

THE SURPRISING POWER OF

A GOOD DUMPLING

BY WAI CHIM

'A contemporary YA novel set in Sydney that explores the difficulties, frustrations and emotional roller coaster that comes with having a parent with mental illness.' **(Author)**

♥ **The story :** Anna Chiu has her hands pretty full looking after her brother and sister and helping out at her dad's restaurant, all while her mum stays in bed. Dad's new delivery boy, Rory, is a welcome distraction and even though she knows that things aren't right at home, she's starting to feel like she could just be a normal teen.

But when Mum finally gets out of bed, things go from bad to worse. And as Mum's condition worsens, Anna and her family question everything they understand about themselves and each other.

A nourishing tale about the crevices of culture, mental wellness and family, and the surprising power of a good dumpling. **(Goodreads)**

♥ **Themes :** family expectation, educational expectations, mental health, family, coming of age, first love, racism, growing up in a migrant family.

♥ **Author's Note:**

'This is the most honest book I've written as it as draws more directly on my experiences growing up with what I call a 'hyphenated identity' (Chinese-American/Chinese-Australian).' **(Author)**

♥ **Reasons to read it :**

It acknowledges the tough issue of mental health, especially that of a parent, in a way YA readers can understand, and also deals with some of the cultural stigma that comes with mental health.

You'll love Anna, the main character, who is a typical teenager going to school, trying to decide what future career she wants, falling in love and shouldering a lot of the family responsibilities as the eldest daughter in a Chinese family.

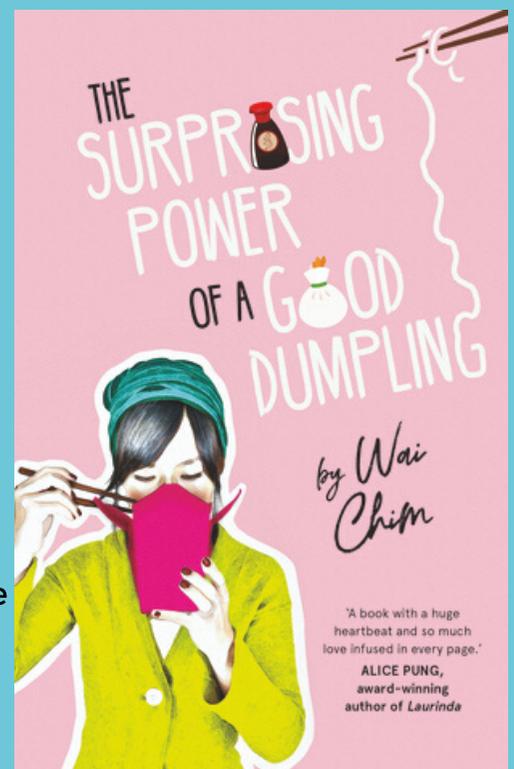
It will make you hungry and send you looking for dumplings!

I think the title beautifully summarises the main character, Anna. She is such a quietly strong and resilient character, a good dumpling if you will! (Author)

WAI CHIM



Image: Allen & Unwin



Recommended: 15+ yrs