

Andrea Gerk

READING AS MEDICINE

Nothing is more healing than finding the right book.



Reading As Medicine
Kein & Aber, September 2021
352 pages, Hardcover

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Books can give comfort, hold up a mirror, offer refuge, change perspectives, give meaning, ignite passion and heal diseases. But how does this over-the-counter medicine for life's small and large problems work, already prescribed by Doctor Erich Kästner in his book *Lyrische Hausapotheke*?

Andrea Gerk set off a search of answers – to a hospital, a monastery and a prison. She is prescribed novels by bibliotherapists and has her brain analysed by neuroscientists while reading poems. She interviews writers and browsed countless books. All to track down the mysterious effect of reading.

»You can hardly wish for a better argument to read.« BRIGITTE

»Reading As Medicine should find a place at the top of the bestseller list.«
DER SPIEGEL

»Terrific. This book is a gift to all passionate readers.« BOOKS MAGAZINE



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ABOUT THE AUTHOR

Andrea Gerk, who was born in 1967, is a writer and presenter for public radio. She has written *Lesen als Medizin* (2015) and *Lob der schlechten Laune* (2017) and co-written, *Fünfzig Dinge, die erst ab fünfzig richtig Spaß machen* (2019) and *Ich bin da mal raus* (2021) with Moni Port. She lives in Berlin with her family.

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