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To read is golden

Judit Béres started as an English major at the UP, but eventually became a literary therapist. "When I applied to university, I was torn between two options: literature and psychology. Towards the end of my studies, I realized that I was interested in a mixture of the two: helping people, but not necessarily in teaching Hungarian, so I managed to add "literature" to my helping profession. Recently, her practice-focused literary therapy reading book "Life Between the Lines" was published by Libri Publishers, but she also appears on Tilos Radio's bi-weekly literary therapy show Straight Labyrinth.

How do you see attitudes towards reading changing? They read in my own bubble.
We've been getting more and more carried away lately. Activities like reading and writing take time. I use them therapeutically, you have to stop and pay attention. Many people are willing to slow down because they feel that the way they are living is not necessarily good. Often people who don't read realise how much reading can give. First of all, self-awareness. Reading together, talking about it, creating our own writing, all of that leads us towards self-knowledge. Even those who are adrift in the world and don't read, or don't think they have anything to do with literature, can discover the benefits of reading through such methods.