# Article information:

Film Club: ‘Tears Teacher’ - The New York Times
<https://www.nytimes.com/2020/10/01/learning/film-club-tears-teacher.html>

# Article summary:

1. A teacher in Japan is encouraging adults to cry more through crying therapy, which involves intentionally crying 2-3 times a month to detox the heart and improve emotional well-being.

2. Japanese society traditionally discourages crying, especially for men, but there is growing recognition of the benefits of crying for physical and emotional health.

3. The teacher hopes to create a "crying cafe" where people can come to cry and express their emotions freely, and he believes that teaching children about the importance of crying can help them grow emotionally.

# Article rating:

Appears strongly imbalanced: The article is written in a biased or one-sided way, and the information it provides is not trustworthy enough to be considered a reliable source. You should consult other sources to find reliable information on the presented issues.

# Article analysis:

The article titled "Film Club: 'Tears Teacher'" from The New York Times discusses a teacher in Japan who travels across the country to encourage adults to cry more. While the topic of crying therapy and its potential benefits is interesting, the article lacks critical analysis and presents a one-sided view without exploring potential counterarguments or providing sufficient evidence for its claims.

One potential bias in the article is that it only focuses on the positive aspects of crying therapy and does not present any potential risks or drawbacks. While it mentions that crying can be cathartic and release neurochemicals that make you feel better, it fails to mention any potential negative effects or situations where crying excessively may not be beneficial. This lack of balance undermines the credibility of the article and suggests a promotional tone rather than an objective analysis.

Additionally, the article relies heavily on anecdotal evidence from the teacher and individuals participating in crying therapy. While personal experiences can provide valuable insights, they should be supplemented with scientific research or expert opinions to support their claims. Without this additional evidence, it is difficult to determine the validity and generalizability of these experiences.

Furthermore, the article does not explore potential cultural factors that may influence attitudes towards crying in Japan. It briefly mentions that Japanese society does not approve of tears and that men are discouraged from crying, but it does not delve deeper into why this might be the case or how cultural norms impact individuals' willingness to cry. This omission limits our understanding of the broader context surrounding crying therapy in Japan.

Overall, while the topic of crying therapy is intriguing, this article falls short in providing a comprehensive analysis. It lacks balance by only presenting one side of the argument without exploring potential counterarguments or risks associated with excessive crying. Additionally, it relies heavily on anecdotal evidence without sufficient scientific research or expert opinions to support its claims. A more balanced and evidence-based approach would have strengthened this article's credibility and provided readers with a more nuanced understanding of the topic.

# Topics for further research:

* Potential risks and drawbacks of crying therapy
* Scientific research on the benefits of crying
* Expert opinions on the effectiveness of crying therapy
* Cultural factors influencing attitudes towards crying in Japan
* Negative effects of excessive crying
* Psychological and physiological impacts of crying therapy

# Report location:

<https://www.fullpicture.app/item/6f3645f8b9a8a1e6a5be2e2ace0abb81>