

Read Every Day in November

Reading guide



Do it your way

There's no set amount to read. Whether it's a few pages, a chapter or a few minutes of an audiobook, make the challenge work for you.

Find moments to read

Think about where reading could fit naturally into your day. You could read during your commute, on your lunch break or before bed, or listen to an audiobook while walking, travelling or doing everyday tasks.

Make a plan

Use your challenge calendar to plan when you'll read and track your progress.

Team up

Read with friends, family or your children, or start a book club. Share recommendations, motivate each other and raise money together to power progress for people affected by cancer.

Swap scrolling for stories

Try picking up your book whenever you would usually reach for your phone. It's a simple way to make reading part of your daily routine.

Find your next great read

Still choosing your book? Browse pre-loved titles at your local Cancer Research UK shop or [explore our online range](#). From page-turning stories and inspiring biographies to mindfulness reads and children's books, there's something for every reader!

Find your nearest shop at cruk.org/read-find-a-shop

Share your progress

Post updates and photos in the challenge Facebook group and let everyone know what you're reading. You might even help another supporter choose their next book!

