular could be key to enhancing people's empathetic abilities." The researchers have stressed, however, that the findings did not prove cause-and-effect, as it may just mean that more thoughtful and considerate people are more likely to prefer reading. Lisa Clemmer, a 37-year-old bibliophile from Richmond, Va., remembers the first time she read Alice Walker's "The Color Purple." She was in college, at Virginia Commonwealth University, and Walker's novel introduced her to a world she knew nothing about."The Color Purple" proved so transformative that Clemmer has read it four times."I like to go back just to reinvigorate that feeling. I get all tingly from it. It moves me to a different time and place," says Clemmer, who just a year ago last read Walker's Pulitzer Prize-winning story of blacks in rural, segregated Georgia.Clemmer's taste is not unique. According to a study by the American Library Association, "The Color Purple" ranks among the fiction most commonly re-read. Others include the Harry Potter books, the "Lord of the Rings" trilogy, Jane Austen's "Pride and Prejudice" and Shakespeare's plays."I think books that get re-read have characters or scenes or lessons that people want to go back to again and again," says Neal Wyatt, the head of an ad hoc ALA committee that analyzed what books are re-read."Some books need repetitive readings just to feel like you got it. And sometimes it's not even fair to say the books are re-read because you're a different person each time you read them," Wyatt said.Also cited by the committee: F. Scott Fitzgerald's "The Great Gatsby," Harper Lee's "To Kill a Mockingbird," Laura Ingalls Wilder's "Little House on the Prairie," Charles Dickens' "A Christmas Carol" and A.A. Milne's "Winnie the Pooh." The ALA committee was composed of both librarians and editors with the trade publications Library Journal and Booklist.The findings were not ranked and were based both on the committee members' personal opinions and those of library patrons. Only novels, plays and short stories were considered; panel officials said the Bible and the Quran are likely the most re-read texts in the world.Many reasons to revisit booksThe ALA selections all share one quality: they were encountered in youth, whether assigned in school, read to by a parent or discovered on one's own. But favorite works are revisited for various reasons. "A Christmas Carol" is a holiday classic, while the summertime setting of "Gatsby" makes it an ideal beach read. One committee member, Joyce Saricks, says that the frequent staging of Shakespeare's plays inevitably leads to re-readings of the texts."I get a lot of people who tell me that they're going to see a production of 'King Lear' and they want to read the play. And then after they see the production, they might re-read the play again," says Saricks, who recently retired after more than 25 years at the Downers Grove Public Library in suburban Chicago.For professional writers, re-reading can be as much for education as for pleasure. Susan Minot, whose books include the novels "Monkeys" and "Folly," said she likes to go back to the works of William Faulkner and Ernest Hemingway. She doesn't read the whole book necessarily, just enough to remind her of why those writers matter."They were probably the earliest authors who blew my mind, and so they're the ones I'll check back with, getting reacquainted with the voice," she says.Richard Ford, author of the Pulitzer Prize-winning "Independence Day," said he likes to re-read Walker Percy's "The Moviegoer" in a "a purely sensuous way." Jeffrey Eugenides, author of the Pulitzer Prize-winning "Middlesex," says he re-reads Saul Bellow's "Herzog" obsessively, almost continuously, calling it his "literary caffeine." "The language of that book, which is to my mind Bellow's greatest achievement, reminds me of what I'd like to be doing," Eugenides said.Revisiting an old favorite can enrich your appreciation of it — or destroy it. Saricks says she was "horrified" when she went back to Hemingway. Mystery writer Lawrence Sanders loved reading James T. Farrell as a child, but as an adult found the prose "leadens." Minot had an even more disappointing reunion with Thomas Wolfe's verbose "You Can't Go Home Again." "I read that in high school and it was incredible," she said. "But when I looked at it again, I thought, 'Oh, no.' It didn't hold up. I read just one page and I quickly closed up the book." Bible paper is an extremely thin, lightweight, opaque printing paper with a basic size of 25x38 inches. This specialty paper is generally made from 25% cotton and linen rags or flax. It is a premium grade of book paper that typically has a long life. Its thinness and light weight make it ideal for use in large books with many pages including dictionaries and encyclopedias, which would be bulkier and heavier if they were printed on lesser grades of book paper. Bible paper is suitable for offset printing — specifically text, four-color process, tritone, and duotones. Digital files are created as they are for any weight of paper, and images can be printed with the usual screen settings. However, where heavy ink coverage is called for, graphic artists (or their commercial printers) should use under color removal on the images. Because it is so lightweight and thin, this paper is difficult to work with. It is hard to handle and easily damaged. Extreme care must be taken with it at every stage of the production process. Because of this, printed projects destined for bible paper often carry a price premium to cover the additional handling and spoilage that occur. Bible paper comes in three grades: groundwood, free sheet and blended. Groundwood — used in economy Bible editions. It has a brownish color to it, and the paper becomes yellow and brittle in time. It is thicker than the other two grades of bible paper and it not recommended for high-quality projects.Free Sheet — the grade most often used in Bibles. The paper is whiter than the groundwood grade, and it contains wood. To increase the opacity necessary for such thin paper, titanium dioxide is added to the paper to refract light. This paper is thinner than groundwood and costs more. However, it is recommended for most uses.Blended — paper relatively new in the market. It has wood, rather than titanium dioxide, for opacity. It is difficult to tell the blended grade from the freesheet grade. Because it is new, no information is available on its longevity. Because it is so thin, the sheets of bible paper are not as