

Therapist and Author Tania Choi Releases *The House with No Mirrors*, Offering a New Framework for Understanding How the Self Is Formed, Lost, and Found

SAN JOSE, CALIF. — After nearly a decade of research, clinical practice, and writing, licensed marriage and family therapist Tania Choi announces the release of *The House with No Mirrors: How the Self Is Formed, Lost, and Found*, a groundbreaking exploration of identity, emotional development, and relational healing.

Drawing from developmental psychology, attachment theory, neuroscience, trauma research, contemplative philosophy, and more than seventeen years of clinical experience, Choi proposes a simple but provocative idea:

Before there can be self-love, there must first be a Self.

Rather than asking why so many successful, loving, and accomplished people continue to feel disconnected from themselves, *The House with No Mirrors* explores a more fundamental question: How does a self develop in the first place—and what happens when that developmental process is interrupted?

Central to the book is Choi's original Mirror Children™ Framework, which describes five adaptive identities that emerge when children grow up without consistent emotional mirroring. These adaptations—often mistaken for personality traits—help children survive environments where their inner experience is unseen, misunderstood, or unsupported.

"The question that began this project seemed deceptively small," said Choi. "How can someone return to themselves if no one ever helped them develop a coherent sense of self to begin with? That question ultimately became nine years of writing."

Rather than presenting another prescription for confidence or self-improvement, the book offers readers a developmental map for understanding perfectionism, people-pleasing, hyper-independence, chronic achievement, invisibility, and truth-telling as intelligent adaptations rather than personal flaws.

Early readers have described the work as both intellectually rigorous and deeply personal, blending clinical insight with storytelling that invites readers to reconsider how identity is formed and what genuine healing requires.

ABOUT THE BOOK

The House with No Mirrors introduces the Mirror Children™ Framework and offers readers practical pathways toward repair through relational attunement, embodiment, and community.

The book is available in paperback, Kindle, and audiobook formats through major online retailers.

ABOUT TANIA CHOI

Tania Choi is a licensed marriage and family therapist, writer, and speaker based in California. She is the creator of the Mirror Children™ Framework and founder of the House with No Mirrors community, dedicated to helping people reconnect with themselves through accurate reflection, relational repair, and embodied healing.

FOR INTERVIEWS, REVIEW COPIES, OR SPEAKING INQUIRIES, PLEASE CONTACT:

Tania Choi, LMFT

tania@housewithnomirrors.com

www.thehousewithnomirrors.com