



Bibliotherapy in the time of Quarantine

By Lee Weiser

Can reading make you feel better? Bibliotherapy is the practice of reading for therapeutic purposes that can work faster than listening to music or drinking a hot cup of tea. There is always something new to learn and understand, another cycle to embrace. Below is a curated list of seven informative books, full of adventure and discovery, that are psychologically relevant to the strange times we are living in.

Breath: The New Science of a Lost Art (2020) James Nestor

Breathing is an extraordinary act that affects every organ in the body and Nestor has documented the cutting-edge science that supports the ancient practice of pranayama. Nitric oxide produced in the nose is a powerhouse chemical that stimulates the sympathetic nervous system and relaxes the smooth muscles. The art of breathing slow, less, and through the nose is already becoming big business, generating apps and medical devices, but a stripped-down approach is as good as any.

The Viral Storm: The Dawn of a New Pandemic Age (2011) Nathan Wolfe

A timely read that explains the roles that viruses have played in human evolution and offers a vision of the way we can overcome catastrophic pandemics by having an active public health mindset that includes widespread risk literacy. The good news is that we have the scientific tools and know-how to build a workable global immune system.

Why the World Doesn't End: Tales of Renewal in the Times of Loss (2012) Michael Meade

A classic book by a master storyteller that points to creativity and renewal in troubled times when nature and culture are threatened.

If Women Rose Rooted (2016) Sharon Blackie

This book offers insight into how deeply enmeshed we are in the web of life on this planet and teaches that facing up to what is broken and dysfunctional in our lives, and in

the world, is the first step toward change. Flinch, the author says, but don't look away, don't feel helpless, because it is hard to care for what you don't know.

***The Beauty in Breaking: A Memoir* (2020) Michele Harper M. D.**

Dr. Harper recounts the tale of her residency in the E. R. of a large hospital in Philadelphia as her patients teach her about life and death, and recuperation and recovery.

***Finding Freedom: How Death Row Broke and Opened My Heart* (2020) Jarvis Jay Masters**

A collection of stories, essays, poems, and letters originally written by death row inmate Jarvis Masters. In a place where there is so much pain, despair, anger, deprivation, and hopelessness, facing death has opened him up and he has emerged as a gentle person who devotes his inner life to compassion and the attempt to end suffering wherever he is able.

***Triggers: How we can Stop Reacting and Start Healing* (2019) David Richo**

Triggers are internal hooks, rooted in past experience, that set off uncomfortable emotional reactions in present time. Neuroscience, philosophy, and mindfulness lay out tools that help heal past wounds and create alternative responses to life's difficulties.