

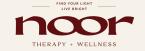
THE CULTURED BOOK CLUB





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)
- <u>Funny in Farsi: A Memoir of Growing up Iranian in America</u> by Firoozeh Dumas (September)



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

2024

- <u>Break the Cycle: A Guide to Healing Intergenerational</u>
 <u>Trauma</u> by Dr. Mariel Buque (January)
- <u>Decolonizing Therapy: Oppression, Historical Trauma,</u> and <u>Politicizing Your Practice</u> 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)
- <u>But What Will People Say?: Navigating Mental Health, Identity, Love, and Family Between Cultures</u> by Sahaj Kaur Kohli (June)

