

Therapy with Harry

"Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity



Asian Enough For Asian Heritage Month?

For those of us raised in Canada, we may have a more complicated relationship to our culture. I mean, my newsletter is called "Not Asian Enough." Enough said.

So how do we celebrate our cultural/ethnic identity, when we don't feel completely "competent" with our culture?

Well, there's really no "right way" to practice a culture. Every individual (including our parents) will decide which customs, ideas and values of the culture to uphold at different moments.

Some of us may have mixed heritage, and grew up with multiple cultures and ethnic identities. And for us who grew up in Canada, there's the added complexity of...

[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.

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HarryAuTherapy.com

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