

心靈療癒文學

【Healing Literature】

Themes

- ▶ (background) Why do people burn out?
- ▶ the therapeutic power of walking and food: a flaneur and city walker
- ▶ the therapeutic power of cafes -- "Telegrams of the Soul":
Selected Prose of Peter Altenberg
- ▶ Is shopping therapeutic? Discuss "Confessions of a Shopaholic."
- ▶ Finding creativity and its (therapeutic) power: "A Room of One's Own"
- ▶ Finding solace and a sense of peace: "The Remains of the Day"