



کتابنامه

- Adler, M. J., & Doren, C. V. (1972). *How to read a book: The classic guide to intelligent reading*. Simon and Schuster.
- Altbach, P. G., & Hoshino, E. S. (Eds.). (1995). *International Book Publishing: An encyclopedia*. Fitzroy Dearborn.
- Amabile, T., & Kramer, S. (2011). *The progress principle: Using small wins to ignite joy, engagement, and creativity at work*. Harvard Business Review Press.
- Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. *Psychological Review*, 84(2), 191–215.
- Baron, N. (2010). *Escaping the Ivory Tower: A guide to making your science matter*. Island Press.
- Bazerman, C. (1995). Reacting to Reading. In *The informed writer: Using sources in the disciplines*. Houghton Mifflin.
- Bloom, B. S. (1956). *Taxonomy of educational objectives: The classification of educational goals*. McKay.
- Berg, M., & Seeber, B. K. (2017). *The slow professor: Challenging the culture of speed in the Academy*. University of Toronto Press.
- Bouton, M. E. (2018). *Learning and behavior: A contemporary synthesis*. Sinauer Associates.
- Buzan, T. (2018). *Mind map mastery: The complete guide to learning and using the most powerful thinking tool in the universe*. Watkins Publishing.
- Buzan, T. (1974). *Use Both Sides of Your Brain*. Dutton.
- Clancy, M. (2018). *Slow tourism, food and cities: Pace and the search for the "Good life."* Routledge, an imprint of the Taylor & Francis Group.
- Clark, M., Leiter, B., & Hollingdale, R. J. (1997). *Nietzsche: "Daybreak": Thoughts on the prejudices of morality*. Cambridge University Press.
- Coleridge, S. T. (1817). In *Biographia Literaria*. essay.
- Collins, J. C., & Porras, J. I. (2002). *Built to last: Successful habits of visionary companies*. Harper Business.
- Csikszentmihalyi, M. (2009). The Conditions of Flow. In *Flow: The psychology of optimal experience*. Harper and Row.
- Deniz, F., Nunez-Elizalde, A. O., Huth, A. G., & Gallant, J. L. (2019). The repre-

sentation of Semantic information across human cerebral cortex during listening versus reading is invariant to stimulus modality. *The Journal of Neuroscience*, 39(39), 7722-7736.

- Dickinson, J., & Lumsdon, L. (2010). *Slow Travel and tourism*. Earthscan.
- Dirda, M. (2016). Books on Books. In *Browsings: A year of reading, collecting, and living with books*. Pegasus Books.
- Donoghue, L. (2019, June 26). *Books on prescription: A new chapter for Mental Health in Wales*. Happiful Magazine. Retrieved September 13, 2022, from <https://happiful.com/books-on-perscription-a-new-chapter-for-mental-health/>
- Duhigg, C. (2014). *The Power of Habit: Why we do what we do in life and business*. Random House USA.
- Duhigg, C. (2017). *Smarter faster better: The secrets of being productive in life and business*. Random House.
- Duncan, D. (2022). *Index, a history of the: A bookish adventure from medieval manuscripts to the Digital age*. W. W. Norton Company.
- Eriksen, T. H. (2001). *Tyranny of the moment: Fast and slow time in the information age*. Pluto Press.
- Favazza, Armando. (1966). Bibliotherapy: A Critique of the Literature. *Bulletin of the Medical Library Association*. 54. 138-41.
- Ferriss, T. (2009). *Scientific speed reading: How to read 300% faster in 20 minutes*. The Blog of Author Tim Ferriss. Retrieved February 6, 2023, from <https://tim.blog/2009/07/30/speed-reading-and-accelerated-learning/>
- Finnegan, R. (2013). *Why do we quote? The culture and history of quotation*. Open Book Publishers.
- Forrest-Pressley, D.-L., Waller, T. G., & J., L. P. W. (1984). *Cognition, metacognition, and reading*. Springer New York.
- Fuad-Luke, A. (2016). Slowness and Nourishing Rituals of Delay in Anticipation of a Post-Consumer Age. In T. Cooper (Ed.), *Longer lasting products: Alternatives to the throwaway society*. Routledge.
- Gardner, B., & Rebar, A. L. (2019). Habit formation and behavior change. In O. Braddick (Ed.), *Oxford Research Encyclopedia of Psychology*. Oxford University Press.
- Gekoski, R. (2021). *Guarded by dragons: Encounters with rare books and rare people*. Constable.
- Gerver, R. K., & Gerver, J. (2018). Why Focus On Writing in Mathematics? In *Write on! math: Note taking strategies that increase understanding and achievement*. Information Age Publishing, Inc.
- Glasser, W. (1995). *Positive addiction*. Harper & Row.
- Grabe, W. (2009). How reading works. In *Reading in a second language: Moving from theory to practice*. Cambridge University Press.

