



Living with the Dragon: Healing 15 000 Days of Abuse and Shame (Paperback)

By Jason Lee

Jason Lee, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In Living with the Dragon, Jason Lee gives an honest and brave account of his life. As a Canadian-born Chinese man in his forties, Lee was raised in a household rife with physical and emotional abuse. He recounts stories of torment, angry outbursts, and beatings in his home that made him feel humiliated and unloved from a young age. Bullying at school and a complicated relationship with his brother who has schizophrenia added to Lee s feelings of worthlessness and shame. With stunning vulnerability, Lee confesses to his own emotionally abusive behaviour as an adult. He also shares about his personal struggles with depression and anxiety that he only came to realize in recent years. Through the hard work of counselling, group therapy, meditation, and practices of self-compassion, Lee has turned his life around in remarkable ways. In Living with the Dragon, he shares lessons and tools for breaking the chain of abuse from one generation to the next. As Lee writes, There is no greater feeling than liberation and being able to live your most honest self. This powerful memoir will embolden you...



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