

Bibliotherapy from Whispered Word

Books that inspire Hope:

A Prayer for Owen Meany, *A Country Doctor's Notebook*, *Odes to Common Things*, *Kite Runner*, and *All the Light We Cannot See*

Healing from Romantic Break-up

Heart in a Box, Greg Behrendt's *It's Called a Breakup Because It's Broken*, *Bridget Jones's Diary*, Nora Ephron's *Heartburn*, and *Porn for Women* by Cambridge Women's Pornography Cooperative

Hoarding and Decluttering

Spark Joy: An Illustrated Master Class on the Art of Organizing and Tidying Up by Marie Kondo; Lisa Jewell's *The House We Grew Up In*; *The Little Book of Hygge: Danish Secrets to Happy Living* by Meik Wiking; and *Coming Clean* by Kimberly Rae Miller

Adoption

Shilpi Somaya Gowda's *Secret Daughter* down from the shelf. She also retrieved copies of John Irving's *Cider House Rules* and Louisa May Alcott's *Eight Cousins*. She then moved to the children's section and added *Tell Me Again About the Night I Was Born* by Jamie Lee Curtis, and Anne Bradzinsky's *The Mulberry Bird*. She finished with Ann Fessler's *The Girls Who Went Away: The Hidden History of Women Who Surrendered Children for Adoption in the Decades Before Roe v. Wade*.