- Groom, C. J., & Pennebaker, J. W. (2004). Expressive Writing and Health. In N. B. Anderson (Ed.), *Encyclopedia of Health and Behavior*. Sage Publication.
- Hamerton, P. G. (1887). To a young man of great talent and energy who had magnificent plans for the future. In *The intellectual life*. Macmillan.
- Hampel, R. L. (2018). The Zeal for Brevity. In *Fast and curious: A history of shortcuts in American Education*. Rowman & Littlefield.
- Honoré Carl. (2004). *In praise of slowness: How a worldwide movement is challenging the cult of speed*. HarperSanFrancisco.
- Hossenfelder, S. (2022). *Existential physics: A scientist's guide to life's biggest questions*. Penguin Group USA.
- Hutchins, R. M., & Adler, M. J. (1963). The Ways and Whys of Reading. In *Gateway to the great books*. Encyclopedia Britannica, Inc.
- Johnson, S. (1979). *Dictionary of the English language*. Arno Press.
- Johnston, P. H., & Winograd, P. N. (1985). Passive failure in reading. *Journal of Reading Behavior*, 17(4), 279–301
- Kerr, S., & LePelley, D. (2018). Stretch Goals: Risks, Possibilities, and Best Practices. In E. A. Locke & G. P. Latham (Eds.), *New developments in goal setting and task performance*. Routledge.
- Klein, K., & Boals, A. (2001). Expressive writing can increase working memory capacity. *Journal of Experimental Psychology: General*, 130(3), 520–533.
- Knowles, E. (2009). *Oxford Dictionary of Quotations*. Oxford University Press.
- Kovač, M., Phillips, A., van der Weel, A., & Wischenbart, R. (2019). What is a book? *Publishing Research Quarterly*, 35 (3), 313–326.
- Kwon, H., Koleva, B., Schnädelbach, H., & Benford, S. (2017). “it’s not yet a gift.” *Proceedings of the 2017 ACM Conference on Computer Supported Cooperative Work and Social Computing*.
- Lazarus, R. S., & Folkman, S. (1984). *Stress, appraisal, and coping*. Springer.
- Lewis, C. S. (1992). *An experiment in criticism*. Cambridge University Press.
- Mart, C. T. (2012). Developing speaking skills through reading. *International Journal of English Linguistics*, 2(6).
- Marzano, R. J., & Kendall, J. S. (2007). *The new taxonomy of Educational Objectives*. Hawker Brownlow Education.
- Mazur, J. (2016). Sir Gawain and the Green Knight. In *Fluke the math and myth of coincidences*. Basic Books.
- McAdams, D. P. (2006). *The stories we live by: Personal myths and the making of the self*. The Guilford Press.
- McNicol, S., & Brewster, L. (2018). *Bibliotherapy*. Facet Publishing.
- Merga, M. K. (2017). What motivates avid readers to maintain a regular reading habit in adulthood? *The Australian Journal of Language and Literacy*, 40(2), 146–156.

