



THE CULTURED BOOK CLUB



Books we've read so far

2023

- [It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle](#) by Mark Wolynn (March)
- [The Good Immigrant: 26 Writers Reflect on America](#) edited by Nikesh Shukla and Chimene Suleyman (April)
- [The Pain we Carry: Healing from Complex PTSD for People of Color](#) by Natalie Gutiérrez (May)
- [Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents](#) by Lindsay Gibson (June)
- [Crying in H Mart: A Memoir](#) by Michelle Zauner (July)
- [Rest is Resistance: A Manifesto](#) by Tricia Hersey (August)
- [Funny in Farsi: A Memoir of Growing up Iranian in America](#) by Firoozeh Dumas (September)

FIND YOUR LIGHT
LIVE BRIGHT

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THERAPY + WELLNESS



- Do Better: Spiritual Activism for Fighting and Healing from White Supremacy by Rachel Ricketts (October & November)

2024

- Break the Cycle: A Guide to Healing Intergenerational Trauma by Dr. Mariel Buque (January)
- Decolonizing Therapy: Oppression, Historical Trauma, and Politicizing Your Practice by Jennifer Mullan (February & March)
- Remnants: Embodied Archives of the Armenian Genocide by Elyse Semerdjian (April)
- Monsters in Love: Why Your Partner Sometimes Drives you Crazy - and What You Can Do about It by Resmaa Menakem (May)
- But What Will People Say?: Navigating Mental Health, Identity, Love, and Family Between Cultures by Sahaj Kaur Kohli (June)