

Therapy with Harry

"Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity

Hey ,

Happy new years, and a free resource for you!

So many of us have new year resolutions. But these resolutions are really about experiencing a certain emotion and satisfaction in our life.

So why don't we **cut to the chase, and actually focus on setting Emotion Goals instead?**

Click below to get my fillable guide on setting your Emotion Goals!

Emotion Goals for the New Year



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Get the free resource here ---->

Let me know what you think about Emotion Goals. I would love to hear from you, and I respond to every email!



Take care, and keep being you!
Harry, Therapist for Asians

"I help Asians go from feeling trapped to becoming self-liberated."

P.S. - Don't forget to get the free resource! <https://www.harryaotherapy.com...>

Finding this content helpful? Take the next step in changing your life. Book a Discovery Call to see how a liberated life can look for you.

Book Discovery Call

Therapy with Harry

HarryAuTherapy.com



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