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Bibliotherapy

by Vinaya K. F.

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About the Book

Books have the unique ability to inform, inspire, comfort, and transform. This book explores this powerful relationship between literature and well-being through the concept of bibliotherapy—the intentional and purposeful use of selected literature to support emotional healing, psychological well-being, personal growth, and positive change. Designed as a comprehensive academic and practical guide, the book brings together the theoretical foundations, history, therapeutic benefits, principles, processes, ethical considerations, research evidence, and practical applications of bibliotherapy. It is written from a multidisciplinary perspective, making it useful for nursing and healthcare students, educators, nurses, counselors, mental health professionals, librarians, researchers, and anyone interested in the therapeutic potential of reading. Organized into twenty chapters, the book follows a systematic progression from basic concepts to advanced applications. The opening chapters introduce the meaning, significance, history, benefits, and theoretical foundations of bibliotherapy. The subsequent chapters examine different literary genres and explain how reading can contribute to emotional, psychological, educational, and developmental well-being across the lifespan. The book also provides a practical understanding of the bibliotherapeutic process, including assessment, selection...

About the Author

Vinaya K. F.: Vinaya K.F. is a Mental Health Nursing professional at Amala College of Nursing, Thrissur. She completed her B.Sc. Nursing from the Government College of Nursing, Thrissur, Kerala, India.

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