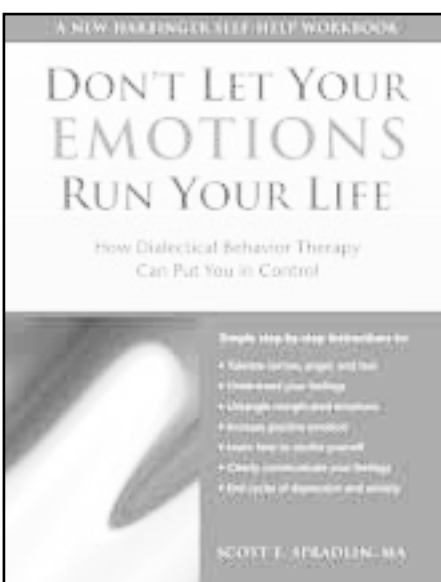


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Reclaim your life from your emotions using Dialectical Behavior Therapy

We are pleased to announce the publication of



Don't Let Your Emotions Run Your Life:

How Dialectical Behavior Therapy
Can Put You in Control

by Scott E. Spradlin, MA

Many of us know all too well the helpless predicament of losing control of our emotions. When we get this way we fall into the category of "high reactors." High reactors respond very strongly to sudden, intense surges of emotion. Our level of arousal goes up quickly, peaks at high levels, and takes some time to return to normal. We may not be "crazy" in the clinical sense, but we may feel that way. Our lives certainly look that way: we experience overpowering feelings that knock us off balance, plunge us into depression, make us fly off the handle, or terrify us without warning.

In *Don't Let Your Emotions Control Your Life* Scott E. Spradlin shows us how to use Dialectical Behavior Therapy (DBT) techniques to help us regain control over our lives. DBT is an eclectic mix of cognitive-behavioral techniques, skills training, Zen, and existentialism. *Don't Let Your Emotions Control Your Life* offers simple, DBT-based exercises that show us how to:

- Anticipate, understand, and ultimately avoid "high reactions;"
- Become aware of emotional triggers;
- Be less judgmental of ourselves when we do experience a surge; and
- Reduce the distress that intense emotions can cause.

This book equips us with cutting-edge tools for freeing ourselves from the grasp of overwhelming emotions. It gives us the skills we need to reduce the impact of painful feelings and increase the effects of positive ones so that we may tolerate life's ongoing stresses and achieve a sense of calm co-existence with our emotions.

DON'T LET YOUR EMOTIONS RUN YOUR LIFE
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Suggested Interview Questions for

Don't Let Your Emotions Run Your Life

1. What is Dialectical Behavior Therapy and why is it effective for helping people who are regularly overwhelmed by their emotions?
2. How do you know if you have a real problem with your emotions and what are some strategies for coping with surges of strong emotion?
3. What are primary and secondary emotions?
4. What is "modeling" and "invalidating" and how do these affect the way we deal with emotion?
5. What does it mean to be mindful of emotions and why is this important?
6. What are some common emotional triggers and how can we begin to recognize and avoid them?
7. In *Don't Let Your Emotions Run Your Life* you tell the story of Phil, who had a problem with anger. Can you tell us this story and explain what it tells us about dealing with difficult emotions?
8. What are some effective ways of communicating emotion?
9. What is "distress tolerance?"
10. What are some lifestyle changes you recommend for avoiding emotional surges?

About the Author of

Don't Let Your Emotions Run Your Life

Scott E. Spradlin, MA, is a DBT therapist specializing in treating highly reactive clients. He currently owns and operates Kansas DBT, where he treats clients and trains professionals and students in the theory and practice of DBT. He is an adjunct professor in the counseling department of Wichita State University and the founding editor of the *DBT Bulletin*.

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