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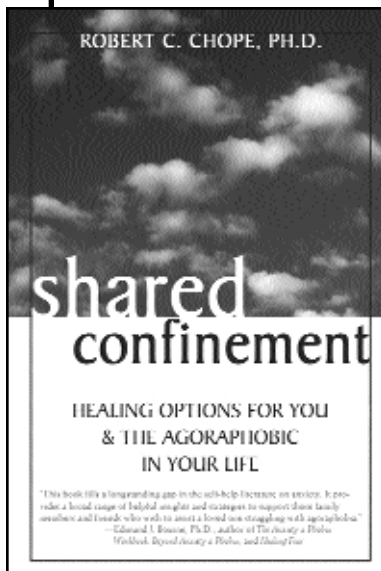
FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
Lorna garano 510-652-0215 X107/lorna@newharbinger.com

We are pleased to announce the publication of . . .

Shared Confinement

Robert C. Chope, Ph.D.

HEALING OPTIONS FOR YOU &
THE AGORAPHOBIC IN YOUR LIFE



**Your shared confinement
just got a lot roomier**

*Please consider this illuminating new book for review,
for excerption, and for your booklist.*

SHARED CONFINEMENT
Item SDCF ISBN 1-57224-241-8, (paper), \$15.95, 194 pages
Available at Bookstores or from the Publisher,
1-800-748-6273 with Visa or Mastercard
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You can be there for your loved one without abandoning yourself

From an expert on panic disorders comes the first step-by-step guide for the family members of agoraphobics. While those who live with agoraphobics can play a crucial role in their recovery, the disease often demands tremendous sacrifices from them. When a love one is homebound it is often debilitating and depressing for everyone involved. And, because of the obvious pain agoraphobics are in, most family members are reluctant to challenge them or complain. Thus, they are left feeling as if there are scant options for change.

Shared Confinement offers new hope and cutting-edge help for anyone in this situation. Based on over twenty years of work with agoraphobics and their families, Dr. Chope's book is a road map out of despair that gives readers the guidance they need to be effective caregivers without losing themselves in the process. They learn:

- Practical exercises and coping strategies;
- How agoraphobia affects them and their families;
- How to become assertive about their personal goals and needs;
- How to analyze their method of coping;
- Essential facts about agoraphobia;
- What the latest treatments are;
- How to become a coach for their loved one;
- How to communicate more effectively;
- How to prevent victimization and codependency.

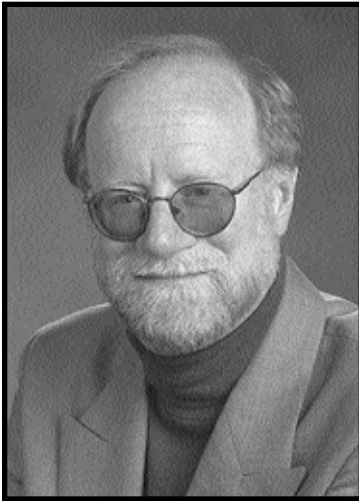
Shared Confinement also shows readers how to include humor in their coping tool kit and develop a support network for everyone involved. Dr. Chope offers those dealing with agoraphobia something they've long been hoping for: the gift of real change.

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About the Author of **Shared Confinement**



Robert C. Chope, Ph.D., is a professor of counseling at San Francisco State University and a psychologist in private practice who has been working with agoraphobics and their families for more than twenty years. He is author of *Dancing Naked: Breaking Through the Emotional Limits that Keep You from the Job You Want*.

? Suggested Interview Questions for ? **Shared Confinement**

1. Why should agoraphobia be treated as a family problem?
2. How does agoraphobia impose roles on family members?
3. What are the benefits and costs of being a caregiver to an agoraphobic?
4. When analyzing how you and your family deal with agoraphobia what are some questions you should ask yourself?

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5. How can friends and family members maintain healthy boundaries when a loved one is an agoraphobic, especially if they are caregivers?
6. What are a few key facts about agoraphobia that families and loved ones should know?
7. What are the latest treatments for agoraphobia and which are the most successful?
8. What are target behaviors and why should caregivers keep a target log?
9. In *Shared Confinement* you liken caregiving to coaching. What are some good coaching techniques?
10. What are active relaxation strategies and why do you recommend them?
11. How can you help your loved one get rid of the irrational beliefs and illogical thoughts that may fuel his or her anxiety?
12. Why are caregivers vulnerable to codependency and what are some symptoms that they should look out for?

What people are saying about . . .

Shared Confinement

"This book fills a longstanding gap in the self-help literature on anxiety. It provides a broad range of helpful insights and strategies to support those family members and friend who wish to assist a loved one struggling with agoraphobia."

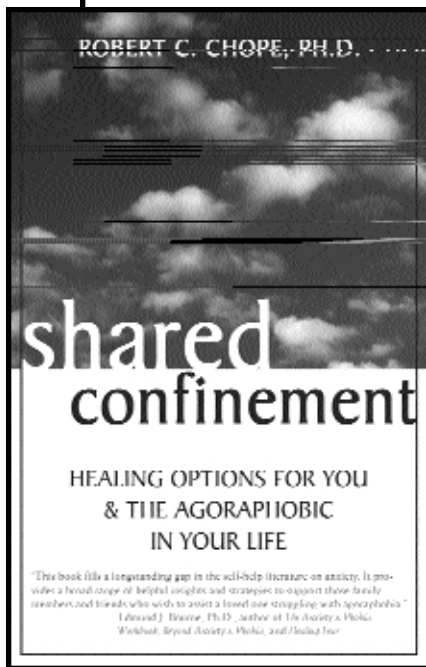
-**Edmund J. Bourne, Ph.D.**, author of *The Anxiety and Phobia Workbook*,
Beyond Anxiety & Phobia, and *Healing Fear*

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"*Shared Confinement* fills an important gap in the literature. Dr. Chope provides solid, practical advice and information for the companions of agoraphobics, assisting them on how to coach their loved ones while remembering to take care of themselves. This book is well written and easy to follow, and will be immediately useful to those who suffer along with their anxious partners and loved ones. While there are numerous books written for the agoraphobic person, I know of none addressing those who live with agoraphobics. I highly recommend it."



-**Bruce Peltier, Ph.D., M.B.A.**, Professor of Psychology,
University of the Pacific School of Dentistry, San Francisco, and
author of *The Psychology of Executive Coaching*

"This unique book is for the person most affected by an agoraphobic: the caregiver. A MUST for anyone who lives with, works with, or is the partner, parent, or child of a person with agoraphobia. This book offers understanding, hope, and coping skills, including guidelines on how to be calm with equanimity. The author succeeds in using the insights of his experience to look at the whole situation and produce a brilliant contribution for family members as well as therapists."

-**Erik Peper, Ph.D.**, Professor and Director of the
Institute for Holistic Healing Studies at San Francisco State University,
President of the Biofeedback Foundation of Europe, and coauthor of
Creating Wholeness and *Healthy Computing with Muscle Biofeedback*

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