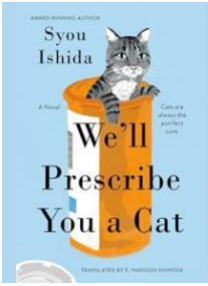
Discussion Guide



We'll Prescribe You a Cat
Syou Ishida

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Complementary and Integrative Medicine

Summary

Tucked away in an old building at the end of a narrow alley in Kyoto, the Kokoro Clinic for the Soul can only be found by people who are struggling in their lives and genuinely need help. The mysterious clinic offers a unique treatment to those who find their way there: it prescribes cats as medication. Patients are often puzzled by this unconventional prescription, but when they "take" their cat for the recommended duration, they witness profound transformations in their lives, guided by the playful, empathetic, occasionally challenging yet endearing cats.

Questions

1. How can cats and other animals positively impact human lives, offering comfort, companionship, and even healing?
2. How do you feel about the idea of prescribing cats as a form of therapy? Is it realistic or fantastical?
3. Which character's story resonated most with you? What did you learn about their struggles and how they found resolution?
4. How did the cats in each story impact the lives of their "patients"? Did they simply offer comfort, or did they play a more active role in their healing?
5. What questions does the book leave unanswered about the clinic and its staff? Do you think there's a deeper meaning to the magical elements?
6. How do your own experiences with pets or animals compare to the stories in the book? Have you ever felt that an animal played a significant role in your life?
7. The book touches on themes of animal welfare and the responsibility of pet ownership. How do these themes resonate with you?
8. How does the book reflect Japanese culture and values? Are there any aspects of the stories that stand out as unique or surprising?
9. What was your overall impression of the book? Did it leave you feeling hopeful, contemplative, or something else?

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