PROJECT BIBLIOTHERAPY

PRESENTS...

[ALDOUS **HUXLEY**] **VARMA**1 [CERIDWEN [ASHISH DOVEY] SHAKYA1 **[CHARLES** [CHRIS **BUKOWSKI**] ANDERSON1 [DEEPAK **[DOUGLAS** 'CHUCK' ADAMS]

GOPALAKRISHNAN] [DR SEUSS]
[GAVIN AUNG THAN] [GEORGE
ORWELL] [HUNTER S.THOMPSON]
[KEVIN DICKINSON] [KRISH ASHOK]

[MALA BHARGAVA] [MARIA POPOVA] [MATTHEW INMAN] [NEIL

GAIMAN]

[NIKOLAI NOSOV] [OLIVER BURKEMAN] [P.G. WODEHOUSE]

[PICO IYER] [RAJAT UBHAYKAR]
[RAY BRADBURY] [REGA JHA]

[ROALD

DAHL]

[SASHA

SAGAN]

[SHARDA UGRA] [SHASHI

THAROOR] [SHIVYA NATH]

[SIDDHARTHA VAIDYANATHAN]

[SIDIN VADUKUT] [STEPHEN FRY]

[SWANAND

KELKAR]

[TIM

URBAN]

[UTKARSH AMITABH] [VAIBHAV VISHAL] [VARUN GROVER, ANKIT KAPOOR, SUMIT KUMAR] [VIJAYENDRA MOHANTY] [VIR SANGHVI] [WINDSOR MANN] [YASHASVINI KUMAR]

GOODREADS OF THE INTERNET

...A ZINE

FOR YOUR READING PLEASURE:)

Bibliotherapy (noun) - 'The use of books to aid people in solving the issues that they may be facing at a particular time.'

First coined during the trying times of World War I.

Zine (noun) \[zeen] - 'magazine.'

DEAR READER,

Welcome aboard Project Bibliotherapy - a 'sanity' project nudging folks to READ MORE since March 22nd, 2020.

This zine is a personal collection of 42 goodreads I've had the pleasure of reading (and re-reading) over the years...

...now available in one place for easier access.

As on August 8th, 2021, **all these works are available to read for free on the Internet**, the largest library ever known to humankind.

Also included are links to the authors' public profiles, books, websites, videos, podcasts, sources' homepages and other rabbit-holes; all of them one click away...

Happy Reading:)

~ NITIN

PS. Here's an example demonstrating how it works...

[Click/Tap this button]
OR [Scan this QR code]
to visit PROJECT BIBLIOTHERAPY's
Instagram feed...



"Come, and take choice of [42] FROM MY LIBRARY/
[CLCK/TAP] on any which piques your curiosity]/
And so beguile thy sorrow..."

~ WILLIAM SHAKESPEARE, Titus Andronicus

WHY THIS ZINE? REASON ONE...

WHY THIS ZINE? REASON TWO...

A BIBLIOPHILE'S GUIDE TO 42 GOODREADS

#1 'Trump's lethal aversion to Reading'

~ Windsor Mann

#2 'Can Reading make you Happier?'

~ Ceridwen Dovey

#3 'Books are Awesome!'

~ Carl Sagan | Gavin Aung Than

- "Lessons of Immortality and Mortality from my father, Carl Sagan" ~ Sasha Sagan
- "Why our Future depends on Libraries, Reading and Daydreaming" ~ Neil Gaiman
- #6 'The value of owning more Books than you can Read' **Kevin Dickinson**

#7 'The Book and the Butterfly'

~ Ray Bradbury

#8 'How to Read a Story'

~ Vijayendra Mohanty

#9 'A Child's Reading in India'

~ Shashi Tharoor

#10 'Quarantine Cooking: Food that's fit for the Famous Five' ~ Yashasvini Kumar

#11 'Green Eggs and Ham'

~ Dr Seuss | Wes Tank

#12 'The Collected Adventures of Dunno and Friends:

Book One' ~ Nikolai Nosov

#13 'Karejwa'

~ Varun Grover, Ankit Kapoor, Sumit Kumar

#14 'On P.G. Wodehouse'

~ Stephen Fry

#15 'Jeeves and Wooster'

~ P.G. Wodehouse

#16 'So you want to be a writer?'

