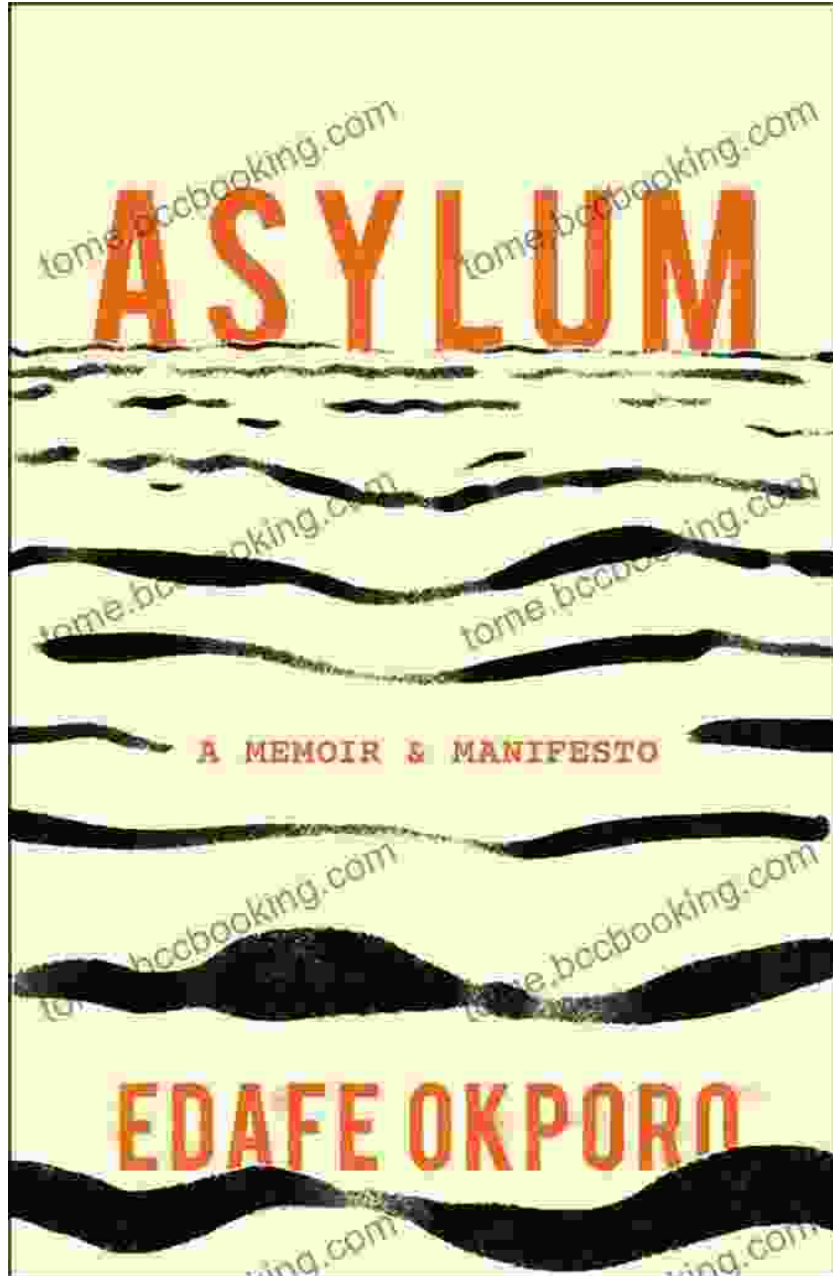
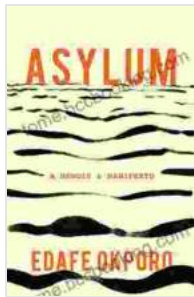


Asylum Memoir Manifesto: An Unflinching Examination of Mental Health and Immigration



Asylum Memoir Manifesto, the debut book by Nigerian-American writer EDAFE OKPORO, is an unflinching and deeply personal memoir that explores the complexities of mental health, immigration, and the search for

belonging. Okporo draws on their own experiences as an asylum seeker in the United States to craft a narrative that is both harrowing and hopeful.



