

“Crying in H Mart” by Michelle Zauner

“Minor Feelings” by Cathy Park Hong

“Thank You, Mr. Nixon!” by Gish Jen

“The Family Chao” by Lee Samantha Chang

“Yellow Face” by Rebecca Kuang

“What My Bones Know” by Stephanie Foo

“Our Missing Hearts” by Celeste Ng

“A Man of Two Faces” by Viet Thanh Nguyen

“Beautiful Country” by Wang, Qian Julie

“Oh My Mother!” by Connie Wong

“Chinese Groove” by Kathryn Ma

“Dear Girls” by Ali Wang

“Joy Luck Club” by Amy Tan

“No-no Boy” by John Okada

“The Woman Warrior” by Maxine Hong Kingston

“Dogeaters” by Jessica Hagedorn

“Floating Chinaman” by Hua Hsu

“Stay True” by Hua Hsu

“Tenderheart: A Cookbook About Vegetables and Unbreakable Family Bonds” by Hetti
Lui McKennon

“Lady Tan’s Circle of Women” by Lisa See

"The Winged Seed" by Li-Young Lee

"Tomb Sweeping: Stories" by Alexandra Chang (2023)

"End Credits: How I Broke Up with Hollywood" by Patty Lin (2023)

"Wednesday's Child: Stories" by Yiyun Li (2023)

"Not Your China Doll" by Katie Gee Salisbury (2024)

"Flux" by Jinwoo Chong (2023)

"King of the Armadillos" by Wendy Chin-Tanner

"They Called Us Exceptional" by Prachi Gupta (2023)

"one long listening: a memoir of grief, friendship, and spiritual care" by Chenxing Han (2023)

"Land of Milk and Honey" by C Pam Zhang

"Ace: What Asexuality Reveals About Desire, Society, and the Meaning of Sex" by Alice Chen

"Swimmers" by Julie Otsuka

"Born 1982" by Kim Jiyoung (2021)

"Chemistry" by Weike Wang (2018)

"Ma and Me" by Putsata Reang (2022)

"Everything I Learned, I Learned in a Chinese Restaurant" by Curtis Chin (2023)

"On Earth We're Briefly Gorgeous" by Ocean Vuong (2019)

"How To Write An Autobiographical Novel: Essays" by Alexander Chee (2018)

"The Collected Schizophrenias: Essays" by Esmé Weijun Wang (2019)

“Biting the Hand: Growing Up Asian in Black and White America” by Julia Lee (2023)

“House of Sticks” by Ly Tran

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Mainland Chinese writing in English

“Braised Pork” by An Yu (2021)

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Books by first-gen immigrants:

1. [Nervous: Essays on Heritage and Healing](#): Filipina musician/activist Jen Soriano explores a lifetime of mysterious health issues in relation to her family’s wartime trauma ([you can read my review here](#)).
2. [What my Bones Know: A Memoir of Healing from Complex Trauma](#): Malaysian radio journalist Stephanie Foo also investigates how her struggles with and diagnosis of Complex PTSD relates to family trauma.
3. [The Collected Schizophrenias](#): Chinese author [Esme Weijun Wang](#) is one of my favorite writers on [Substack](#) and this book of essays tackles her history with physical and mental health issues. Esme also [does remarkable work mentoring writers](#), especially writers with health conditions.
4. [First Gen](#): Mexican public health advocate Alejandra Campoverdi’s memoir reveals the emotional and social costs of her assimilation out of poverty in Los Angeles and into the worlds of USC and Harvard.
5. [Crying in H-Mart](#): Korean/white musician Michelle Zauner writes about her mother’s terminal illness and their shared love of food.
6. [Catalina](#): Ecuadorian author Karla Cornejo Villavicencio followed up her National Book Award nominated debut, [The Undocumented Americans](#), with this novel about Catalina, an undocumented college student straddling life at Harvard and family problems at home.
7. [Portrait of a Thief](#): Chinese writer Grace D. Li’s suspenseful novel follows a group of First Gen Chinese kids as they plan and execute a series of increasingly complex art heists.
8. [The Brown Album](#) and [Sick](#): Porochista Khakpour writes about her struggles with Lyme Disease and reflects on life as an Iranian-American after 9/11. I subscribe to [Porochista on Substack](#) and have followed her on [Instagram](#) for years.

9. Right now I'm reading [Once I Was You: A Memoir of Love and Hate in a Torn America](#) by [Maria Hinojosa](#). If you [follow me on Instagram](#), you can see me crying from joy while meeting Maria Hinojosa earlier this month at the Latinx Storytellers Conference.
10. I read Esmeralda Santiago's [When I was Puerto Rican](#) when it was first published in 1993. I was living in Chicago and went to see her read at an independent bookstore and was thrilled when she signed my copy. Hers was the first book I'd ever read that reminded me of my real actual family. She is an icon.
11. I haven't read [Everything I Learned, I Learned In a Chinese Restaurant](#) by Curtis Chin but I'm including it due to its subject matter: a Gay Chinese American boy grows up in his family's Chinese restaurant in Detroit.