

BIBLIOTHERAPY



'Book My Mind' is delivered by LJMU SAW's Counselling Team in collaboration with LJMU Library Services
ljmu.ac.uk/bookmymind

Please see list below of Book My Mind groups running throughout the year. To book a place please visit saw.ljmu.ac.uk.

Date	Theme	Book
21 st January 2021	Body Image, Identity & Sexuality	Starving In Search of Me: A Coming- of-Age Story of Overcoming An Eating Disorder and Finding Self- Acceptance by <i>Marissa LaRocca</i>
18 th February 2021	Mindfulness	Become More Mindful in a Day for Dummies by <i>Shamash Alidina</i>
4 th March 2021	World Book Day Celebration of writing & literature with guests from Writing on the Wall. https://www.writingonthewall.org.uk/	
15 th April 2021	Bereavement	Love, Interrupted: Navigating Grief One Day at a Time by <i>Simon Thomas</i>
13 th May 2021	Addiction	Rational Recovery: The New Cure for Substance Addiction by <i>Jack Trimpey</i>
10 th June 2021	OCD	Touch and Go Joe: An Adolescents Experience of OCD by <i>Joe Wells</i>

These groups have been developed to complement the 'Book My Mind' initiative. You do not need to have read the book to attend. These groups will be a way of exploring your feelings around a particular book/subject with a chance to voice your thoughts and an opportunity to provide support to others. Where appropriate some groups may also be attended by members of local organisations/community. For more info visit www.ljmu.ac.uk/bookmymind