~ Charles Bukowski

#17 'To Orwell: My Hellish Vision of the Future is

Better than Yours' ~ Aldous Huxley

#18 'Why I Write'

~ George Orwell

#19 'The Big Deal about Blogging'

~ Amit Varma

"Shift: A personal History of how the Internet came home, became Magazine fodder, and changed a Life" ~ Mala Bhargava

#21 'It wasn't Liberalisation, it was Liberation!'

~ Vaibhav Vishal

#22 'Growing up with Sachin'

~ Siddhartha Vaidyanathan

#23 'Book Cricket, age unknown, R.I.P'

~ Krish Ashok

#24 'A Toast to Buttered Toast'

~ Sidin Vadukut

#25 'Many of the Fruit we regard as Indian were all Imports' ~ Vir Sanghvi

#26 'The Landlady: a short story'

~ Roald Dahl

#27 'A Letter on Finding Your Purpose and Living a
Meaningful Life' ~ Hunter S. Thompson

#28 'Why Procrastinators Procrastinate'

~ Tim Urban

#29 'In defence of ssss-low texting'

~ Rega Jha

#30 'Why I Chose to become a Time Billionaire'

~ Swanand Kelkar

#31 'Why Extraordinary People Create their
Category of One' ~ Utkarsh Amitabh

#32 'Why We Travel'

~ Pico Iyer

#33 '7 Years of Travelling Without a Home – and Then a Pandemic' ~ Shivya Nath

#34 'Where is Indian travel writing going after the pandemic (and where is it coming from)?'

~ Rajat Ubhaykar

- #35 'Why working at home is both awesome and horrible' ~ Matthew Inman
- #36 'A Mostly Unhelpful Guide to Modern Dating' ~ Ashish Shakya
- #37 "Aching loneliness is different from solitary calm":
 On being single by choice" ~ Sharda Ugra
- #38 'Ten Learnings from 10 Years of Brain Pickings' ~ Maria Popova
- #39 'The Long Tail'

~ Chris Anderson

#40 'Too Many Needles'

- ~ Oliver Burkeman
- "Let's Talk About Organic Reach (and the uselessness of most social media marketing)" ~ Deepak 'Chuck' Gopalakrishnan
- #42 'How to Stop Worrying and Learn to Lovethe Internet' ~ Douglas Noel Adams

BONUS READS FROM PROJECT BIBLIOTHERAPY

"As we grow older and realize more clearly the limitations of human happiness, we come to see that the only real and abiding pleasure in life is to give pleasure to other people..."

~ P.G. WODEHOUSE Something New 1915



WHY THIS ZINE? REASON TWO...

"For all of human history, we have lived in a time of information scarcity, and having the needed information was always important, and always worth something: when to plant crops, where to find things, maps and histories and stories – they were always good for a meal and company.

Information was a valuable thing, and those who had it or could obtain it could charge for that service.

In the last few years, we've moved from an informationscarce economy to one driven by an information glut.

According to Eric Schmidt of Google, every two days now the human race creates as much information as we did from the dawn of civilisation until 2003.

THE CHALLENGE BECOMES,
NOT FINDING THAT SCARCE PLANT
GROWING IN THE DESERT,
BUT FINDING A SPECIFIC PLANT
GROWING IN A JUNGLE.

We are going to need help navigating that information to find the thing[s] we actually need..."

~ NEIL GAIMAN Reading Agency 2013



A BIBLIOPHILE'S GUIDE TO 42 GOODREADS

DIGITAL VERSION [RABBIT-HOLE FRIENDLY] -

handy clickable PDF, bonus links [size ~ 1 MB]

IF YOU ARE READING THIS

PAPERBACK VERSION [DISTRACTION-FREE] -

a portable Do-It-Yourself ready-to-print formatted file with QR codes]

IF YOU ARE READING THIS ON A SCREEN* ... ON PAPER...

FOR...

