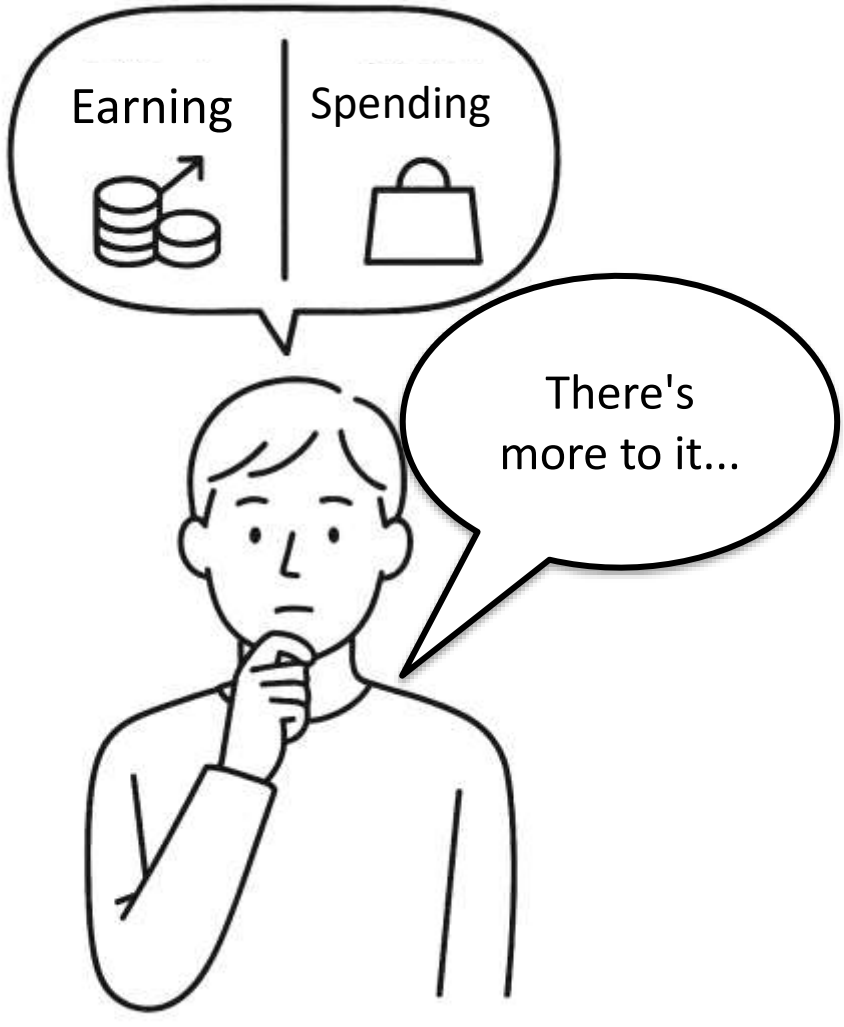
BOOK BRIDGES

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Theme:

Building a Healthy Relationship with Money



November 12, 2026 (Thu) 14:35–16:05

West Library 2F Seminar Room

Building a Healthy Relationship with Money

How important is money to you? What would you like to spend your money on? When you find yourself spending more than you intended, how can you make sure your money goes toward what truly matters to you?

Money does more than support our daily lives. It also influences how we spend our time, our relationships with others, and the choices we make for the future. Perhaps that is why it is important to think not only about earning more or saving money, but also about what a “rich and fulfilling life” means to each of us and how we can develop a healthy relationship with money.

In this Book Bridges session, let’s explore our relationship with money by sharing our own experiences and discussing ideas inspired by books on the topic. Hearing different perspectives may give us an opportunity to reflect on how we use money and what we want to prioritize in our lives.

BOOK BRIDGES:

