



THE CULTURED BOOK CLUB



2023 Reading List

- It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle by Mark Wolynn
- The Good Immigrant: 26 Writers Reflect on America edited by Nikesh Shukla and Chimene Suleyman
- The Pain we Carry: Healing from Complex PTSD for People of Color by Natalie Gutiérrez
- Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents by Lindsay Gibson
- Crying in H Mart: A Memoir by Michelle Zauner
- Rest is Resistance: A Manifesto By Tricia Hersey
- Funny in Farsi: A Memoir of Growing up Iranian in America by Firoozeh Dumas
- Do Better: Spiritual Activism for Fighting and Healing from White Supremacy by Rachel Ricketts

FIND YOUR LIGHT
LIVE BRIGHT

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THERAPY + WELLNESS