PROJECT BIBLIOTHERAPY 2021 | 56 PAGES

FOR YOUR READING PLEASURE

"A collection of 42 nudges to READ MORE from the largest library ever known to humankind - the Internet..."

HOME PAGE

SOURCE'S

GOODREAD LINK

AUTHOR'S (PUBLIC) **PROFILES** AND OTHER CHOSEN **LINKS OF INTEREST**

TAGGED POSTS ON INSTAGRAM + TWITTER

A RETURN TO THE LIST OF **CONTENTS** "42 **GOODREADS OF THE INTERNET"**











#42goodreads

linktr.ee/project.bibliotherapy



SCAN CODE TO...

ACCESS THE GOODREAD ON A PHONE/ **TABLET** STRAIGHT AWAY!

ANY APP WITH A QR CODE SCANNER SHOULD WORK! GOOGLE LENS/PAY, **PAYTM ETC**

TIP: SWITCH OFF THE INTERNET WHILE **READING!**

* ADOBE ACROBAT PDF READER WORKS BEST!





HAPPY READING, FOLKS:)

THE PERILS OF BIBLIOPHOBIA

"If you're reading this sentence, you've read more than the [former] president [of the US of A] has today..."

"TRUMP'S
LETHAL
AVERSION
TO READING"



WINDSOR MANN











BIBLIOTHERAPY 101

"For all avid readers who have been selfmedicating with great books their entire lives, it comes as no surprise that reading books can be good for you..."

"CAN
READING
MAKE YOU
HAPPIER?"



CERIDWEN DOVEY







SAGANISM AT ITS FINEST

"What an astonishing thing a book is..."

"BOOKS ARE AWESOME!"



CARL SAGAN











GAVIN AUNG THAN











COSMOS: A PERSONAL VOYAGE

"We are star stuff, my dad famously said, and he made me feel that way..."

"LESSONS OF **IMMORTALITY** AND MORTALITY FROM MY FATHER, CARL SAGAN"

SASHA SAGAN











THE READING AGENCY LECTURE

"We have an obligation to read for pleasure, in private and in public places... show others that reading is a good thing..."

"WHY OUR FUTURE DEPENDS ON LIBRARIES, READING AND DAYDREAMING"

NEIL GAIMAN











HOW TO LOVE YOUR TSUNDOKU

"Surrounding ourselves with unread books enriches our lives as they remind us of all we don't know..."

"THE VALUE OF OWNING ONE BOOKS THAN YOU CAN READ"

KEVIN DICKINSON







THE LAST THING HE WROTE

"When I was seven years old, I started going to the library and I took out ten books a week..."

"THE BOOK AND THE **BUTTERFLY"**



RAY BRADBURY













WORDS ARE WEAPONS

"We don't really teach fiction as anything more than entertainment. At best, fiction is fun, and at worst it is a waste of time..."

"HOW
TO READ
A STORY"



VIJAYENDRA MOHANTY











THAROOROSAURUS: ORIGINS

"Growing up in urban India in the late '50s and '60s meant growing up with books..."

"A CHILD'S READING IN INDIA"



SHASHI THAROOR













A BLYTONESQUE FEAST

"Today, brands would pay top dollar for descriptions so delightful they made an entire subcontinent's children crave food they had never seen or heard of before..."

"QUARANTINE COOKING: FOOD THAT'S FIT FOR THE FAMOUS FIVE"



YASHASVINI KUMAR





A CLASSIC, RAPPED

"I am Sam. Sam I am..."

"GREEN **EGGS** AND HAM"



DR SEUSS











WES TANK







BACK IN THE U.S.S.R.

Long lost Soviet-era kid literature, digitized and revived in 2020 for children of all ages...

"THE COLLECTED ADVENTURES OF DUNNO AND FRIENDS: BOOK ONE"



NIKOLAI NOSOV









DESSERT APOCALYPSE IN VARANASI

"With only half an hour left for the world to end, Pintoo only wants one thing for his last wish - a sweet, hot, melt-in-your-mouth..."

