



# MUZNA ABBAS

AUTHOR | SPEAKER

## MORE ABOUT ME

Muzna Abbas wrote *Letters to My Brown Mother* to start conversations about mental health in the South Asian diaspora, and to encourage open, authentic communication in South Asian communities. As a first-generation Pakistani-American herself, Abbas understands the relationship between mental health and culture firsthand; her interviewees affirming their shared experiences. She holds a dual Masters degree in business and foreign service from Georgetown University as well as a Masters in Education. During her free time, Muzna enjoys reading, dabbling in photography, cooking Pakistani dishes, and exploring Washington, DC with her dog, Baxter.

## AS SEEN IN



CHAT WITH LEADERS  
MEDIA

GEORGETOWN  
UNIVERSITY

McDonough  
SCHOOL of BUSINESS



TFA  
TEACH FOR AMERICA

and more....



@letterstomybrownmother

@muznaa23

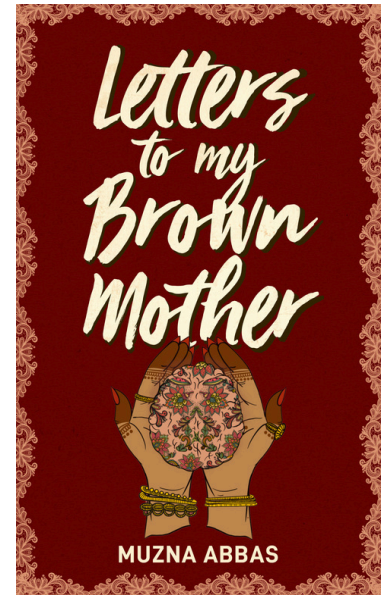
muznaabbas.com

muzna@muznaabbas.com

## ABOUT THE BOOK

**What happens when we dismantle the stigma surrounding mental health in South Asian communities?**

Muzna Abbas examines historical events, migration patterns, and cultural communities to understand why South Asian migrants fail to adequately address mental health. She shows how culture, gender, and religion intersect to impact immigrants and their posterity. Abbas not only offers facts and figures, but personifies the mental health crisis through letters by South Asians from different walks of life, including a queer adult to his younger self and a young woman in a toxic marriage. The book culminates in a call to action by offering readers advice on seeking culturally-sensitive therapy, self-care practices, and imperative conversations.



*Letters to My Brown Mother* includes heart-wrenching anecdotes and soulful descriptions that promise to educate and change the South Asian community for the better.

## Praise for *Letters to my Brown Mother*

"It is difficult enough in general to find candid discussions regarding a topic as sensitive as mental health, even more difficult to find them amongst diaspora groups. *Letters to my Brown Mother* is a fascinating and eye-opening look at mental health issues within the Desi diaspora. Written with sensitivity and care, this book doesn't pretend to have all the answers, but it tries to start some much needed conversations."

— **Abu B. Rafique, author of *Of Memories and Mirages***

"This should earn Abbas a rightful place in the inner circle of great authors. A big win for both—authentic storytelling and the mental health movement."

— **Ananya Jain, founder of FullCircle, LLC**

## Speaking Topics

- Mental Health in Immigrant Cultures
- Workplace Mental Health
- Culture and Mental Health
- Log Kya Kahenge (What will people say): Guilt, Shame, and Mental Health
- *Additional Topics per request*

## Booking Options

- Keynote Session
- Interactive Workshop
- Lunch-and-Learn
- Panel Discussion
- Community Chat
- Book Reading

*Virtual and In-person options  
Inquire for pricing*