

# Therapy with Harry

## "Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity



For a long time, I've considered myself a "rebel" or sorts. While I don't go around introducing myself as a rebel, there's no denying it.

After all, I have been doing activist work for quite some time. Smash the patriarchy. Fuck white supremacy.

I talked a lot about liberation...liberating myself, my community, from the clutches of oppression we experience every day...racism, homophobia, transphobia, colonialism...

But things just never felt right...because I never felt "liberated."

It wasn't until I was able to embrace my inner explorer, where I finally began to feel free...

[Read the full blog here](#)



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

Therapy 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](#)

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