
A BOOK IS A TREASURE OF THOUGHT AND A LIGHT OF THE HEART

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Abstract: This article analyzes the role of book reading in human life, its importance in enhancing intellectual potential, and how enhancing the psychological culture of reading is one of the most pressing tasks of today.

Key words: book, reader, reading, spirituality, human, education and upbringing, youth, knowledge, relevant.

Throughout the history of human development, the book has always served as the primary source of knowledge and thinking. A book is not just a collection of sheets of paper, but a treasury of wisdom, experiences, discoveries, and ideas accumulated over generations. It makes an invaluable contribution to a person's understanding of themselves, the surrounding world, the enrichment of their worldview, and spiritual growth. As the great thinker A. Navoi said, "A book is a selfless teacher and an inexhaustible source of knowledge." Even in today's era of globalization and information technology, the importance of the book has not decreased at all, but is manifested in new forms and continues to serve humanity.

Thinking is the process of a person's knowledge, understanding, and evaluation of reality. The book is one of the most important factors in this process. Through reading a book, a person not only acquires new information but also learns the author's way of thinking, logic, and worldview. This develops the student's ability to think critically and allows them to approach events from all sides. As the reader engages with the book, they bring certain images, ideas, and feelings to life in their mind. This process activates the creative and analytical parts of the brain, strengthening imagination and memory. In particular, reading fiction increases a person's empathy, helps them understand the feelings of others, and shapes moral values. Philosophical and scientific books, on the other hand, develop a person's logical thinking, problem-solving skills, and the ability to find solutions.

Today, the development of information technology, particularly the emergence of the internet and electronic books, is giving a new character to the culture of book reading. Books in digital format (e-books) have created unparalleled conveniences for readers - they can be read anywhere and at any time. However, the unique charm of a traditional paper book, its scent, the rustle of its pages, and the feeling of holding it in one's hands are still invaluable to many.

In fact, digital books create new possibilities for reading rather than traditional book reading. The main thing is to preserve a person's desire for knowledge and a culture of reading. Schools,

universities, and libraries should play a key role in this. They should conduct various events to promote reading and introduce the new generation to books.

Reading books not only enhances an individual's knowledge potential but also strengthens their critical thinking skills, information analysis, and independent decision-making skills. Therefore, the promotion of reading is at the center of the state's socio-cultural policy, as it is of strategic importance for preserving national values and the spiritual development of the younger generation. In this regard, legal documents aimed at the development of reading are also being adopted at the state level. At the same time, Resolution of the President of the Republic of Uzbekistan No. PP-9 dated January 15, 2026, "On measures to develop reading culture and increase interest in reading among the population," was adopted. According to it, in 2026-2030, the goal was set to increase the reading level of the population to an average of 10 books per person per year. Starting from 2026, advertisements for books and reading will be placed in the media free of charge or at a discount as social advertising. Mahalla-level competitions: Competitions such as "The Most Reading Mahalla" and "The Most Reading Family" are held within the mahalla system, and libraries are being established for the winners. In recent years, "Bilim Ol" and "Kitapp" platforms and IT solutions have been implemented to adapt reading to modern requirements. Through these projects, audio and electronic versions of world literature are provided to the population through mobile applications. In libraries, parks, bus stops, and public places with QR codes, it is possible to download books for free using special QR codes. In accordance with the new resolution, a system has been established for awarding authors of the best works of art with a prize in the amount of 100 times the BCA and publishing their works in 5,000 copies at the expense of the state. In particular, among the five important initiatives put forward by our esteemed President Shavkat Mirziyoyev, the promotion of reading among the population, especially the youth, has been elevated to the level of state policy.

Book reading is not only a means of gaining knowledge but also the most powerful force shaping human spirituality. Since the creation of man, he has felt the need to exchange information and accumulate knowledge. No more effective means of satisfying this need has yet been discovered than a book. Today, in the age of information technology, books have not lost their value. For a book is a golden bridge connecting the past with the future. Reading a book is not just a way to pass the time; it is a process of deep reflection. In order to ensure the implementation of the Resolution of the Head of State No. PP-3271 dated September 13, 2017 "On the Program of Comprehensive Measures for the Development of the System of Publishing and Distribution of Book Products, Increasing and Promoting Book Reading and Reading Culture" In educational institutions under the jurisdiction of the Ministry of Public Education, fostering a love for books and the formation of independent learning skills among students has been identified as one of the priority tasks, and a number of works are being carried out in this direction.

The formation of the younger generation—our future—as comprehensively developed individuals, finding the right path to the hearts of young people in education and upbringing, and guiding them toward science, creativity, and creation are among the primary urgent tasks. One of the main principles of our state policy is the upbringing of deeply thinking, capable, and perceptive individuals with a broad worldview. The earlier and more purposefully the educational process is organized, the more effective its results will be, as proven by world experience and the life of our nation.

Books not only provide a person with information, spiritual nourishment, and meaningful leisure time, but also equip them with the life experience of humanity. Books, especially classical literature and enlightenment works, play an important role in the formation of human spirituality. The noble ideas, national and universal values, and historical experiences reflected in them call a person to goodness, justice, and nobility. Through books, people understand their

past and national traditions, and at the same time, they become acquainted with universal human principles. This will help determine their place in life.

We can say that increasing the interest of young people in books and fostering a reading culture has become an important task not only for educators and parents but for society as a whole. In this regard, today we are directly witnessing various events organized in all spheres that promote reading and encourage reading not only among young people but also among the middle-aged and elderly. Systematic and effective organization of promotional work to increase book reading and reading culture, and in this regard, the wide organization of high-level selection and retrospective stages of competitions among readers, librarians, and promoters, such as "The Most Reading School", "The Most Reading Mahalla", "The Most Reading Family", "The Most Active Librarian", and the participation of thousands upon thousands of book lovers are gratifying.

In our country, the "Republican Young Reader Contest" has been traditionally held since 2017. This competition was organized at the initiative of the Youth Union of Uzbekistan to raise the spirituality of youth and widely promote reading. From the very first years, the awarding of Presidential gifts—cars—to the winners of the competition sharply increased interest in it. The improvement and state-level status of the competition are strengthened by the following documents.

On May 12, 2018, Presidential Resolution No. PP-3721 "was adopted on the organization of reading competitions among young people in order to widely study and promote the creative heritage of our great scholars, writers, and thinkers" December 14, 2020, by Resolution of the Cabinet of Ministers No. 781

"The National Program for the Development and Support of Reading Culture for 2020-2025" has been approved. Since the start of the competition, hundreds of thousands of young people have participated in 2017-2018, and in recent years (2023-2025), the number of applications has exceeded 800,000. Total to date

More than 17 young readers became absolute winners of the republican stage and received their cars. Since 2018, the youngest age category of 10-14 has been officially included in the competition in accordance with the requirements of young readers, which serves to awaken an early love for books among readers. By 2026, social benefits and financial support for authors in this field will become even stronger.

Conclusion. A book is an ancient and eternal treasure of human thought. It is the key to knowledge, spirituality, and perfection. It is known from history that societies that pay attention to books have always been developed, educated and cultured people have grown up. Therefore, reading books remains a necessary and continuous process for increasing the intellectual potential of every individual and society as a whole, ensuring their spiritual growth.

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