

No Shelf Required With E-Readers at Your Fingertips

With hectic schedules ruling the day, people often underestimate the importance of taking time to relax and recharge—even if for only a few minutes.

To that point, why not do so with a good book? Whether you're curled up on the couch after work or simply on your lunch break, eReading companies such as Kobo have enough options to keep you interested—and relaxed. No matter what age you are, there's something for everyone's taste or preference.

The 20s can be fraught with stress and tension. You've left the comfort of home, so now what? Consider books that will help direct you on your own path. There is "How to Be Interesting" by Jessica Hagy and "The Defining Decade: Why Your Twenties Matter—And How to Make the Most of Them Now" by Meg Jay.

The 30s might have you pondering marriage and family, in which case, "Smart Parenting for Smart Kids: Nurturing Your Child's True Potential" by Eileen Kennedy-Moore and Mark S. Lowenthal might be informative and invaluable reads. For a mind-candy read that's sure to entertain, try "Bridget Jones's Diary" by Helen Fielding.

By their 40s, people are looking for a little romance or a thrill. Books such as "Inferno" by Dan Brown, or "Committed" by Elizabeth Gilbert may have just the appeal you're looking for. In your 50s, the kids are (hopefully) out of the house, and you now have time to read and travel. To that end, "Still Alice" by Lisa Genova and "Live By Night" by Dennis Lehane could be the thing to toss in your suitcase.

The 60s, or Golden Years, mean retirement and the ability to enjoy the things you love most. Whether it's spending time with family, keeping fit, or curling up with a good book, there is "Beautiful Ruins" by Jess Walter or "Paris" by Edward Rutherfurd.

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