



# Reclaiming Our Brains Without Losing Our Minds: Some Hows and Whys of a Reading Group

*Inga Wiehl*

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**Reclaiming Our Brains Without Losing Our Minds: Some Hows and Whys of a Reading Group** Inga Wiehl

*Reclaiming Our Brains without Losing Our Minds* relates the story of a group of women in the mid-sized town of Yakima, Washington, who form a reading group in dedicated pursuit of “the best that has been thought and said” in literature. Over the course of twenty-nine years, the women hone their minds, exchange ideas, and discover a sense of closeness and community that extends beyond the page. Featuring detailed accounts of the recruitment process, strategies for meetings, and the methods of choosing the featured texts, this book is a vital tool for anyone interested in starting a reading group or rekindling a love of literature.

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