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"I do not write, I do not read"

Judit Béres started as an English major at Pthe 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." Her practice-focused literary therapy reading book, "Life Between the Lines", was recently published by Libri Publishing, but she also appears on Tilos Radio's bi-weekly literary therapy show, Straight Labyrinth. The second part of our conversation on reading.

It's a common belief today that people don't read, they don't have the time or energy... They are only capable of passive reception and phone tapping, or a combination of both. Watching TV while chatting and checking who has liked your dinner photo. We're talking about multifocus, parallel activities.

That's right, I think it's about attention. We learn to pay attention in different ways, we learn to read in different ways, like comment sections. I have adults in my environment who spend hours reading what other people have commented on. They even join in sometimes. Instead of doing something more meaningful, but actually it's part of learning about the world today.