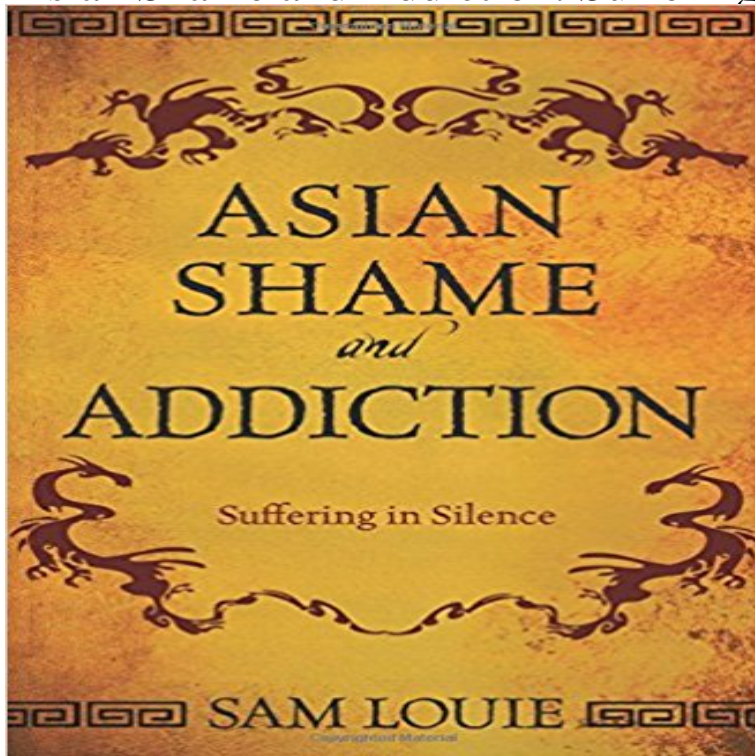


## Asian Shame and Addiction: Suffering in Silence



Many Asians are drowning in shame and addictions with no way out. Is this any different from a traditional Westerner? I would say very much so. Shame is embedded in the Asian way of thinking, behaving, and interacting. If you do not understand the cultural history of shame and its underpinnings, then you will have a hard time understanding the mindset of typical Asians and especially Asian Christians, let alone the stranglehold of shame in their midst that prevents them from getting help. This book is geared towards anyone interested in reaching deeply into the lives of Asians both in the U.S. and abroad. It is especially relevant to therapists, pastors, church leaders, or anyone else with a heart for understanding the cultural wall of shame that inhibits authentic and genuine relationships with many in Asian community. Gods unconditional love is hard for many Asians to understand because of the shame that binds them. The book will also help you get to the heart of Asian relational dynamics and some of the associated behaviors and addictions that block healthy emotional expression. If you want healthier emotional and spiritual growth among Asians, you need to understand how to recognize and break this cultural cycle of shame that has shackled millions of Asians to fall prey to the vices of gambling, infidelity, sex, out-of-control spending, eating, and other addictive behaviors. Highlights from the book include: 1) Part I covers the overall history and cultural context of Asian shame with respect to honor within Asian families. Everything from Asian viewpoints on success, failure, suicide, emotional well-being, and shame are covered in this section. 2) Part II covers aspects of some of the therapists personal history of shame. Everything from sexual shame, childhood shame, bodily shame, and Christian shame are covered in this area. 3) Part III traces the

psychological roots of shame and its impact on addictions. Therapist Bio: Sam Louie is a psychotherapist & speaker focusing on multi-cultural issues and addictions. Prior to therapy, Sam spent more than 12 years as an Emmy-Award Winning broadcast news journalist. He has researched, produced, and reported on a number of mental health stories dealing with Asian gambling addiction, mens depression, and church addiction recovery programs. Other highlights from the book include: \*Recognizing the depth of Asian Shame and its impact on preventing millions of Asians struggling with addictions to seek help and break their bondage. \*Learn effective ways to communicate a message of unconditional love and redemption of their behaviors to foster healing and restoration. \*Understand how much the Asian culture inhibits authentic and real relationships by promoting harmony and collectivism at the expense of being true to the unique person and path God designed for each of us.

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