Useful Hints on Being a Human Book

1. **Prepare yourself for being a Book** – be ready to discuss and answer questions about your title.
   a. If you have time before the event, you may want to **find factual statistics / research data** in order to evaluate and address topics some readers might confront you with.
   b. However, if you don’t have data, you can always point out that your primary job as a book is to share your experiences, which may vary from what the reader expects.

2. **Be yourself**; be honest, listen carefully, and be open to talk if asked a question.
   a. **Do not act out a role** or invent characteristics for yourself as the reader will realize what you are doing and you will lose credibility.
   b. **Be ready to share** your reflected personal experiences unless the questions are too intimate – if that happens, feel free to say you do not want to answer.

3. Accept that the reader is interested in this part of your personality so additional info that you provide should be for illustration and better understanding of this aspect of who you are.

4. **Be prepared to repeat yourself** over and over as different readers may ask the same question. Try not to let it show that you have been asked the same question 4 times.

5. **Wait for the reader to ask you questions** instead of filling the space with small talk.
   a. After several minutes, if the reader hasn’t said anything, a good question to start the discussion is, “**Why did you choose my book?**”
   b. **Try to get some basic info** from your readers: Have they met someone like you before? Did they have good or bad experiences with a person like you? This will help you answer their questions and know what they might find interesting.

6. **Don’t provide advice or counseling.** If they ask for it, tell them all you can do is share your own experience but for help and advice we have a list of available resources at the registration desk.

7. If a reader becomes verbally aggressive or tries to hold you responsible for a variety of social problems, try to remain calm and show understanding while expressing your disagreement where necessary. If you begin to feel harassed, you have several options:
   a. Tell them they are making you uncomfortable.
   b. Tell them that you need a break and the reading is over.
   c. Hold up your hand, which event staff will know is a signal for help.

8. **Breaks**
   a. If you are feeling harassed, use a break as a way to regroup.
   b. When you complete a particularly intense discussion, you may want take a break. It is important for you and your next reader that you are a relaxed discussion partner.
   c. If you need to use the restroom, take a break.
   d. **When you are leaving for a break, let the registration desk know.** Also let them know when you return.