- Miller, A. (2015). *The year of Reading dangerously how fifty great books (and two not-so-great ones) saved my life*. Fourth Estate.
- Minkova, D., & Stockwell, R. (2021). English Words. In B. Aarts & M. M. A. M. S. (Eds.), *The handbook of english linguistics*. Wiley-Blackwell.
- Monroy-Fraustro, D., et al. (2021). Bibliotherapy as a non-pharmaceutical intervention to enhance mental health in response to the COVID-19 pandemic: A mixed-methods systematic review and bioethical meta-analysis. *Frontiers in Public Health*, 9.
- Mruk, C. J., & Mruk, C. J. (2013). *Self-esteem and positive psychology research, theory, and Practice*. Springer.
- Mueller, P. A., & Oppenheimer, D. M. (2014). The pen is mightier than the keyboard. *Psychological Science*, 25(6), 1159–1168.
- Nell, V. (1988). *Lost in a book: The psychology of reading for pleasure*. Yale University Press.
- Newton, E. L. (1990). The rocky road from actions to intentions.
- Novak, J. D., & Musonda, D. (1991). A twelve-year longitudinal study of science concept learning. *American Educational Research Journal*, 28(1), 117–153.
- Novak, J. D., & Gowin, D. B. (1984). *Learning how to learn*. Cambridge University Press.
- OECD (2021) *21st-century Readers: Developing Literacy Skills in a Digital World*. OECD Publishing.
- Ogle, D. M. (1986). K-W-L: A teaching model that develops active reading of expository text. *The Reading Teacher*, 39(6), 564–570.
- Osbaldiston, N. (2014). *Culture of the slow*. Palgrave Macmillan.
- Pardeck, J. T. (1998). An Introduction to Bibliotherapy. In *Using books in Clinical Social Work Practice: A guide to bibliotherapy*. Haworth Press.
- Pennebaker, J. W., & Smyth, J. M. (2016). *Opening up by writing it down: How expressive writing improves health and eases emotional pain (3rd ed.)*. Guilford Publications.
- Perry, J. (2012). Structured Procrastination. In *The Art of Procrastination*. Workman.
- Peterson, C. (1991). The Meaning and Measurement of Explanatory Style. *Psychological Inquiry*, 2(1), 1–10.
- Petrosky, A. (2005). Introduction: Ways of Reading. In: *Writing on the Margins*. Palgrave Macmillan.
- Pontefract, D. (2018). *The Purpose effect: Building meaning in yourself, your role, and your organization*. Figure.1 Publishing.
- Price, L. (2019). *What we talk about when we talk about books: The history and future of reading*. Basic Books.
- Prose, F. (2009). *Reading like a writer: A guide for people who love books and for those who want to write them*. HarperCollins.

- Quiller-Couch, A. (2010). Lecture XII. On Style. In *On the art of writing: Lectures delivered in the University of Cambridge, 1913-1914*. BiblioBazaar.
- Queenan, J. (2013). *One for the books*. Penguin Books.
- Rascoe, L. (1999). An Interview with William Faulkner. In M. T. Inge (Ed.), *Conversations with William Faulkner*. University Press of Mississippi.
- Rayner, K., Pollatsek, A., Ashby, J., & Jr., C. C. (2011). *Psychology of reading 2nd edition*. Taylor & Francis Group.
- Rayner, K., Schotter, E. R., Masson, M. E. J., Potter, M. C., & Treiman, R. (2016). So Much to Read, So Little Time: How Do We Read, and Can Speed Reading Help? *Psychological Science in the Public Interest*, 17(1), 4–34.
- Russell, B., Gottlieb, A., & Woodhouse, H. (2011). *In praise of idleness and other essays*. Routledge.
- Shapiro, F. R. (2006). *The Yale Book of Quotations*. Yale University Press.
- Shirky, C. (2009b). *Here comes everybody: The power of organizing without organizations*. Penguin Books.
- Smoker, T. J., Murphy, C. E., & Rockwell, A. K. (2009). Comparing memory for handwriting versus typing. *Proceedings of the Human Factors and Ergonomics Society Annual Meeting*, 53(22), 1744–1747.
- Spera, S. P., Buhreind, E. D., & Pennebaker, J. W. (1994). Expressive writing and coping with job loss. *Academy of Management Journal*, 37(3), 722-733.
- Stone, J. R. (2004). In *The Routledge Dictionary of Latin Quotations: The Illiterate's Guide to Latin Maxims, Mottoes, proverbs and sayings*. Routledge.
- Sun, T.-T. (2020). Active versus passive reading: How to read scientific papers? *National Science Review*, 7(9), 1422–1427.
- Thompson, J. B. (2012). *Merchants of culture: The publishing business in the twenty-first century*. Polity Press.
- Tracey, D. H., & Morrow, L. M. (2017). Constructivist Lenses. In *Lenses on reading: An introduction to theories and models*. The Guilford Press.
- Walker, M. B. (2018). *Slow philosophy: Reading against the Institution*. Bloomsbury Academic.
- Woolf, V. (1960). *How Should One Read a Book*. In *The common reader: Second series*. Harvest.