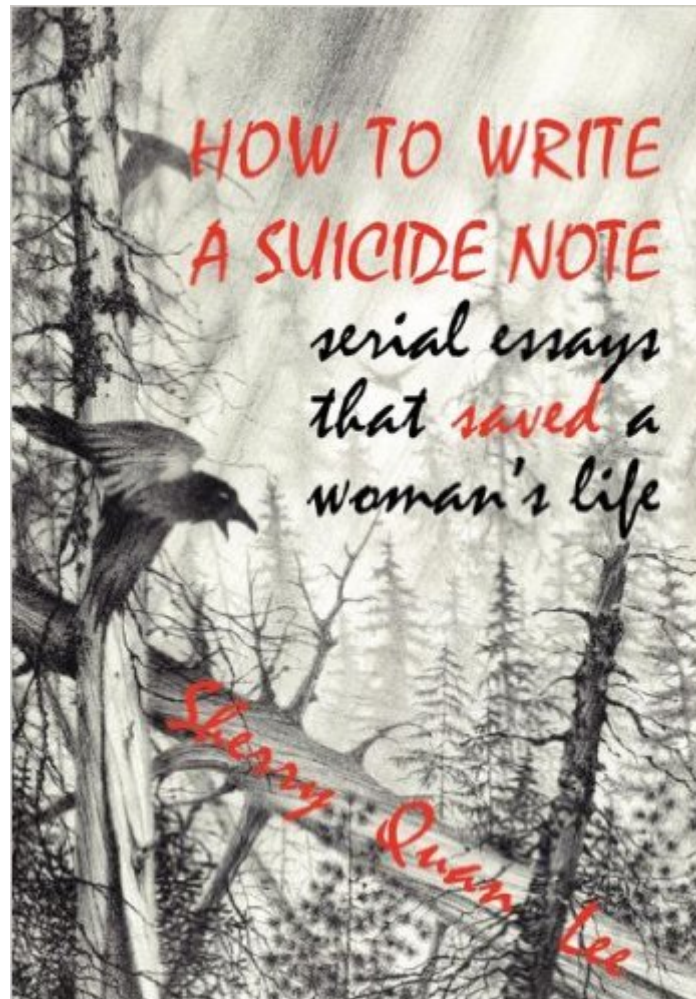


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# How To Write A Suicide Note: Serial Essays That Saved A Woman's Life (Reflections Of America)



## Synopsis

How to Write a Suicide Note examines the life of a Chinese/Black woman who grew up passing for white, who grew up poor, who loves women but has always married white men. Writing has saved her life. It has allowed her to name the historical trauma--the racist, sexist, classist experiences that have kept her from being fully alive, that have screamed at her loudly and consistently that she was no good, and would never be any good--and that no one could love her. Writing has given her the creative power to name the experiences that dictated who she was, even before she was born, and write notes to them, suicide notes. Sherry Quan Lee believes writing saves lives; writing has saved her life. Acclaim for How to Write a Suicide Note "How to Write a Suicide Note is a haunting portrait of the daughter of an African mother and a Chinese father. Sherry dares to be who she isn't supposed to be, feel what she isn't supposed to feel, and destroys racial and gender myths as she integrates her bi-racial identity into all that she is. Through her raw honesty and vulnerability, Sherry captures a range of emotions most people are afraid to confront, or even share. Her work is a gift to the mental health community." --Beth Kyong Lo, M.A., Psychotherapist "Sherry Quan Lee offers us, in How to Write a Suicide Note, a deep breathing meditation on how love is under continuous revision. And like all the best Blues singers, Quan Lee voices the lowdown, dirty paces that living puts us through, but without regret or surrender." Wesley Brown, author of Darktown Strutters and Tragic Magic "I love the female aspects, the sex, and the strong voice Sherry Quan Lee uses to share her private life in How To Write A Suicide Note. I love the wit, the tongue-in-cheek, the trippiness of it all. I love the metaphors, especially the lover and suicide ones. I love the free-associations, the 'raving, ravenous, relentless' back and forth. Quan Lee breaks the rules and finds her genius. How to Write a Suicide Note is a passionate, risk-taking, outrageous, life-affirming book and love letter." Sharon Doubiago, author of Body and Soul, Hard Country; and other works Learn more about the author at [www.SherryQuanLee.com](http://www.SherryQuanLee.com) Book #2 in the Reflections of History Series from Modern History Press [www.ModernHistoryPress.com](http://www.ModernHistoryPress.com) Modern History Press is an imprint of Loving Healing Press

## Book Information

Series: Reflections of America

Perfect Paperback: 100 pages

Publisher: Modern History Press; First edition (June 6, 2008)

Language: English

ISBN-10: 1932690638

ISBN-13: 978-1932690637

Product Dimensions: 6.7 x 0.2 x 9.6 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (1 customer review)

Best Sellers Rank: #2,162,538 in Books (See Top 100 in Books) #168 in Â Books > Literature & Fiction > Poetry > Regional & Cultural > United States > Asian American #8497 in Â Books > Reference > Writing, Research & Publishing Guides > Writing > Fiction #161313 in Â Books > Literature & Fiction > United States

## Customer Reviews

How to Write a Suicide Note: serial essays that saved a woman's lifeDesperation in shifting waves of rhythm; hope in scuttling across consciousness of living; rolling in the distance between self and the outside; a poetical delirium giving out vibes of bitter truth and sweet resilience - there is so much of substance in Sherry Quan Lee's poetry titled How to Write a Suicide Note (Modern History Press, 2008) that one may assert it as a crash course in the impact of growing up as a woman and as an ethnic minority in a multicultural society. For its title, Lee's book stands in danger of rousing fear or concern, sounding like an offer of assistance in passing to the other side - the dreaded one. But thanks to the subtitle serial essays that saved a woman's life, which gives a hint of the book's greater purpose. And yet, it takes a while before an average reader can come to terms with Lee's desultoriness so profusely showing in each page of her verse like a medium catching vibes from multiple dimensions and conveying them in a somewhat unsorted pattern. Persistence and concentration on behalf of the reader brings joy and depth to Lee's message, interwoven with her personal story, cultural critique, and philosophical/existential interpretation of life experiences. Lee's poetry in How to Write a Suicide Note is one of the few that probe into the origin of emotional trauma as something beyond the individual; living as a Black-Chinese woman in a white-dominated society, her status as a woman of a minority class culturally pressured her into becoming (and acting) someone she really was not; hence, the pain of deprivation from the natural right of self-expression. For Lee, it is a historical trauma traveling through the medium of culture with individuals at the receiving end.

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