

# Active Book Dialogue Manual

## **Praise for Active Book Dialogue**

“Active Book Dialogue is one of the most powerful ways I have seen for a group of people to come together, read a book in parts, share insights and inspirations, and have a conversation about what it means. One of the things that has impressed me is the speed with which all this happens — without rushing. This is truly a remarkable addition of tools for understanding.” Bob Stilger, PhD, Co-President of New Stories

***Welcome to the ultra-participatory reading group, which everyone in the world could participate***

Active Book Dialogue Japanese Manual was released in April 2017, after three years of development and trial period. Over the past year, well over two thousand downloads has been recorded, spreading rapidly throughout Japan, utilized in educational institution, companies and in various study group communities. It is becoming a tool to connect people through books.

We are releasing English manual this time. I hope that we can promote precious experiences of reading, touching the wisdom of mankind and connect with people all over the world in more fun and creative way. Let's read, present, and enjoy the dialogue with the active book dialogue! **Developer of Active Book Dialogue Sotaro Takenouchi**

***ABD Might Change the World***

When Mr. Takenouchi who is a supporter of my organization taught me how to do this reading method, I strongly felt that this method might change the world. As a facilitator, I have hosted numerous dialogues and learning opportunities, but I felt difficulty in managing reading sessions. Asking participants to read the books in advance leave out some people who did not read, reading the book in turns takes time, and having just a presenting session felt unsatisfactory.

This reading book called Active Book Dialogue (ABD) was by far superior than other methodologies. I felt the possibility of reinventing the social structure from the concept, "If there is one book, everyone can learn deeply", filling the education inequality between regions, changing the way to run a class, and creation of community of learners who share similar interests and learn from each other. Please begin by experiencing it first. You will be surprised at the possibilities that this methodology provides.

A book is a collective of wisdom that mankind has accumulated since history was born. If any person can touch, talk and learn from that wisdom, not only among those who are avid readers, what kind of future will be waiting for us? I am very excited about this future I see. There are countless wisdoms in each country and culture in the world. Let us lead the world to the next stage through ABD, which allows people from different background, position, and generation to learn from each other.

**Kenshu Kamura, Representative Director of home's vi, NPO Ba to Tsunagari Lab**

## **Eight Great Things About Active Book Dialogue (here after ABD)**

1. Requires Short Reading Time

Even if you have too many unread books sitting on your bookshelf or have books that are too difficult to read alone and about to give up- this only require short amount of time to really focus.

2. Creates Summary at the End

You leave with a summary at the end of ABD, allowing you to easily review and share with others. The summary created is like a new table of contents based on an extracted essence from the book.

3. Establishes Long-Term Memory

Ever had a time when you could not fully tell your friends or family how great your book was? This method lets you output right after you read, allowing your brain to establish long-term memory.

4. Emergent Deep Reflection

Deeper insights can be created by having a dialogue with other participants based on impressions and inquiry from the read

5. Enhances Multiple Skill Set for an Individual

Multiple abilities/ skills needed for current-day leadership, such as concentration, summarizing, presentation, communication, and dialogue could be developed through ABD.

6. Establishes Common Language

Shared language and background can be established by doing this as a team and share the same level of knowledge.

7. Helps to Create a Community

Best for creating a community through teamwork to understand a book

8. And Most of All- it's FUN!

You can discover lots through reading and sharing with many people- which is fun!

## **Overall Flow and Timeline**

Let's look into the overall process of ABD. There are three parts to ABD: Opening, Main Body, and Closing. Main body consists of three-part program, which will be unique and interesting. We'll introduce in detail regarding each part of this process.

