



# Asian Shame and Addiction: Suffering in Silence

*Sam Louie*

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## **Asian Shame and Addiction: Suffering in Silence** Sam Louie

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, let alone the stranglehold of shame in their midst. This book is written especially for Asian Christians as God's unconditional love is hard for many Asians to understand because of the shame that binds them. This book is to help you get to the heart of Asian Shame and some of the associated behaviors and addictions that result from a culture that inhibits healthy emotional expression. If you want healthy Christianity 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, over-eating, and other addictive behaviors.

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