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

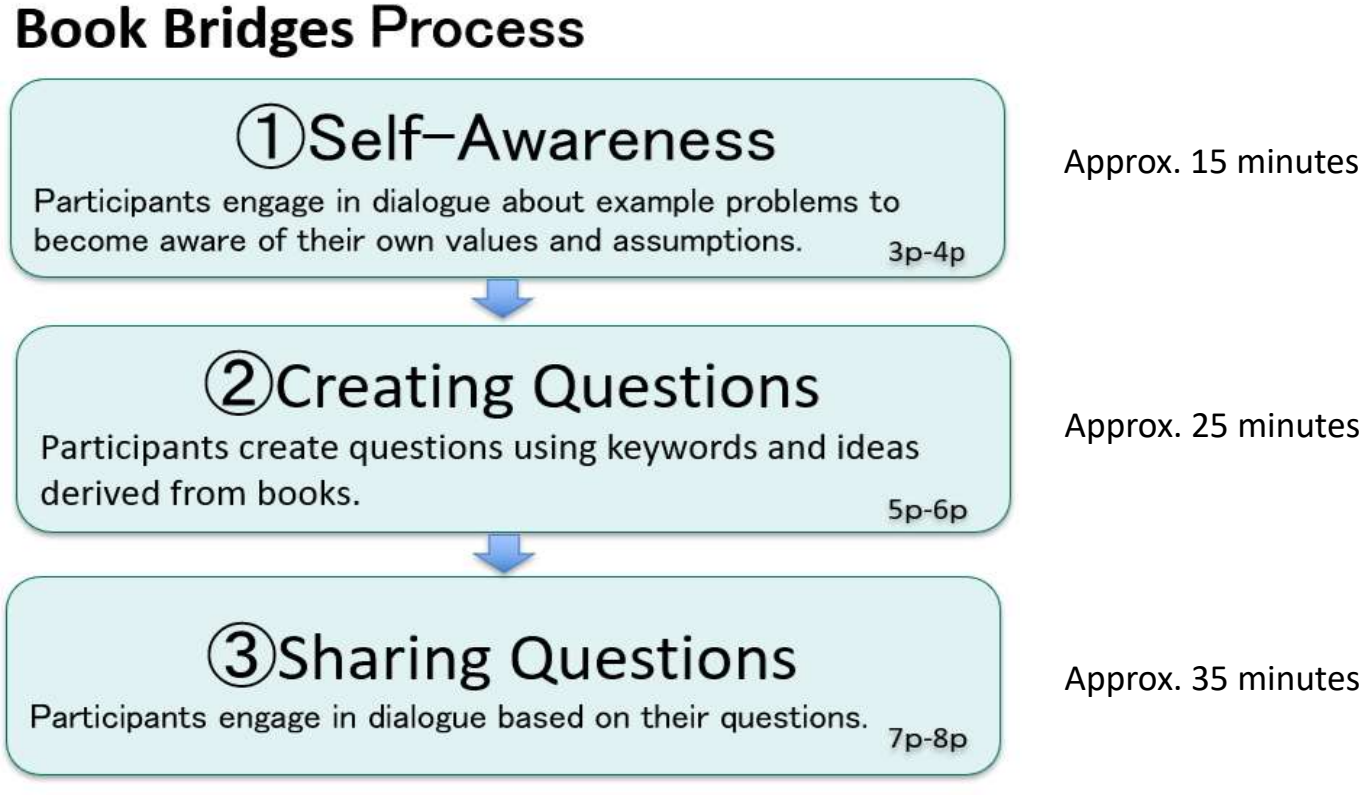
Using selected books around a common theme as a starting point, participants discover questions and engage in dialogue with others—conversations that have no "correct" answer.

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



First Question (Example)

What role does money play in your life?

- 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

-
-
-

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.

1	Digital minimalism : choosing a focused life in a noisy world / Cal Newport ; : pbk. -- Penguin Business, 2020. -- (Penguin business). Higashi-Hiroshima (West)　West Lib 1F / Books　0100662328　007.3/N-68
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	Stolen focus : why you can't pay attention--and how to think deeply again / Johann Hari ; : paperback. -- Crown trade paperback edition. -- Crown, 2023. Higashi-Hiroshima (West)　West Lib 1F / Books　0100662329　141.5/H-27
4	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
5	Four thousand weeks : time management for mortals / Oliver Burkeman ; : paperback. -- Picador, 2023. Higashi-Hiroshima (West)　West Lib 1F / Books　0100662326　159/B-92
6	The psychology of money : timeless lessons on wealth, greed, and happiness / Morgan Housel -- Harriman House, 2020. Higashi-Hiroshima (West)　West Lib 1F / Books　0100662389　159:H-96
7	Rich dad, poor dad : what the rich teach their kids about money - that the poor and middle class do not! / by Robert T. Kiyosaki with Sharon L. Lechter ; : pbk. -- Warner Books, 2000. Higashi-Hiroshima (West)　West Lib 1F / Books　1030428731　159/Ki-91
8	Die with zero : getting all you can from your money and your life / Bill Perkins -- Mariner Books, 2021. Higashi-Hiroshima (West)　West Lib 1F / Books　0100662390　159:P-42
9	Time smart : how to reclaim your time & live a happier life / Ashley Whillans ; : hardcover. -- Harvard Business Review Press, 2020. Higashi-Hiroshima (West)　West Lib 1F / Books　0100662360　159.4/W-67
10	How to do nothing : resisting the attention economy / Jenny Odell ; : pbk. -- Melville House, 2019. Higashi-Hiroshima (West)　West Lib 1F / Books　0100662327　309/O-17

11	What money can't buy : the moral limits of markets / Michael J. Sandel ; : pbk. -- Allen Lane, 2012. Higashi-Hiroshima (West)　West Lib 1F / Books　0100525128　331.1/Sa-62
12	The little book of ikigai : the Japanese way to finding your purpose in life / Ken Mogi -- Quercus, 2018. Higashi-Hiroshima (West)　West Lib 1F / Books　0100662391　361.5:Mo-16
13	Time off : a practical guide to building your rest ethic and finding success without the stress / John Fitch and Max Frenzel ; illustrations by Mariya Suzuki -- Time Off, 2020. Higashi-Hiroshima (West)　West Lib 1F / Books　0100662388　498.35:F-29
14	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
15	How much is enough? : money and the good life / Robert Skidelsky & Edward Skidelsky ; : hbk. -- Other Press, 2012. Higashi-Hiroshima (Central)　Central Lib 2F　0100532293　331/Sk
16	Principles / Ray Dalio ; : hardcover. -- Simon & Schuster, 2017. Higashi-Hiroshima (Central)　Central Lib 2F　0100622476　336.4/D-32
17	Why didn't they teach me this in school? : 99 personal money management principles to live by / Cary Siegel ; : [pbk.]. -- CreateSpace Independent Publishing Platform, 2018. Higashi-Hiroshima (Central)　Central Lib 2F　0100622200　591/Si-2
18	Thinking, fast and slow / Daniel Kahneman ; : pbk. -- Penguin, 2012. -- (Penguin books). Higashi-Hiroshima (Central)　Central Lib / Stacks / Books　0500415231　141.5/Ka-19

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?
- Session 10: Building a Healthy Relationship with Money

Ground Rules

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

Request for your participation in our survey