1. Opening (min 20 min)
  - 1-1. Check-in (1min/person)
  - 1-2. Orientation (10min)
2. Main Body (min 120 min)
  - 2-1. Co-Summarizing (30-60 min)
  - 2-2. Relay Presentation (2-3 min/person)
  - 2-3. Dialogue (30-60 min)
3. Closing (min 10 min)
  - 3-1. Check-out (1min/person)

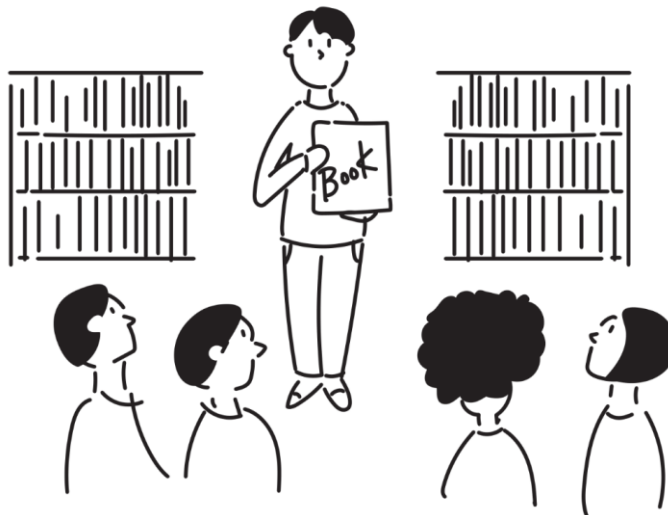
Please Note: Time frame indicated above is merely a suggestion- the time required will vary widely depending on the content of the chosen book and the number of people participating. There are many ingenious ways of doing this with numerous patterns still being created now. Please devise accordingly- and if you came up with something creative which works, please let us know!

