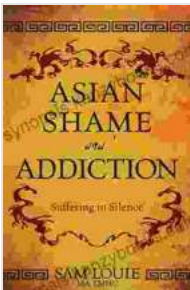


Asian Shame and Addiction: Suffering in Silence

In the Asian community, shame is a powerful force that can lead to silence, isolation, and even addiction. For many Asian Americans, the stigma associated with mental health issues and addiction is so strong that they may be reluctant to seek help, even when they are struggling.



Asian Shame and Addiction: Suffering in Silence

by Sam Louie

★★★★☆ 4.4 out of 5

Language : English

File size : 1324 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 134 pages

Lending : Enabled

Screen Reader : Supported

Hardcover : 191 pages

Item Weight : 1.05 pounds

Dimensions : 6.14 x 0.5 x 9.21 inches



This book, *Asian Shame and Addiction: Suffering in Silence*, is a powerful and moving exploration of this hidden world. Through personal stories and expert insights, the book sheds light on the unique challenges faced by Asian Americans who are struggling with addiction.

The book begins by exploring the cultural and historical roots of shame in Asian culture. The authors discuss how the Confucian emphasis on family honor and social harmony can lead to a sense of shame when someone is seen as breaking these norms. This shame can be particularly strong for Asian Americans, who may feel like they are constantly being judged by their families and communities.

The book then goes on to discuss the specific ways that shame can lead to addiction. The authors explain how shame can lead to feelings of isolation, depression, and anxiety, which can all increase the risk of addiction. Additionally, shame can make it difficult for people to reach out for help, which can further perpetuate the cycle of addiction.

The final part of the book offers hope and healing for those who are struggling with Asian shame and addiction. The authors provide practical advice on how to break the cycle of shame and addiction, and they offer resources for getting help.

This book is a must-read for anyone who is interested in understanding the unique challenges faced by Asian Americans who are struggling with addiction. It is a powerful and moving testament to the power of hope and healing.

Praise for *Asian Shame and Addiction: Suffering in Silence*

"A groundbreaking book that sheds light on the hidden world of Asian shame and addiction. This book is essential reading for anyone who wants to understand the unique challenges faced by Asian Americans who are struggling with addiction." — **Dr. Harold Hongju Koh, Sterling Professor of International Law, Yale Law School**

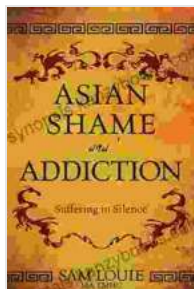
"A powerful and moving exploration of the devastating impact of shame on Asian Americans who are struggling with addiction. This book offers hope and healing for those who are suffering." — **Dr. Lisa C. Wang, Associate Professor of Psychiatry, Harvard Medical School**

"An important and timely book that provides a much-needed voice for Asian Americans who are struggling with addiction. This book is a powerful resource for anyone who wants to help break the cycle of shame and addiction." — **Dr. David Sue, Professor of Psychology, University of California, Los Angeles**

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