

Scottish Book Trust

**“The Benefits of Reading for
Mental Health and Wellbeing
or
Why sharing Stories is
our secret superpower”**

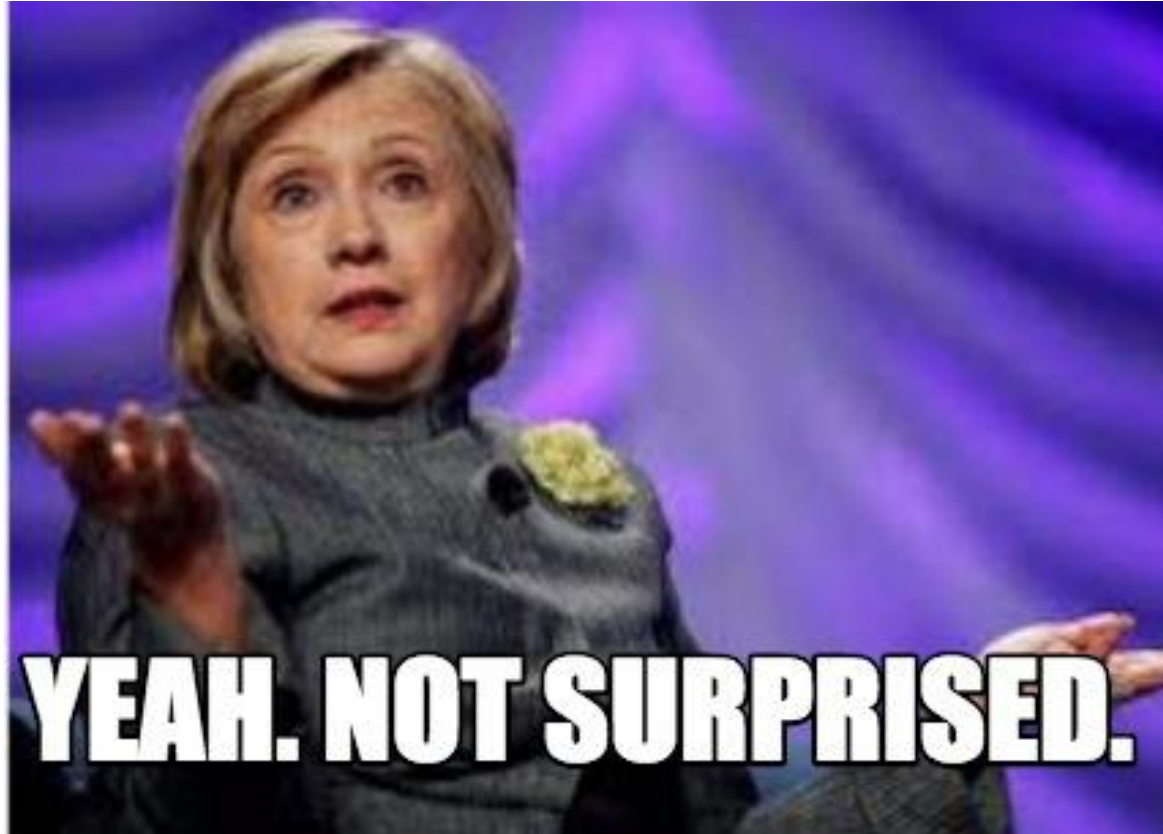
Sharing Stories: our secret superpower



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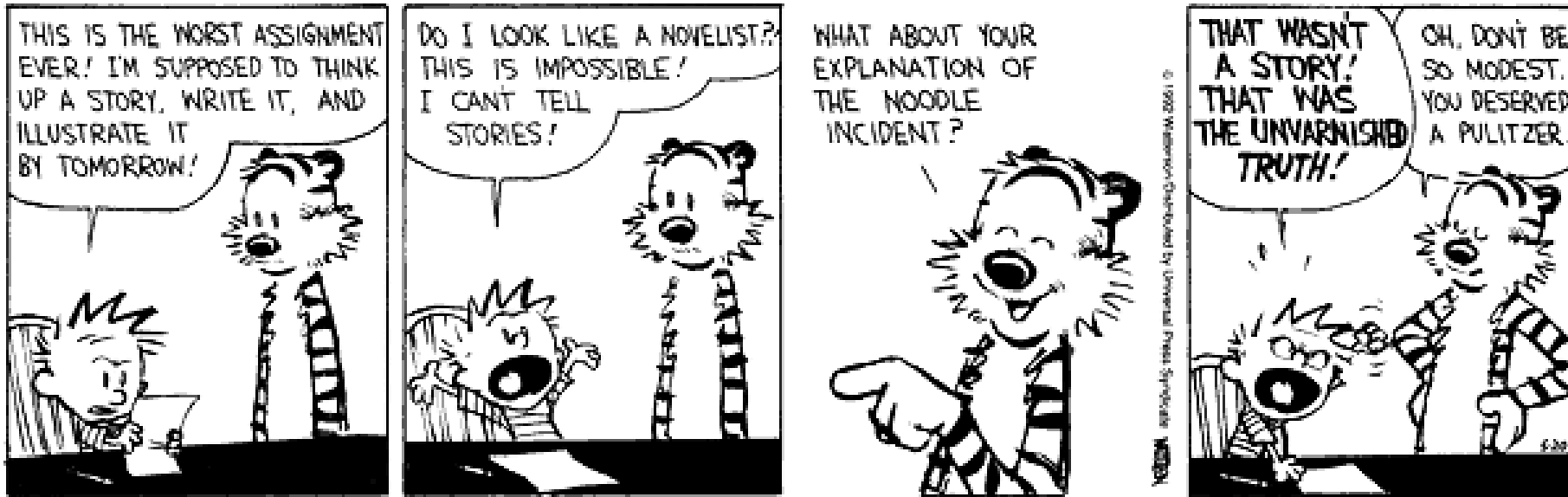


As a child, little Henry Jekyll would often change himself into a big, red-haired delinquent that parents in the neighborhood simply dubbed "that Hyde kid."

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Bill Watterson

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Reading Makes You Happier



Sharing Stories: our secret superpower



Yevgenia Nayberg

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Vera Anderson/Wire Image

Sharing Stories: our secret superpower

Yes, the stories are dangerous, she was right. A book is a magic carpet that flies you off elsewhere. A book is a door. You open it. You step through. Do you come back?"

"Books, for me, are a home. Books don't make a home – they are one, in the sense that just as you do with a door, you open a book, and you go inside. Inside there is a different kind of time and a different kind of space."

"That is what literature offers—a language powerful enough to say how it is. It isn't a hiding place. It is a finding place."

Jeanette Winterson, "Why Be Happy When You Could be Normal?"