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New Publications:

["Crafting Utopias for Spiritual Nationhood: Digested India in Contemporary Self-cultivation Practices in China" \(*Critical Asian Studies*, 2023\)](#)

["Be Soft like Water, Little Woman": Cultivating Postfeminism in Postsocialist China \(*Signs*, 2023\)](#)

["Decolonizing Affect: Resonance as an Ethnographic Technique" \(*Ethos*, 2023\)](#)

["Crazy English: Nation Strengthening and the Changing Politics of Neoliberal Selfhood in Reform-Era China" \(*positions*, 2023\)](#)

["Political Depression" \(blog post, "COVID and Global Mental Health", 2022\)](#)

Short bio:

Dr Anna Iskra is an anthropologist of China interested in the intersections of psy-sciences, self-development, and politics. She is currently a Postdoctoral Fellow at the Center for Culture and the Mind, University of Copenhagen, but calls Hong Kong her home. Dr Iskra has published in a variety of interdisciplinary journals, including *Ethos*, *Signs*, *positions*, and *Critical Asian Studies*. Her new research project on the experiences of psychological counsellors in Shanghai during the COVID-19 pandemic explores the frictions between official and grassroots discourses on mental health in China amidst a global health crisis. Dr Iskra is also working on a book manuscript on the entanglements of affect, self-cultivation, and governance in the People's Republic, based on her long-term fieldwork among local New Age / Body Mind Spirit (*shen xin ling*) practitioners.