

Therapy with Harry

"Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity



They Blame Us For Their Racism

In this blog, I talk about:

- How the West is so fucking paternalizing when it comes to Asian mental health
- How narratives of the stigma in Asian mental health reinforces white supremacy
- A random meme that hopefully puts a smile on your face

[Read the full blog here ---->](#)

As always, thanks for tuning in!



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 read the full article! You can use this link:
<https://www.harryatherapy.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.

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Therapy with Harry

HarryAuTherapy.com

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