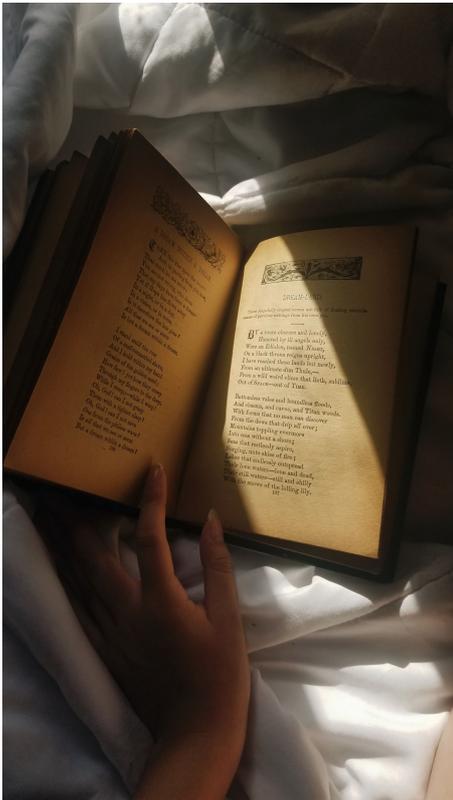


# Therapy with Harry

## "Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity

Hey ,



There was a period of time when I wrote a lot of poetry. And then, suddenly, I just stopped.

Looking back, my best poetry was always infused with really intense emotions. I was always feeling really intense things, when I write.

After a hiatus of writing, I recall making myself sit down to write. And my mind was blank. That's when I realized...I was feeling good.

Poetry served to express my emotions and primarily, my pain. But I was at the point in my mental health journey where I felt good. It was such an incredible revelation.

From that day on, I decided that I don't need to force myself to write anymore. I accepted the change in my mental health state.

There was a brief grieving process in the loss of a creative process...almost like losing a part of myself. But as time passed, I found new ways to engage in writing that reflects the change in my mental health journey.

These newsletters and blogs are the expression of my current mental health journey. And I'm really grateful for you to be here, and share in my mental health journey...and letting me part of yours as well. Thank you, thank you, thank you!

And if you're interested, here is a [sample of my poetry](#), back in the day.

So ,

What are some of your creative coping habits? How did they change over time? Was it hard to let it go?

Respond this email and let me know what you think. I'm a real person on the other side, and I respond to all emails!



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

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

P.S. - What are your creative coping habits? Reply this email to let me know!

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](#)

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HarryAuTherapy.com

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