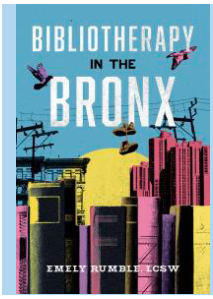
Discussion Guide



Bibliography in the Bronx
Emely Rumble LCSW

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Health Literacy

Summary

In *Bibliotherapy in The Bronx*, Emely Rumble offers readers a glimpse into her journey as a psychotherapist in the Bronx, where she has spent over 14 years using books to help clients navigate complex emotions, heal from trauma, and find their voices. Drawing from her personal and professional experiences, Rumble intertwines storytelling with therapeutic insights to reveal how reading can be a potent tool for self-discovery, emotional transformation, and social change.

Questions

1. Had you heard of or engaged with the practice of bibliotherapy before reading this book? If so, how did your understanding of it compare to the way it was portrayed by the author?
2. What do you think is particularly significant about this book?
3. Share a favorite quote from this book. Why did you choose this quote?
4. Rumble shares how she uses children's books with adults in her practice, stating, "Incorporating the use of books that adults enjoyed as children allows the inner child to take stage" (Pg. 59). Revisiting children's books serves as a powerful tool for reflection, allowing readers to draw connections between past and present experiences to better understand thoughts and behaviors. What are some books from your childhood that left a lasting impression? How do you think they shaped who you are now?
5. If you could ask the author of this book one question, what would it be?
6. Rumble describes libraries as the "lifeblood of our community" (Pg. 38), as they are accessible, inclusive spaces that serve as knowledge hubs, a platform for community organizing, and provide essential resources beyond book lending. From her reflection at the end of chapter 2, I'd like to pose this question: Reflect on your personal experiences with the public library. How has the library served as a bridge to well-being in your life? Consider the books, programs, or resources that have had a significant effect on your overall well-being.
7. Does the author offer solutions in this book to societal problems? How would you describe
8. the author's call to action?
9. Rumble says, "When we are reading, we are healing." The act of reading for pleasure can be a healing practice, help build connections, and provide a sense of belonging. Can you tell us about the last book you read that felt healing for you? What about it brought you comfort, clarity, or connection?

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