

APPENDIX C

Responses to Human Library Book Survey

Question	Responses				
What was the title of your Book?	<i>Mental Health & Recovery</i>	<i>Alone</i>	<i>Wheelchair User</i>	<i>Neurodivergence and Reactions to It</i>	<i>Past Drug Misuse</i>
Why did you want to be a Book?	It was suggested to me the previous year in DCU, as I am part of the North, North East Recovery College in DCU. I was so delighted with my first event, I went on to do more. It's very empowering and a very positive experience.	I wished to assist DCU in any way possible as my course was a saviour for me.	I want it to be a book because I thought it would be a good opportunity to tell my story and advocate for the disabled community. By providing more awareness of the issues facing disabled people. Also, during my first human library, I thought it would also strengthen ties between the chaplaincy service I was working for at the time and the rest of the support services in DCU.	To share my own experiences and reassure others with neurodivergency that they are not alone.	What appealed to me personally is it felt like another way to help reclaim a bit of my own identity. Post drug addiction I find it hard to figure out who I am, I've done a lot of therapy that has been wonderful but I'm on a new part of that journey where I'm learning who I am. I wanted to help have a positive conversation with people but honestly it was more a selfish endeavour. By opening myself up in a book format it felt like a safe way to explore my own journey. I end the story on a positive note, my journey back to education. It also let me reflect on how much I had achieved. I find that encouraging in moments I doubt myself. I have done all this in my life journey and makes me think I can achieve more. The conversations with the readers I was unsure of, they were the unknown factor while I understood my own book.
What interactions, if any, have stuck with you since the event?	I have met some very interesting people who I never thought I would ever cross paths in my	All but one of the readers was appropriate. Only one was not, due to the fact that he was 'a joiner'.	There are several interactions that stuck with me. One that springs to mind is when a fellow travel enthusiast asked me about the	The Readers who revealed themselves	I had a conversation with a gentleman about 20/30 years my senior. He said a line that really stuck with me. He thought I was

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	normal day. It has really made me rethink my interaction with people and learned rather than judged at first glance.	However, despite the fact that he was not very forthcoming in our conversation, this appeared to me to be indicative of a need to interact with other people, but careful not to divulge too much of himself. I failed in my attempts to help him 'open up'.	challenges facing me as a disabled traveller? I also remember an interaction with one of the library staff from my first human library, who told me about how they're realising that digital books have more utility, as they are accessible to a greater number of people. Than physical books due to text-to-speech software I remember this because I found it interesting and encouraging that DCU Library were coming to understand the accessibility needs of disabled students. And thinking about ways to implement universal accessibility and access to knowledge	or loved ones to be neurodivergent.	just unlucky and he was lucky. That the journey of why I turned to drugs was something he deeply understood but he found they didn't appeal to him when he was young. He felt he had missed out on something. He was slightly jealous of me going through this intense journey that he felt had given me strength for life. I felt slightly annoyed by the unlucky line, kind of removed any agency I had in my life but I also saw a man who seemed a bit lost in life. Using me as a sort of mirror for a what if. It was a strange experience.
Did the experience change the way you think about the subject of your Book? If so, how?	I changes thoughts regarding my book titles daily. Every time you are read, you get a new take on your title. You grow and expand. My books are written in verb. They change as I change and have new experience.	It was a tremendous experience and helped me relive my life to find explanations for events that have been suppressed.	It was interesting to hear people's different perspectives on disability, and it also made me think about how we advocate for change and communicate our experiences generally and the best ways to do that. It also challenged me to communicate my experience in a way that was engaging and understandable also, the way in which the other person's experience shapes the conversation which I didn't expect, in many ways, is a practical example of Hermeneutics in Action as your story is informed by your conversation partner, which is something we don't really think of	I felt validated.	I had never really heard someone express something like that before. It kind of threw me off a bit. It sat in my head for a few days "unlucky". I think it made me aware of slightly voyeuristic view people can have on drug addiction. We only had talked for 10 minutes at that stage. I hadn't gotten into the warts, I was more telling it as a positive story. I guess for me just reinforced that we filter the world through our own lens. I hope that man can find peace. He seemed a lost soul trying to peer into others to find meaning.

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			when we are reading and interpreting texts which tends to be a more static experience where our perspective meets with the authors. In the case of the human library, it's a much more dynamic experience, as the whole hermeneutical journey is being shaped in real time through genuine and hopefully effective human communication. And even if your story remains the same, how you tell it changes depending on the person you are talking to. Which I didn't expect.		
What would you say to someone who is thinking about volunteering as a Book at a Human Library event?	Go for it. Flat out. BUT make sure you get the training and understand what you go through. Ask for support.	It's a wonderful experience and of benefit both to the Book and the Reader. A brilliant concept.	I say it's a great platform to communicate your story. And the real chance to share your experience and perspective with others and while it may feel initially tokenistic at first, the experience at the table is quite different, as you get to present yourself as a fully Three-dimensional person rather than as a symbol of a cause or Person of special interest.	I would advise them to go for it!	I'd really encourage them. I found it overall a really positive experience that I got a lot out of. I really enjoyed most the conversations I had. The kind of people attracted as readers have the right kind of attitude and mindset.