

The Psychotherapy Taking Books as Medicines Solving the Psychological Distress of College Students by Reading Therapy

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The Psychotherapy Taking Books as Medicines Solving the Psychological Distress of College Students by Reading Therapy

Authors

Yang Zhi

Corresponding Author

Yang Zhi

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reading therapy; treatment principle; specific measures

Abstract

Reading therapy is a method for treating mental illness and solving psychological problems by reading books. It emphasizes helping readers solve negative emotional distress by reading books or touching other information materials to achieve a balance between body and mind. This paper analyzes the concept and treatment principle of reading therapy, and explores how to use it to help college students get out of psychological distress in combination with specific examples.

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