Asylum: A Memoir & Manifesto by Edefe Okporo

★★★★★ 5 out of 5

Language : English
File size : 2422 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 223 pages



The book begins with Okporo's childhood in Nigeria, where they first experienced symptoms of mental illness. They were diagnosed with bipolar disorder, but due to the stigma surrounding mental health in their community, they were unable to get the help they needed. As a result, their mental health continued to deteriorate, and they eventually attempted suicide.

After their suicide attempt, Okporo was sent to a psychiatric hospital, where they were subjected to horrific abuse. They were beaten, sexually assaulted, and denied basic medical care. Eventually, they were released from the hospital, but they were still struggling with their mental health. They decided to come to the United States seeking asylum, hoping to find a place where they could finally get the help they needed.

However, Okporo's experience in the United States was not what they had hoped for. They were detained by immigration authorities and held in a

detention center for months. While in detention, they were subjected to further abuse and neglect. They were denied access to medication and medical care, and they were forced to live in squalid conditions.

Eventually, Okporo was released from detention and granted asylum. However, they still struggled to access mental health care. They were unable to find a therapist who could understand their experiences as an asylum seeker and a person with bipolar disorder. They also faced discrimination from landlords and employers, who were reluctant to rent to them or hire them because of their mental health history.

Despite the challenges they faced, Okporo refused to give up. They became an advocate for mental health and immigration reform. They spoke out about their experiences and worked to raise awareness of the plight of asylum seekers and people with mental illness.

*****Asylum Memoir Manifesto***** is a powerful and important book that sheds light on the urgent need for mental health care reform and immigration reform. Okporo's writing is raw and honest, and they do not shy away from the difficult truths of their experiences. However, the book is ultimately a story of hope and resilience. Okporo's journey is a testament to the power of the human spirit and the importance of never giving up.

Praise for ***Asylum Memoir Manifesto*******

"Asylum Memoir Manifesto is a must-read for anyone who cares about mental health, immigration, or social justice. Edafe Okporo's writing is powerful, honest, and deeply moving. This book is a testament to the resilience of the human spirit and the importance of never giving up."

—***Ibram X. Kendi***, author of *****How to Be an Antiracist*****

"**Asylum Memoir Manifesto** is a brave and important book. Edefe Okporo's story is a reminder of the urgent need for mental health care reform and immigration reform. This book is a powerful call to action for us all."

—**Lori Gottlieb**, author of *Maybe You Should Talk to Someone*

"**Asylum Memoir Manifesto** is a stunning debut. Edefe Okporo's writing is lyrical, unflinching, and deeply resonant. This book is a must-read for anyone who wants to understand the complexities of mental health, immigration, and the human condition."

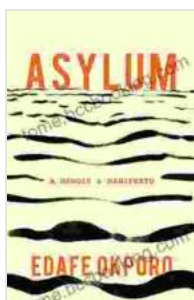
—**Esmeralda Santiago**, author of *When I Was Puerto Rican*

About the Author

Edefe Okporo is a Nigerian-American writer, mental health advocate, and immigration reform activist. They are the author of the memoir *Asylum Memoir Manifesto*. Okporo has written for numerous publications, including *The New York Times*, *The Washington Post*, and *The Guardian*. They are a recipient of the Whiting Award and the Rona Jaffe Foundation Writers' Award. Okporo lives in New York City.

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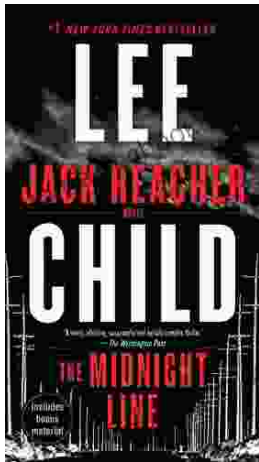


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