

Bibliotherapy and aging phobia among Covenant University staff

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Abstract

Reading is one of life's greatest pleasures and opens the door to culture, knowledge and independence. It can be very therapeutic. This study examines the effect of bibliotherapy on aging phobia among Covenant University academic and senior staff. The result shows that reading of books has influenced positively their perception and attitude towards aging. And that books especially the bible, internet and friends are major sources of information to ameliorate any fear of aging.

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