## 1. Opening

### 1-1. Check-in



### 1-2. Orientation

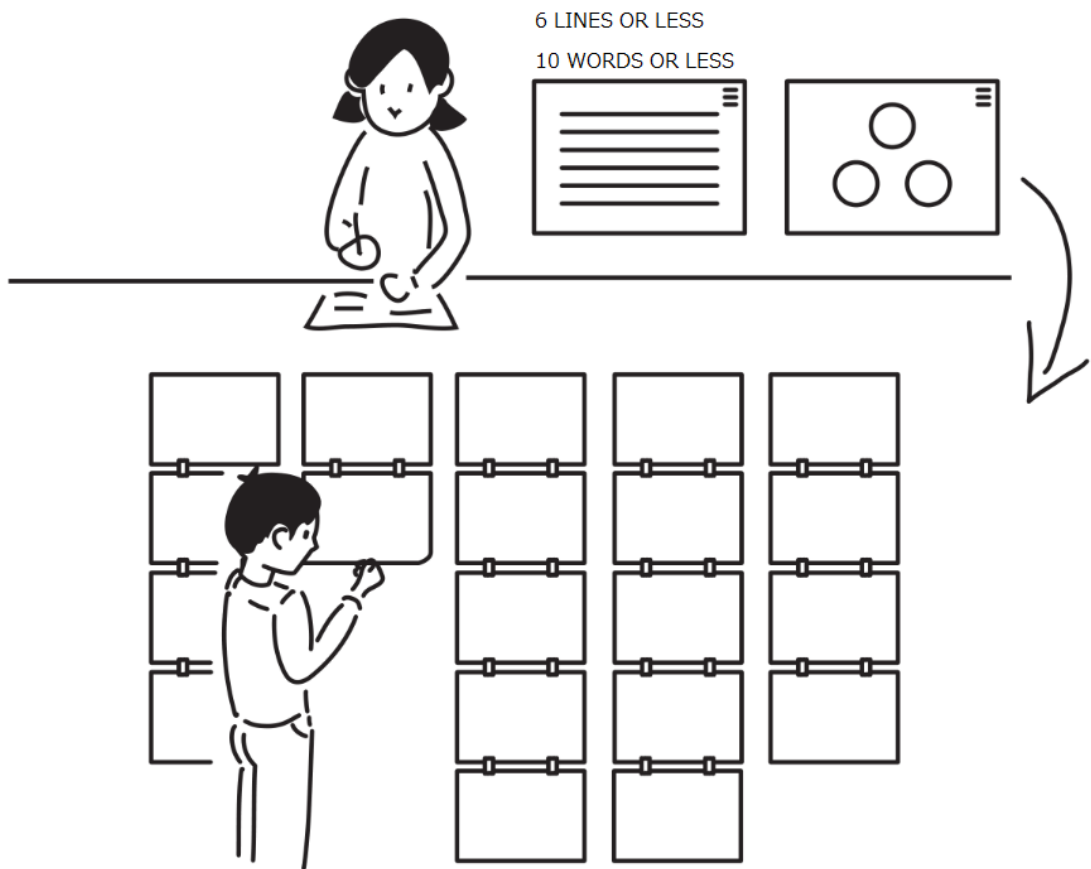


### **Explain the overall flow of ABD**

Suggested order of explanation:

1. Explaining the Intention for Hosting ABD
2. Reasons for choosing this book
3. Overall Timeline
4. Explain any ground rule(s)

Suggestions for ground rule: Be punctual, listen when others are speaking, explain simply and clearly during presentation, etc.



## 2. Main Body

### 2-1. Co-Summarizing (30-60 min)

#### **Each read and create a short summary for assigned part**

In this section each will individually read their assigned part and create a summary. Individual assignment can be decided based on specific number of pages or chapter, depending on the situation.

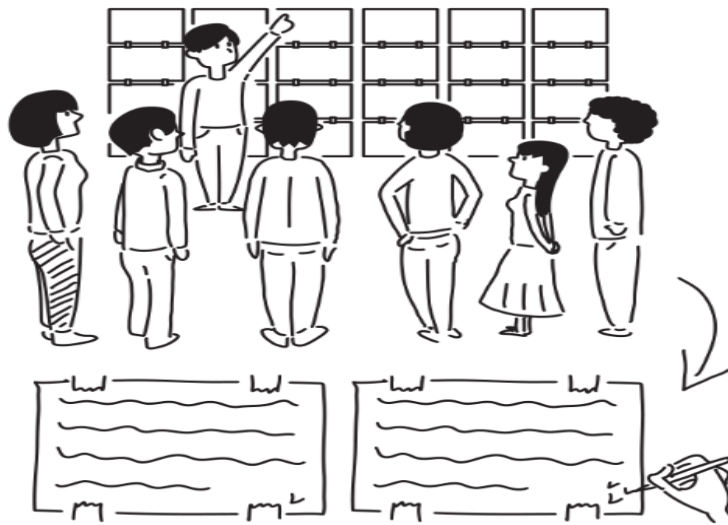
Summary will be hand-written with a thick marking pen into 5-6 sheets of paper (182×257 in Japan, which is smaller than A4). Each page shouldn't contain too many words- 6 lines/page with 10 words/ line or less is suggested for legibility during presentation. Marking the 1<sup>st</sup> summary page with a presentation order on the top is advised to make it easier to find afterwards.

When summarizing is completed, please put them out onto a wall in order of presentation.

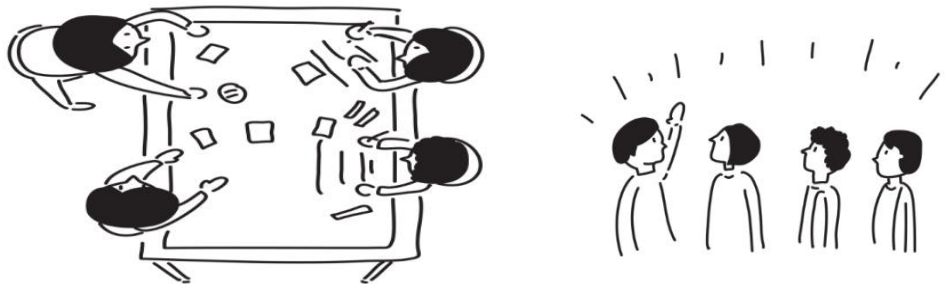
## 2-2. Relay Presentation (2min/person)

### **Let's have a summary presentation relay**

From the first part until the last part of the book, each person will present their summarized parts within 2 minutes. Time keeper will signal when 1<sup>st</sup> minute is passed, then rings the bell when the time is up. After everyone's presentation is finished, some time for a gallery walk is allowed for each person to look around summarized pages and check-mark the parts where something sticks out.