stiff as most papers, and the page edges may curl. Also, opacity (or lack thereof and any accompanying bleed-through) is a major concern when using bible paper. If you are tasked with choosing bible paper, the safe choice is free sheet grade bible paper. Some suppliers may refer to it as India paper. Look for a commercial printer that specializes in working with this paper. In addition to Bibles, this paper is used for other types of publications. Typical uses include large books and: Prayer booksHymnalsDictionariesEncyclopediasInsurance rate booksDeluxe guides Thanks for letting us know! Get the Latest Tech News Delivered Every Day Subscribe Tell us why! You know the Bible, but how much do you KNOW the Bible? There are several key and famous passages from the Holy Book, but did you pay enough attention in Sunday school to be able to guess which books those passages came from? In this quiz, we'll test your knowledge of the Scripture. We're separating the casual Bible readers from the Bible know-it-alls! "For the law was given by Moses, but grace and truth came by Jesus Christ." John 1:17. To be exact. Yah, Moses brought us the Ten Commandments, but grace and truth come from Christ. There you have it. "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me and gave himself for me." Galatians 2:20. A little complicated, isn't it? That's the Bible for ya. "Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen." Matthew 28:20. He is with us always! Hallelujah! "But he was wounded for our transgressions, he was bruised for our iniquities; the chastisement of our peace was upon him, and with his stripes we are healed." Isaiah 53:5. There are no books of Isadora, Isabella or Isaac, but perhaps there should be. . . "But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear." 1 Peter 3:15. Meekness and fear don't necessarily inspire hope in most, but in the Believers they do!! "For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them." Ephesians 2:10. We are his workmanship! And he was a carpenter, after all. So, we are masterpiecees. "Now faith is being sure of what we hope for and certain of what we do not see." Hebrews 11:1. However cool it would sound for this quote to be from the Book of Traitors! Alas, it is not. "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved." Romans 10:9. There is no Book of Persians, but that would be a seriously fascinating read! "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." 2 Timothy 1:7. Okay, that one was pretty obvious. It only proves that you have a sound mind. "My brethren, count it all joy when ye fall into divers temptations;" James 1:2. It certainly is joyful to fall into temptation! Thank you, James, for saying that. "Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much." James 5:16. Good ole James again. He had all the best sayings. Pray: as often as possible. "For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin." Hebrews 4:15. If only it were from the Book of Thunder! But, Hebrews it is. "It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard: that went down to the skirts of his garments;" Psalms 133:2. That's a lot of precious ointment poured on his head... "Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him." James 1:12. Stay away from temptation, folks. James says it over and over again. "Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;" Colossians 3:12. "Bowels of mercies." There's something to think about. "Then he answered and spake unto me, saying, This is the word of the LORD unto Zerubbabel, saying, Not by might, nor by power, but by my spirit, saith the LORD of hosts." Zechariah 4:6. Do not get Zechariah confused with Zerubbabel. It's a common mistake. "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." John 3:16. This one is probably the most famous. If you got this wrong and chose Jose, you need to get to church. "For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end." Jeremiah 29:11. Yes, the end is expected. Go with the Lord! "In all thy ways acknowledge him, and he shall direct thy paths." Proverbs 3:6. Let Him direct your path. I promise, it's a lot easier. "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith," Galatians 5:22. A beautiful quote, but certainly not from the Book of Germicide, or the Book of Galactica. "For all have sinned, and come short of the glory of God;" Romans 3:23. Everyone has sinned. It's the truth. We're human. "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Philipians 4:8. This should be called the Book of Whatsoever. "But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." Isaiah 40:31. Wouldn't it be nice if we all had wings of eagles? "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you." Matthew 6:33. Another beautiful quote from the Book of Matthew, a book whose name we can actually pronounce. "Casting all your care upon him; for he careth for you." 1 Peter 5:7. This is also a good quote to remember on Father's Day. "But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth." Acts 1:8. Not from the Book of Consequences! "Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life." John 5:24. Verily, verily, life is but a dream! "And we know that all things work together for good to them that love God, to them who are the called according to his purpose." Romans 8:28. This is quite a famous quote, and if you don't know it, your grandmother is furious with you. "In the beginning God created the heaven and the earth." This is the quote that started it all, literally. Genesis 1:1. "Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost;" Matthew 28:19. "Go ye!" This phrase must be used more often. "For by grace are ye saved through faith, and that not of yourselves: it is the gift of God;" Ephesians 2:8. Did you think this was from the Book of Erica? If so, you need to buy a Bible. "Trust in the LORD with all thine heart; and lean not unto thine own understanding." Proverbs 3:5. Wouldn't we all be better off if we didn't lean unto our own understanding? "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." Romans 12:1. Not from the Book of Spies! But that would be seriously awesome. "For I am with thee, and no man shall set on thee to hurt thee: for I have much people in this city." Acts 18:10. Every New Yorker should recite this quote. "I can do all things through Christ which strengtheneth me." Philipians 4:13. Everyone needs some strength. And according to Philipians, we can get it through Christ. Amen!

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