Join Us! The Center for Contemplative Studies

"Literature and Health"

Wednesday, March 6, 3:00–5:00pm

Dr. Josie Billington
Reader, and Deputy Director, Centre for Research into Reading, Literature and Society
University of Liverpool

Dr. Billington specializes in Victorian literature and in research on reading and health. Dr. Billington has published extensively on the power of literary reading to influence mental health and well-being, particularly in the areas of depression, dementia, and chronic pain, and has engaged in research on reading in prisons, reading with children and families, and the psychology of reading.