"KAREJWA"



VARUN GROVER











ANKIT KAPOOR **SUMIT KUMAR**









TIMELESS PLUM APPRECIATION

"Had his only contribution to literature been Lord Emsworth and Blandings Castle, his place in history would have been assured. Had he written of none but Mike and Psmith, he would be cherished today as the best and brightest of our comic authors. If Jeeves and Wooster had been his solitary theme, still he would be hailed as the Master..."

"ON P.G. WODEHOUSE"



STEPHEN FRY













THE ULTIMATE COMFORT READS

Mike; Psmith in the City; Psmith, Journalist; The Pothunters; A Prefect's Uncle; The Gold Bat; The Head of Kay's; Love among the Chickens; The White Feather; Not George Washington; The Swoop; The Intrusion of Jimmy; The Little Nugget; Something New; Uneasy Money; Piccadilly Jim; A Damsel in Distress; The Coming of Bill; Indiscretions of Archie; The Little Warrior; Three Men and a Maid; The Adventures of Sally AND...

"JEEVES AND WOOSTER"



P.G WODEHOUSE













DON'T TRY

"If it doesn't come bursting out of you in spite of everything, don't do it..."

"SO YOU WANT TO BE



A WRITER?"

CHARLES BUKOWSKI











1984 V. BRAVE NEW WORLD

"In 1949, George Orwell received a curious letter from his former high school French teacher..."

"TO ORWELL: MY HELLISH
VISION OF THE
FUTURE IS BETTER
THAN YOURS"

ALDOUS HUXLEY











PROSE LIKE A WINDOWPANE

"From a very early age, perhaps the age of five or six, I knew that when I grew up I should be a writer. Between the ages of about seventeen and twenty-four I tried to abandon this idea, but I did so with the consciousness that I was outraging my true nature and that sooner or later I should have to settle down and write books..."





GEORGE ORWELL











THE ART OF CLEAR WRITING

"Oh no, what can I say about blogging that hasn't been said already? The subject is so 2004, and anything one can say about it sounds obvious..."

"THE BIG DEAL ABOUT BLOGGING"



AMIT VARMA













THE PC QUEST @HOME

"I stared blankly at a blinking C on the screen in front of me..."

"SHIFT:
A PERSONAL
HISTORY OF
HOW THE INTERNET
CAME HOME, BECAME
MAGAZINE FODDER,
AND CHANGED A LIFE"

MALA BHARGAVA





HOW MTV CHANGED MY LIFE

"There was only so much one could do in small-town India of the 1990s.

Then a channel came along and got us talking about life..."

"IT WASN'T LIBERALISATION, IT WAS LIBERATION!"

VAIBHAV VISHAL











"WHADDAPLAYAA!!" ~ TONY GREIG

"It's 1998, a time for decisions. Academics or sports? Arts or science? Biology or computers? To meet her or to continue with phone conversations? To buy a copy of Debonair or to take a sneak-peek?

These are the burning questions that occupy you. Do they matter?

Tendulkar is dismantling Fleming, Warne and Kasprowicz in Sharjah..."

"GROWING **UP WITH** SACHIN"



SIDDHARTHA VAIDYANATHAN













UNIT'S PLACE: ANYTHING BUT ZERO

"A decade ago, a game died, and there was sadly nobody to write a eulogy.

This is a humble attempt to remember that great game, its classy origins and the treacherous road to its eventual demise..."

"BOOK CRICKET, AGE UNKNOWN, R.I.P."

KRISH ASHOK











MAKE EACH BITE COUNT

"For many years the missus and I had completely abandoned the idea of butter toast. Of course we always had a toaster and bread and butter at home.

But somehow we stopped enjoying the simplest way possible to combine those three things..."

"A TOAST **BUTTERED** TOAST"



SIDIN VADUKUT













RUDE FOOD DEPARTMENT

"I often hear people complaining about the modern tendency to buy avocados and other expensive [foreign] fruit [but]..."

"MANY OF
THE FRUIT
WE REGARD
AS INDIAN WERE
ALL IMPORTS"

VIR SANGHVI











KISS KISS: EXPECT THE UNEXPECTED

"Billy Weaver had travelled down from London on the slow afternoon train, with a change at Swindon on the way, and by the time he got to Bath it was about nine o'clock in the evening..."

