



Kalpana Asok, M.A., M.S., is a psychotherapist who integrates East and West into her therapeutic practice of over 30 years. She has a Masters degree in Psychology from Santa Clara University and a Masters degree in Biology. As a California Licensed Marriage & Family Therapist, she helps families navigate the complexities of mental well-being in acculturating across generations into peaceful modern family life in the United States. She is the author of a community-esteemed book titled, “*Whose Baby Is It, Anyway? Inside the Indian Heart*” which addresses the emotional health and immigrant family life of the South Asian diaspora. She is also a poet, and the author of “*Everyday Flowers*”, a chapbook of poetry.

Her website is www.CalmTherapy.com

**Get to know the Indians in your life better!
Whether they are your patients, clients, friends, neighbors, colleagues,
or are a part of your community, South Asians make up a distinct
culture, and this book can help you understand
this population from the inside.**

Praise for *Whose Baby Is it Anyway?*

"An Indian-born psychotherapist's examination of how social relationships and cultural practices affect the mental health of South Asian patients. An informative psychological and cultural text with balanced explanations and empathetic depictions. Overall, the book offers a nuanced depiction of what life is like for many South Asian immigrants. Asok provides a brief social and cultural history addressing its linguistic and religious diversity. She addresses adolescent issues, marriage and coupledness, aging and elder care within the family structure. She excels at clarifying perspectives and empathetic anecdotes of patient experiences, including recognizing some problematic issues while also highlighting cultural strengths."

-Kirkus Review July 28th, 2022 - KirkusReview.com

"In this beautifully written book, Kalpana Asok vividly articulates the experiences, tensions and conflicts that Indian immigrants in the US and similar countries can experience, especially between family at home and life as it is often lived in the west. Written by a gifted clinician, this book offers a series of anecdotes, stories, and case examples that will help provide context, perspective and understanding. Of great value to clinicians working with South Asian clients, the book is also a valuable resource for all of us who seek to better understand ourselves and our own experience or that of members of the South Asian community with whom we live and work."

-Dr. Sabrina Zirkel, PhD - Santa Clara University - Dean of School of Education and Counseling Psychology

"*Whose Baby is it Anyway?* is a remarkable book. It's unlike any I have ever read. Kalpana Asok beautifully crafts a collection of twenty-three brief essays, each addressing a different aspect of Indian culture that is alive in the day-to-day life of Indians living within and outside of India. Each chapter is a gem that rings as true to human experience as the writing of some of the most accomplished authors of short stories. This book will be invaluable to psychotherapists working with patients from South Asia, but it is not to be mistaken for a psychotherapy manual. This is a work of art that will remain with the reader long after he or she has read its last page."

-Thomas H. Ogden, MD - Author of *Creative Readings: Essay on Seminal Analytic Works and The Parts Left Out*