

Veteran and Therapist Francisco Castillo Announces Upcoming Book Mijo: We Bend, Not Break

MIJO

We Bend, Not Break



FRANCISCO
CASTILLO

Honolulu, Hawaii Oct 8, 2025 ([IssueWire.com](https://www.issuewire.com)) - Francisco Castillo, a U.S. Navy veteran and Licensed Marriage and Family Therapist, has announced the forthcoming release of his new book, *Mijo: We Bend, Not Break*. Scheduled for publication soon, the book is a powerful exploration of generational trauma, cultural identity, and the resilience of immigrant families.

A Story of Fathers, Sons, and Survival

In *Mijo: We Bend, Not Break*, Castillo draws from years of professional experience and cultural insight—along with stories that mirror many immigrant journeys—to illuminate how silence, sacrifice, and unspoken pain can be passed from one generation to the next. Through evocative storytelling, he examines the complexities of father–son relationships, the unyielding weight of cultural expectations, and the possibility of breaking cycles through love, presence, and healing.

A Veteran and Therapist’s Perspective

Castillo’s perspective is uniquely informed by two decades of military service and his professional career in mental health. As a first-generation American, husband, and father, he brings both therapeutic expertise and deep cultural understanding to this work—offering a rare combination of professional insight and heartfelt narrative.

Anticipated Impact

Mijo: We Bend, Not Break promises to resonate deeply with immigrant families, veterans, and readers everywhere who grapple with legacy, masculinity, and belonging. With themes that extend far beyond one family’s story, the book invites readers into a candid conversation about what it means to inherit silence—and how we might choose to bend without breaking.

Early readers describe the manuscript as “an essential book for understanding generational healing” and “a story that speaks across cultures and communities.”

About the Author

Francisco Castillo is a Licensed Marriage and Family Therapist and a twenty-year veteran of the U.S. Navy. A proud son of Mexican immigrants, he earned his Master of Science in Counseling Psychology from Chaminade University of Honolulu. He is the author of multiple books and dedicates his practice and his writing to helping families confront generational trauma, build resilience, and reimagine what it means to love across generations. *Mijo: We Bend, Not Break* is his latest work.

Availability and Contact

Mijo: We Bend, Not Break will be released soon in both print and digital formats through major online retailers.

For early review copies, media inquiries, interviews, or speaking engagements, please connect via:

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