



# Counselling Workroom

## Healing Reading (Bibliotherapy)

Previously we mentioned that reading books can be a good activity when we make plans for staying at home.

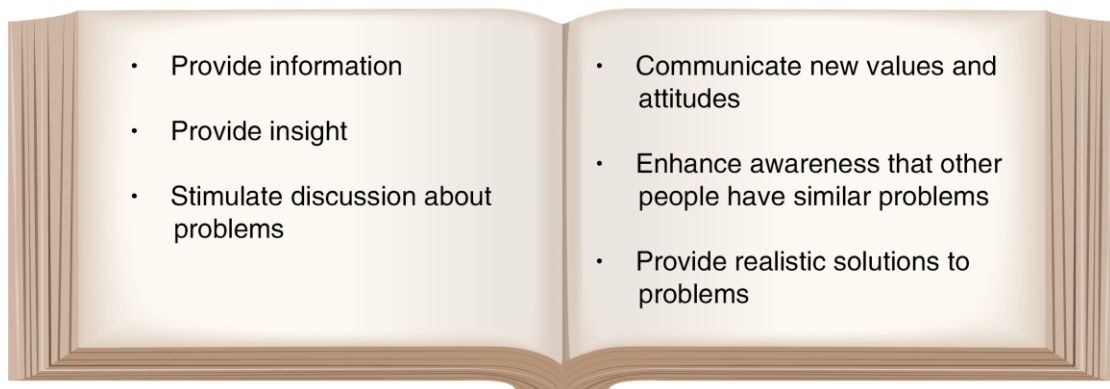
Therefore, we would like to introduce more about how reading can help us to grow and promote emotions management.

### What is bibliotherapy (or named as "healing reading' )?

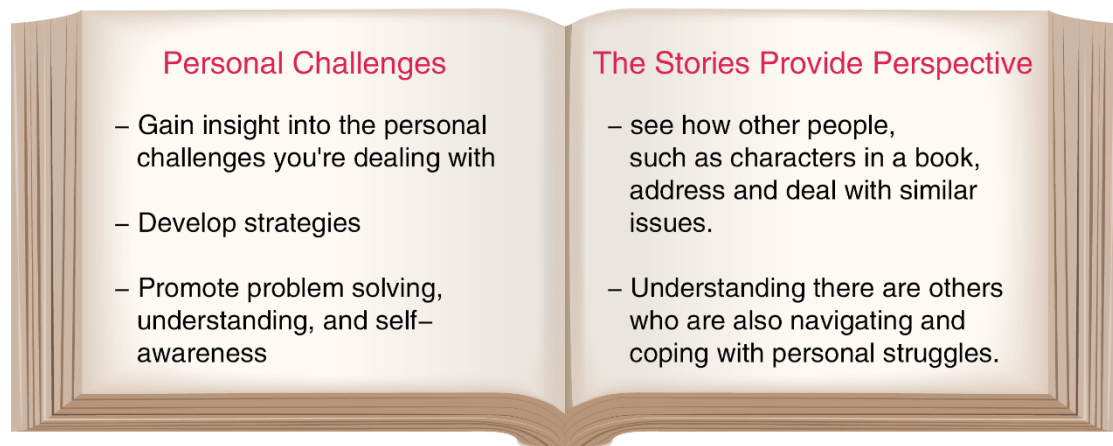
The underlying premise of bibliotherapy is that readers identify with literary characters similar to themselves, an association that helps the readers **release emotions, gain new directions in life, and explore new ways of interacting** (Gladding & Gladding, 1991). Teenage readers, for example, may **feel relief** that they are **not the only ones facing a specific problem**. They learn vicariously how to **solve their problems by reflecting on how the characters in the book solve theirs** (Hebert & Kent, 2000).

### Basic stages in bibliotherapy

Generally, activities in bibliotherapy are designed to:



## How Bibliotherapy Helps



If you are ready to borrow books to read, you are welcome to visit the below website to find a suitable book for yourself:

1. <https://www.lib.eduhk.hk/zh/e-books/#engebook>

Besides finding a book which is most suitable for you, we would like to recommend these books to you and hoping you can learn from it:

	<p><b>“Men are from Mars, Women are from Venus”</b></p> <p>Why is it so difficult for men and women to get along? In this phenomenally popular and effective work, Dr. John Gray illustrates how differences in communication styles, behavior, and emotional needs can drive the two sexes apart, and offers ways to help keep them together. By giving us insight into the opposite sex, Dr. Gray shows how we can build loving, mutually fulfilling relationships.</p>
	<p><b>“The Art of Loving”</b></p> <p>Most people are unable to love on the only level that truly matters: love that is compounded of maturity, self-knowledge, and courage. As with every art, love demands practice and concentration, as well as genuine insight and understanding.</p> <p>The Art of Loving, renowned psychoanalyst and social philosopher Erich Fromm explores love in all its aspects—not only romantic love, steeped in false conceptions and lofty expectations, but also brotherly love, erotic love, self-love, the love of God, and the love of parents for their children.</p>