



### Rethinking Therapeutic Reading

Lessons from Seneca, Montaigne, Wordsworth and George Eliot

By Kelda Green, Foreword by Michael Wood

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**Exclusive:** WORLD

A reconsideration of the role that serious literary reading might play in the real world.

'Rethinking Therapeutic Reading' uses a combination of literary criticism and experimental psychology to examine the ways in which literature can create therapeutic spaces for personal thinking. It reconsiders the role that serious literary reading might play in the real world, reclaiming literature as a vital tool for dealing with human troubles.

#### Readership

Serious readers of literature, students and academics within the fields of English literature, psychology, medical humanities, public health and philosophy. Mental health practitioners and those interested or involved in the arts and health/well-being agenda.

#### Key selling points

- Practical: seeks to take literary study out into the world and examine its practical applications, particularly in relation to the increasingly urgent topic of mental health and well-being
- Original: consists of innovative research using experimental psychology to examine individual reading acts
- Contemporarily significant: argues for the wider value of individual literary reading in modern society
- Valuable: empirically tests the real-life value of literature on modern readers

#### Contents

Introduction; Part One: Four Models; I. Senecan Tragedy and Stoic Philosophy; II. Therapy and the Essay: Montaigne, after Seneca; III. Therapy and Poetry: Wordsworth, after Seneca; IV. Therapy and the Novel: George Eliot, after Wordsworth; Part Two: Three Experiments; V. Experiment One: First Impressions; VI. Experiment Two: Slowing Down and Tuning In; VII. Experiment Three: Writing Back; Conclusion; Index.

#### About the Author(s) / Editor(s)

Kelda Green completed her PhD at the University of Liverpool's Centre for Research into Reading, Literature and Society in 2018.

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