"THE LANDLADY: A SHORT STORY"

ROALD DAHL











BUY THE TICKET, TAKE THE RIDE

"You ask advice: ah, what a very human and very dangerous thing to do!

For to give advice to a man who asks what to do with his life implies something very close to egomania..."

"A LETTER ON **FINDING** YOUR PURPOSE AND LIVING A **MEANINGFUL LIFE"**



HUNTER S. THOMPSON











OF MONSTERS AND MONKEYS

"The thing that neither the dictionary nor fake procrastinators understand is that for a real procrastinator, procrastination isn't optional—it's something they don't know how to not do..."

"WHY **PROCRASTINATORS** PROCRASTINATE"

TIM URBAN











'PING BACK IN YOUR OWN TIME'

"In the last two decades, as we all started carrying smartphones around, it became technologically possible to reach one another instantly. But we never paused to assess the expectations that might come with that possibility and whether we're on board with them..."

"IN DEFENCE OF SSSS-LOW TEXTING"



REGA JHA











#30

ONE BILLION SECONDS = ?

"No! It didn't hit me in a bathtub. The idea of a sabbatical had been simmering in my head ever since I read about the concept of 'time billionaire'..."

"WHY I **CHOSE TO BECOME A TIME BILLIONAIRE**"

SWANAND KELKAR











#31

PLAYING INFINITY GAMES

"[Competition] deludes us into believing that opportunities are finite and we can only get ahead if we follow standardized paths..."

"WHY EXTRA-ORDINARY PEOPLE **CREATE THEIR** CATEGORY OF ONE"

UTKARSH AMITABH











THE BEST TRIPS NEVER REALLY END

"We travel, initially, to lose ourselves; and we travel, next, to find ourselves. We travel to open our hearts and eyes and learn more about the world than our newspapers will accommodate...

And we travel, in essence, to become young fools again — to slow time down and get taken in, and fall in love once more..."

"WHY WE TRAVEL"



PICO IYER











#33

OFF THE ROAD

"When I look back at my life of long term travel, there is one thing in common.

It all feels surreal. And in a very different way, that's my dominant feeling during this pandemic too..."

"7 YEARS OF TRAVELLING WITHOUT A HOME – AND THEN A PANDEMIC."

SHIVYA NATH











TRUCKIN' - A HITCHHIKER'S GUIDE

"It's astounding when you consider that the entire corpus of Indian literature before the 18th century, so rich and varied otherwise, failed to produce a single travelogue..."

"WHERE IS INDIAN TRAVEL **WRITING GOING**



AFTER THE PANDEMIC (AND WHERE IS IT **COMING FROM)?"**

RAJAT UBHAYKAR











NEITHER ZIP NOR ZAP, ONLY ZOOM

"The AWESOME – No more waking up unnaturally early.

The HORRIBLE - Loss of regimen..."

"WHY WORKING **AT HOME** IS BOTH AWESOME AND HORRIBLE"

MATTHEW INMAN













'HEY PEPPY! U UP?'

"In my personal experience, it does get better with time simply because you get better with time. I remember how frantic and hyper we used to get in our 20s, and how much garbage we would tolerate..."

"A MOSTLY UNHELPFUL **GUIDE TO MODERN DATING"**

ASHISH SHAKYA













HAPPILY UNMARRIED

"As much as the fact hovers between corny and clichéd, this piece cannot be written without cricket. Cricketers, actually. They are part of my life story as a singleton..."

"ACHING
LONELINESS IS
DIFFERENT
FROM SOLITARY CALM':
ON BEING SINGLE
BY CHOICE"

SHARDA UGRA









FIGURING IT OUT

"On October 23, 2006, Brain Pickings was born as a plain-text email to seven friends. Halfway through my senior year of college, juggling my various jobs and academic course load, I took a night class to learn coding and turned the short weekly email into a sparse website..."

