

BOOK REVIEWS

Welcome to our book review section. It is short but the books under review are fascinating. I am particularly thrilled about the two first books that explore the use of language and its influence on our lives. Reading is an integral part of language, and it can be a passive activity, or an active endeavour. In its passive form it becomes a fleeting experience where the words enter through one eye and exit through the other without leaving a (substantial) mark. However, when we actively engage with a text, it becomes a dance between the reader and the writer. The writer may take the lead, but it is the reader who questions, wonders, interprets and makes the text their own. This is a live process of exploration that stirs our imagination, as we co-create landscapes, visualise and sense the characters and their emotions.

The first two reviews delve into the realm of language. *Material Girls* by Kathleen Stock is a thought-provoking book that explores, amongst others, the role of language in the gender wars. Next is, Eva Meijer's *The Limits of My Language*, which reflects on how language enables and constrains our understanding of depression. We then encounter the review for Sarah Bakewell's *Humanly Possible*, a historical exploration spanning seven centuries of Humanism and its enduring influence. Lastly, we have a review of *Group Therapy* by Karen Weixel Dixon, a practical guide that provides valuable insights into the practice of group therapy.

Just before I finish, I would like to appeal to all readers of this journal to reach out to me as we need more contributions for this section. As a community of avid readers – we all read a lot to stay up to date – we have the power to enhance our collective knowledge by sharing our thoughts and insights on the books we read. Your perspective is invaluable to each one of us.

I wish you all a wonderful summer filled with lots of joy found on the pages of the books accompanying you.

Ondine Smulders