## 2-3. Dialogue (30-60 min)



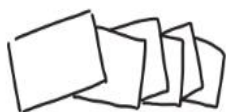
### **Have a dialogue to share questions and/or impressions to deepen understanding**

Focusing on the check-marks that participants made, each will write an inquiry on a post-it note to be explored as a group. Then groups of several people are formed, starting a dialogue based on those inquiries- while doodling on a large piece of paper. Each table will share to the whole room in the end.

## 3. Closing

### 3-1. Check-out

## List of Things Needed for ABD



- Blank sheets of paper (number of people x 6)  
(182x257 in Japan, which is slightly smaller than A4)  
For use during co-summarizing.



- White masking tape  
For taping summarized papers on the wall, without damaging wallpaper...



- THICK marking pens (number of people)  
For writing co-summaries. (PROCKEY, SHARPIE, etc.)
- Large blank sheet paper- for doodling during dialogue.

- Post-It's- for writing inquiry for starting dialogue.
- A talking object- for use during check-in, check-out, and during dialogue when we want people to really listen to each other.
- Scotch Tape- for quickly taping summarized sheets into one.

## ABD QUICK STARTER

No prior reading is necessary, and minimum one copy is required:

1. Divide the book by # of people who will read together (30 pages/hr) is recommended
2. Co-Summarize: Individually read each responsible part and summarize into 5-6 sheets of paper (B5, 182x257 in Japan, which is smaller than A4)
3. Relay Presentation: Hang these summaries on a wall in order, then each make a presentation for their parts in 2 minutes

## In Conclusion

We feel the possibility of overcoming the gap between income/ education level of communities through this project by reaching out to more people to make reading more accessible and comfortable. This manual was created by volunteers who were inspired by this vision, to help with dissemination of Active Book Dialogue methodology. If you were also inspired by this reading methodology of Active Book Dialogue, we would like to invite you to join us in sharing this methodology to others!



## **Terms and Conditions**

### **For Using this Service as a Part of One's Own Products and Services**

Active Book Dialogue can be used as a part of your own organization's products and services by becoming an Official Corporate Partner of Active Book Dialogue Association. Please inquire through contact information below if you are considering utilizing Active Book Dialogue ® as a part of your service.

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### **Requesting an Active Book Dialogue Facilitator Expert**

Our association has many experienced facilitators with specialized skills to help with a reading club, a training program, book's promotional event, etc. Regardless of the theme or the size of activities planned, we can send our facilitators to help utilize Active Book Dialogue. Please inquire at the contact information below if you wish to request a facilitator.

### **Contact**

Active Book Dialogue Association

518 Hikigi-cho Kamigyo-ku, Kyoto 602-0065 Tel: 81-75-205-1534

Mail: [info@homes-vi.com](mailto:info@homes-vi.com) Web: <https://www.homes-vi.org>

### **Support**

Our activities are funded by individual donations and partnerships. Your support is vital to further help this methodology to reach out to more people.

Remittance to

Specified Non-Profit Corporation Ba to Tsunagari Lab home's vi

The Kyoto Shinkin Bank (1610) Nishijin Branch (005) Bank Account Number 0883099

### **Team**

Masato Asada/ Yukiko Hara/ Kenshu Kamura/ Tae Niwa/ Akihiro Sakagami / Noriko Takemoto/ Sotaro Takenouchi (Alphabetical order)/ Yoko Kawashima(translation)