

# Therapy with Harry

## "Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity

Hey ,



### Happy Lunar New Year!

Mental health can be hard, because it is often focused on unpleasant feelings and struggles.

So I thought to start off this Lunar New Year together, with some **GRATEFULNESS.**

I'm personally really grateful for the photo on the left. Yes, it's food...and it's more than that. It's having access to my culture.

You see...I've recently moved. In my old home, it was a gruelling 45 minute commute to the Asian supermarket.

But now, I live 10 minutes WALK from Toronto East Chinatown. And the joy I had, when I first walked into the Asian grocery store...my goodness. When I got home, I got a little emotional, and I gave myself a few minutes to let it all out.

**Our culture is such an important part of who we are.** And I'm really glad to be able to celebrate Lunar New Year with you.

**So , what are you grateful for, during this time of celebration? Tell me, by replying this email.** I read and respond to every email!

Anime Watch:

## **Attack on Titan**

An anime full of twists and turns. If you love well-thought out storyline and worldbuilding, try this anime out!

Years ago, I started reading the manga. And I really struggled through all the text!

So I made a controversial decision. I am watching the dubbed anime version. I know, controversial.



Take care, and keep being you!  
**Harry**

P.S. - Always remember that mental health can also focus on the pleasant emotion! Reply the question that I asked above, and get that started for the new year!

With therapy, we can help you explore deeper to create the changes you want in your life. If you're curious about it, click the button below to book a 30-minute consultation.

[Book a Consultation](#)

## **Therapy with Harry**

HarryAuTherapy.com

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