"TEN **LEARNINGS** FROM 10 YEARS OF **BRAIN PICKINGS"**

MARIA POPOVA













A LITTLE BIT OF EVERYTHING

"Forget squeezing millions from a few megahits at the top of the charts.

The future of entertainment is in the millions of niche markets at the shallow end of the bitstream..."





CHRIS ANDERSON











TIME MANAGEMENT FOR MORTALS

"I'm going to take a wild guess here and say that you, like me, have a large pile (or digital equivalent) of books or articles you've been meaning to get around to reading, plus maybe a long queue of podcast episodes to which you'd love to listen, if only you had the time..."

"TOO MANY NEEDLES"



OLIVER BURKEMAN











NO-FAFF DIGITAL MARKETING GYAN

"When organic reach finally comes crashing down to zero, the crores you ploughed into Facebook to build up a base of people who ostensibly are your 'fans' will mean nothing. Oh well..."

"LET'S TALK **ABOUT ORGANIC REACH** (AND THE USELESSNESS OF MOST SOCIAL MEDIA **MARKETING)**"

DEEPAK 'CHUCK' GOPALAKRISHNAN











DON'T PANIC, YOU HOOPY FROODS!

"Anything that gets invented after you're thirty is against the natural order of things and the beginning of the end of civilisation as we know it until it's been around for about ten years when it gradually turns out to be alright really..."

"HOW TO STOP WORRYING **AND LEARN TO** LOVE THE INTERNET"

DOUGLAS NOEL ADAMS













BONUS READS

ONE BILLION SECONDS...



PLUS A FEW MILLION MORE...

THE TALE OF A READER'S JOURNEY...
TOLD THROUGH NINE MONTAGES, NINE QUOTES

THE ORIGIN STORY...



...OF THIS 'SANITY PROJECT', CONTAINED WITHIN THE CAPTIONS OF ITS FIRST THREE POSTS ON INSTAGRAM

LONG STRANGE TRIP



A BRIEF GLIMPSE AT A NOT-SO-BRIEF SABBATICAL AUGUST 2017 – AUGUST 2020



BONUS READS

SCROLL TO THE BOTTOM



A GUIDED WALK-THROUGH THE FIRST 111 DAYS OF BIBLIOTHERAPY IN REVERSE CHRONOLOGICAL ORDER

BIBLIOTHERAPY SCROLLSTACKED: YEAR ONE WRAP-UP



MOST OF MY EXPERIMENTS WITH BIBLIOTHERAPY, LISTED IN A COMMEMORATIVE SCROLLSTACK POST

GOODREADS OF THE INTERNET #1



A LIST OF GEMS AND RABBIT-HOLES, COURTESY A BUNCH OF FELLOW READERS ONE JULY EVENING ON CLUBHOUSE



BONUS READS

THE BIBLIOPHILE'S GUIDE TO THE HITCHHIKER'S GUIDE TO THE GALAXY



42+ FROODY GOODIES REVOLVING AROUND 'THE GREATEST BOOK IN THE GALAXY' AND ITS GENIUS CREATOR

MASTERS OF THE UNIVERSE ASK - "WHOSE WORDS ARE THESE ANYWAY?"



15 ETERNIAN RESIDENTS. 15 FAVOURITE LITERARY QUOTES. IDENTIFY THE WORDSMITHS. [A BIBLIOTHERAPY QUIZ CONTEST]

READ MORE JR: 100+ BOOKS FOR KIDS



A TON OF RECOMMENDATIONS TO POPULATE A CHILD'S BOOKSHELVES (AND IMAGINATION) WITH MAGIC



BOOST YOUR READING HABIT TODAY...



@project.bibliotherapy



@bibliotherapy42



/in/ntngoel85



WWW. bibliotherapy.scrollstack.com

SCAN THIS QR CODE TO ACCESS ALL OF THE ABOVE LINKS VIA LINKTREE...



AS ON AUGUST 8TH 2021, THERE ARE ZERO

POSTS

TAGGED #42GOODREADS

ON INSTAGRAM AND **TWITTER COMBINED!**



BACK TO PAGE ONE...



LET'S CHANGE THAT? ALSO...

THANK YOU FOR READING:)