

# Bibliophobia

*author: Sarah Chihaya*

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## Synopsis

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author	Sarah Chihaya
readBy	Traci Kato-Kiriyama
inLanguage	english

A wise, tremendously moving exploration of what it means to seek companionship and understanding, in books and in life. —Hua Hsu, author of *Stay True*

[A] stirring and sparkling new memoir. —*The Washington Post*

A *PUBLISHERS WEEKLY* BEST BOOK OF THE YEAR — ONE OF THE BEST BOOKS OF THE MONTH: *Time*, *Los Angeles Times*, *Cosmopolitan*

Books can seduce you. They can, Sarah Chihaya believes, annihilate, reveal, and provoke you. And anyone incurably obsessed with books understands this kind of unsettling literary encounter. Sarah calls books that have this effect “Life Ruiners.” Her *Life Ruiner*, Toni Morrison’s *The Bluest Eye*, became a talisman for her in high school when its electrifying treatment of race exposed Sarah’s deepest feelings about being Japanese American in a predominantly white suburb of Cleveland. But Sarah had always lived through her books, seeking escape, self-definition, and rules for living. She built her life around reading, wrote criticism, and taught literature at an Ivy League University. Then she was hospitalized for a nervous breakdown, and the world became an unreadable blank page. In the aftermath, she was faced with a question. Could we ever truly rewrite the stories that govern our lives?

*Bibliophobia* is an alternately searing and darkly humorous story of breakdown and survival told through books. Delving into texts such as *Anne of Green Gables*, *Possession*, *A Tale for the Time Being*, *The Last Samurai*, Chihaya interrogates her cultural identity, her relationship with depression, and the intoxicating, sometimes painful, ways books push back on those who love them.

## Reader's comments

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