

Your Name

Mrs. Andrusiak

English 12: College Prep

Day Month Year

Annotated Bibliography: Research Question?

Dovey, Ceridwen. "Can Reading Make You Happier?" *The New Yorker*. Condé Nast, 9 June 2015, www.newyorker.com/culture/cultural-comment/can-reading-make-you-happier.

Accessed 27 Feb. 2017.

Dovey's article discusses the benefits both of reading and of bibliotherapy.

Through a personal anecdote and empirical evidence, she points out that reading has been linked to greater empathy and lower stress levels, ultimately claiming that reading, especially reading with a purpose, is a kind of therapy. She frames these ideas within her surprisingly positive personal experience with bibliotherapy.

The purpose of this piece is to introduce the idea of bibliotherapy, but also to convince the reader that both reading and bibliotherapy are beneficial. Dovey explains her negative attitude toward bibliotherapy when she first started her sessions and takes her readers through the mental transformation she went through thanks to the books recommended by her bibliotherapist. Because of this, and because she provides a counterargument for the idea that there is a correlation between reading and empathy, Dovey's article does not appear to be so biased as to be not credible. However, her opinion that reading is beneficial is present.

This source will be useful to my Research Essay in the sense that I will use the empirical data Dovey provides and mention the idea of bibliotherapy. Prior to reading this article, I had never heard of bibliotherapy as a legitimate form of therapy, so Dovey's piece made me aware of a new way in which books are being used to help people through difficult times in their lives. I will use the information from this article to demonstrate ways in which literature is currently being used to help people and to support the idea that reading more may contribute to one's ability to empathize.