

BOOK BRIDGES

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Theme:

When do you actually feel like you need friends?



July 14, 2026 (Tue) 16:20–17:50

West Library 2F Seminar Room

When do you actually think friends are needed?

- Many people have fond memories of playing with friends in childhood times.
- However, as we grow, our circle of friends keep changing.
- Have you ever wondered how many people you can truly call friends?
- How actually your friends are present in your life?
- Let's reflect further on our values by sharing ideas.

BOOK BRIDGES:

"Book Bridges" is a workshop where participants discuss their values through simple yet deep questions.

Using selected books around a common theme as a starting point, participants discover questions and engage in dialogue with others—conversations that have no "correct" answer.

So, why not use books as a bridge? To reflect on the values dormant within yourself and encounter unexpected perspectives shared by others?

The three elements of Book Bridges

- Dialogue: Sharing values based on examples and questions
- Discovering Questions: Finding your own unique ideas from books related to the theme
- Encounters: Connecting with people across academic disciplines, nationalities, and ages

Time Allocation

Book Bridges Process



First Question (Example)

When do you think you need friends? Why?

- Write your answer in this notebook.
- Present based on your notes.
- Ask questions, respond, and share impressions (dialogue).
- Become aware of your own perspective.

From Participants (Notes)

- Interesting
- Relatable
- Tell me more
- A new discovery
- Self-awareness

Finding Keywords

- Choose a book that interests you.
- Look at the cover, introduction, table of contents, etc.
- Pick keywords related to the theme.
- Write down words or sentences that caught your attention.

Creating Questions

- Create your own question based on the keywords.
- Compare with your own experiences.
- If stuck, add 'Why' at the beginning or end.
- Good questions invite different answers from different people.
- Try coming up with a lot of questions without overthinking it.

Questions I came up with

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Why did I create that question?

Sharing Questions

- Pick just one of the questions that you created within yourself.
- Write down the reason why you created it.
- Share that briefly within the group.
- Then select one another question for group discussion.

Discussion

- Discuss among all group members your questions/reflections.
- Write down what you thought/ how it felt.

Session 8 Reading List

1	Loneliness : human nature and the need for social connection / John T. Cacioppo and William Patrick ; : hard. -- Norton, 2008. Higashi-Hiroshima (West) West Lib / Stacks / Books 1000466781 141.6/C-11
2	Loneliness : theory, research, and applications / edited by Mohammadreza Hojat, Rick Crandall. -- Sage Publications, 1989. Higashi-Hiroshima (West) West Lib / Stacks / Books 1000308476 141.9/H-81
3	Women talk : conversation between women friends / Jennifer Coates ; : pbk. -- Blackwell, 1996. Higashi-Hiroshima (West) West Lib / Stacks / Books 1030419169 801/C-81
4	My friend, my friend : the story of Thoreau's relationship with Emerson / Harmon Smith ; : pbk.. -- University of Massachusetts Press, 1999. Higashi-Hiroshima (West) West Lib / Stacks / Books 1030440147 930.26/Sm-5
5	Modernity and self-identity : self and society in the late modern age / Anthony Giddens ; : pbk. -- Stanford University Press, 1991. Higashi-Hiroshima (Central) Central Lib 2F 9030400507 361.4/G-42
6	Essential concepts in sociology / Anthony Giddens & Philip W. Sutton ; : pb. -- 2nd ed. -- Polity, 2017. Higashi-Hiroshima (Central) Central Lib 2F 0100598372 361/G-42
7	Intense years : how Japanese adolescents balance school, family, and friends / Rebecca Erwin Fukuzawa and Gerald K. Le Tendre ; : pbk. -- Routledge, 2016. -- (RoutledgeFalmer studies in international and comparative education / Edward R. Beauchamp, series editor). Higashi-Hiroshima (Central)☒Central Lib 2F 0100595889 367.68/F-85
8	Lonely children and adolescents : self-perceptions, social exclusion, and hope / Malka Margalit ; : pbk. -- Springer, 2012. Higashi-Hiroshima (Central)☒Central Lib 2F 0100533191 371.45/Ma-51
9	Quality teaching : reflection as the heart of practice / Joelle K. Jay ; pbk. : alk. paper. -- Scarecrow Press, 2003. Higashi-Hiroshima (Central) Central Lib 2F 0130503441 375/J-29
10	Tokyo friends : Tokyo no tomodachi / by Betty Reynolds. -- C.E. Tuttle, 1998. Higashi-Hiroshima (Central) Central Lib 2F / International Student 0130477944 726.6/R-29
11	The friendly societies in England, 1815-1875 / Peter Gosden. -- Gregg Revivals, 1993. -- (Modern revivals in economic and social history). Higashi-Hiroshima (Central) Central Lib / Stacks / Books 1500407708 364/G-69
12	Friends and enemies : peer relations in childhood / Barry H. Schneider ; : hb, : pb. -- Arnold, 2000. -- (Texts in developmental psychology / series editor, Peter Smith). Higashi-Hiroshima (Central) Central Lib / Stacks / Books 2000448891 371.4/Sc-5

13	Making a friend in youth : developmental theory and pair therapy / Robert L. Selman and Lynn Hickey Schultz ; : pbk.. -- Aldine de Gruyter, 1998. -- (Modern applications of social work). Higashi-Hiroshima (Central) Central Lib / Stacks / Books 2000443274 371.45/Se-48
14	Best friends, worst enemies : understanding the social lives of children / Michael Thompson and Catherine O'Neill Grace with Lawrence J. Cohen ; : pbk. -- Ballantine Books, 2002. Higashi-Hiroshima (Central) Central Lib / Stacks / Books 2030421543 371.45/Th-6

Oxford University Press Books

1	Friendship and Flourishing: An Integrative Theory / Blaine J Fowers. -- OUP, 2026. https://academic.oup.com/book/62538	
2	Love, Friendship, and the Self: Intimacy, Identification, and the Social Nature of Persons / Helm, Bennett W. -- OUP, 2010 https://academic.oup.com/book/12555	
3	The Psychology of Friendship / Mahzad Hojjat (ed.), Anne Moyer (ed.)-- OUP, 2016 https://academic.oup.com/book/11899	
4	Teen Friendship Networks, Development, and Risky Behavior / Feinberg, Mark E., and D. Wayne Osgood (eds)-- OUP, 2023 https://academic.oup.com/book/46828	
5	Conversational Style: Analyzing Talk among Friends / Deborah Tannen -- OUP, 2005 https://academic.oup.com/book/48215	
6	Imaginary Friends and the People Who Create Them / Taylor, Marjorie, and Naomi R Aguiar-- OUP, 2024 https://academic.oup.com/book/58868	

BOOK BRIDGES

- Session 1: How do you ideally spend a lifetime?
- Session 2: Exploring differences in values.
- Session 3: Do you remember today's path?
- Session 4: Necessary or unnecessary rules?
- Session 5: Learning styles that suit you.
- Session 6: Motivation and moves.
- Session 7: Habits to start or to stop.
- Session 8: When do you actually need friends?

Ground Rules

- Speak actively
- Listen to others
- Do not deny others' opinions
- Respect and welcome differences

Request for your participation in our survey

