

BOOK BRIDGES

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Theme:

What do you prioritize spending your time on?

What should
I prioritize?



October 14, 2026 (Tue) 14:35–16:05

West Library 2F Seminar Room

What do you prioritize spending your time on?

In our busy daily lives, thinking about what to prioritize with our time is essential to living a fulfilling life.

Do you ever find yourself wondering what to prioritize in your daily life—things that are essential for survival, things you must do because of your circumstances, things you do for your future, things you look forward to, or simply ways to unwind?

As your stage of life and way of thinking change, don't your priorities change as well?

By reflecting on what you've prioritized with your time so far, you may find yourself using your time differently going forward.

Why not take this opportunity to reevaluate how you'll use your time by sharing your thoughts with other participants about what you should prioritize?

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)

What do you prioritize spending your time on for the future? 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 9 Reading List

1	Factfulness : ten reasons we're wrong about the world--and why things are better than you think / Hans Rosling ; with Ola Rosling and Anna Rosling Rönnlund ; : pbk. : B format. -- Sceptre, 2019. Higashi-Hiroshima (West) West Lib 1F / Books 0100618615 002.7/R-72
2	Think again : the power of knowing what you don't know / Adam Grant ; : hardcover. -- Viking, 2021. Higashi-Hiroshima (West) West Lib 1F / Books 0100637700 141.5/G-77
3	The willpower instinct : how self-control works, why it matters, and what you can do to get more of it / Kelly McGonigal. -- Avery, 2013. Higashi-Hiroshima (West) West Lib 1F / Books 0100551671 141.8/Ma-15
4	Lean in : women, work, and the will to lead / Sheryl Sandberg ; with Nell Scovell ; : hardback, : trade pbk. -- WH Allen, 2013. Higashi-Hiroshima (West) West Lib 1F / Books 0100548533 335.13/Sa-62
5	The art of choosing / Sheena Iyengar ; : pbk. -- Twelve, 2011. Higashi-Hiroshima (West) West Lib 1F / Books 0100539732 361.4/I-97
6	The power of habit : why we do what we do and how to change / Charles Duhigg ; : pbk. -- Random House, 2013. Higashi-Hiroshima (Central) Central Lib 2F 0100552609 141.75/D-95
7	Principles / Ray Dalio ; : hardcover. -- Simon & Schuster, 2017. Higashi-Hiroshima (Central) Central Lib 2F 0100622476 336.4/D-32
8	Sources of power : how people make decisions / Gary Klein ; : hc. -- MIT Press, 1998. Higashi-Hiroshima (Central) Central Lib 2F 0100416940 361.4/KI-4
9	The signal and the noise : the art and science of prediction / Nate Silver ; : pbk. -- Penguin, 2013. Higashi-Hiroshima (Central) Central Lib 2F 0100552610 361.5/Si-4

10	Thinking, fast and slow / Daniel Kahneman ; : pbk. -- Penguin, 2012. -- (Penguin books). Higashi-Hiroshima (Central) Central Lib / Stacks / Books 0500415231 141.5/Ka-19
11	Quiet : the power of introverts in a world that can't stop talking / Susan Cain. -- 1st pbk. ed. -- Broadway Paperbacks, 2013. Higashi-Hiroshima (Central) Central Lib / Stacks / Books 2000475644 141.93/C-12
12	Antifragile : things that gain from disorder / Nassim Nicholas Taleb ; : pbk. -- Penguin Books, 2013. -- (Penguin books). Higashi-Hiroshima (Central) Central Lib / Stacks / Books 3500446248 146.2/Ta-75
13	Predictably irrational : the hidden forces that shape our decisions / Dan Ariely. -- revised and expanded ed.. -- HarperCollins, 2009. Higashi-Hiroshima (Central) Central Lib / Stacks / Books 3500435122 331/A-71

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?
- Session 9: What do you prioritize spending your time on?

Ground Rules

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

Request for your participation in our survey

