PROVEN-EFFECTIVE RESOURCES

- The Anger Workbook for Teens
  - see page 4

- The Stress Reduction Workbook for Teens
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- Conquer Negative Thinking for Teens
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- Don't Let Your Emotions Run Your Life for Teens
  - see page 13

- The Anxiety Survival Guide for Teens
  - see page 26

- The ADHD Workbook for Kids
  - see page 34
In an increasingly turbulent world, young clients need mental health resources more than ever. Founded by renowned child psychologist Lawrence E. Shapiro, Instant Help Books offers powerful self-help resources for children and teens. These evidence-based books and workbooks are written by leading psychologists, physicians, and professionals, and outline practical tips and strategies for dealing with a variety of mental health issues and life challenges that teens and children face, such as depression, anxiety, bullying, eating disorders, stress, trauma, and self-esteem problems.

As a clinician, you know that young people who learn healthy coping skills early on are better able to navigate problems later in life. Engaging and easy to use, these books provide young clients with the tools they need to thrive—at home, socially, at school, and beyond.

For more than forty years, New Harbinger has been dedicated to publishing the resources you need to build your professional library and improve the lives of your clients.
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The Resilience Workbook for Teens - 18
The Social Media Workbook for Teens - 9
Winning with ADHD - 26
The Worry Workbook for Kids - 37
THE ADHD WORKBOOK FOR TEENS
Activities to Help You Gain Motivation & Confidence
This workbook shows teen clients how to gain confidence and motivation by focusing on their gifts and talents instead of the things that are most difficult for them. Teens will develop important skills to help them overcome impulsiveness, get organized and finish projects, and improve attention.
LARA HONOS-WEBB, PHD
$16.95 / ISBN 9781572248656 / 8 x 10

“This essential guide will help teens with ADHD have successful lives.”
—STEPHANIE MOULTON SARKIS, PHD, author of Adult ADD

“This thought-provoking workbook offers teens confidence, reassurance, motivation, and insight.”
—ROBIN GOLDSTEIN, PHD, faculty member at Johns Hopkins University

ALSO SEE THE ADHD WORKBOOK FOR KIDS, page 34

MINDFULNESS FOR TEENS WITH ADHD
A Skill-Building Workbook to Help You Focus & Succeed
This book offers powerful mindfulness skills to help teens succeed in all areas of life—at home, in school, with friends, and beyond. These easy skills and exercises will help teens make smart decisions, complete tasks, get enough sleep, manage stress, and much more. By learning to be present in the moment, your clients will be less distracted and better able to focus on what’s going on right now. The book also includes fifteen downloadable guided meditations.
DEBRA BURDICK, LCSW
$18.95 / ISBN 9781626256255 / 8 x 10

ALSO SEE MINDFULNESS FOR KIDS WITH ADHD, page 34
**THE ANGER WORKBOOK FOR TEENS**  
*Activities to Help You Deal with Anger & Frustration*

This book includes thirty-seven exercises designed to show clients effective skills to help them deal with feelings of rage without losing it. By completing just one ten-minute worksheet a day, teens will find out what’s triggering their anger, look at the ways they react, and learn techniques for getting their anger under control.

RAYCHELLE CASSADA LOHMANN, MS
$16.95 / ISBN 9781572246997 / 8 x 10

Teens will learn to:
- Develop a personal anger profile
- Identify the physical symptoms of anger
- Calm feelings of rage
- Respond more sensitively to others

**MINDFULNESS FOR TEEN ANGER**  
*A Workbook to Overcome Anger & Aggression Using MBSR & DBT Skills*

Using proven-effective mindfulness-based stress reduction (MBSR) and dialectical behavior therapy (DBT), this workbook will show your clients the difference between healthy and unhealthy forms of anger. They will learn how to stop overreacting, find emotional balance, and be more aware of their thoughts and feelings in the moment.

MARK C. PURCELL, MED, PSYD,  
& JASON R. MURPHY, MA
$17.95 / ISBN 9781608829163 / 8 x 10

“An important book to help one live better with anger. Through down-to-earth stories and practical exercises and skills, one can learn to transform anger into deeper understanding and peace. ... Highly recommended.”

—BOB STAHL, PHD, coauthor of *A Mindfulness-Based Stress Reduction Workbook*
THE ANXIETY WORKBOOK FOR TEENS
Activities to Help You Deal with Anxiety & Worry

This book offers practical guidance to help teen clients deal with the day-to-day challenges of anxiety, worry, and panic; develop a positive self-image; and stop being paralyzed by anxious thoughts. The workbook also includes valuable resources for seeking additional help and support.

LISA M. SCHAB, LCSW
$15.95 / ISBN 9781572246034 / 8 x 10

ABOUT THE AUTHOR
Lisa M. Schab, LCSW, is a licensed clinical social worker with a private counseling practice in the greater Chicago, IL, area. She has authored several groundbreaking self-help workbooks for children and teens, including The Anxiety Workbook for Teens, The Self-Esteem Workbook for Teens, and Beyond the Blues.

Includes simple activities to help teens:
• Understand the cause of their anxiety
• Make healthy lifestyle changes
• Stay calm and centered in the moment
• Manage fears, phobias, and panic

FROM THE ANXIETY WORKBOOK FOR TEENS:
“When people overgeneralize, they assume that because they had one negative experience in the past, they will always have the same negative experience in the future—even though there is no evidence for that. This assumption raises their anxiety level whenever they encounter a situation that has been negative, even just once, in the past. People who overgeneralize often use the words ‘always,’ ‘never,’ ‘no one,’ ‘everyone,’ ‘all,’ and ‘none.’”

ALSO SEE THE ANXIETY WORKBOOK FOR KIDS page 36

1-800-748-6273 * newharbinger.com
MINDFULNESS FOR TEEN ANXIETY
A Workbook for Overcoming Anxiety at Home, at School & Everywhere Else

This workbook offers mindfulness-based practices to help teens cope with anxiety, identify common triggers, learn valuable time-management skills, and feel calm at home, at school, and with friends. Also included are tips for dealing with situations that cause anxiety, such as public speaking, social anxiety, test anxiety, and more.

CHRISTOPHER WILLARD, PSYD
$16.95 / ISBN 9781608829101 / 8 x 10

THE MINDFULNESS & ACCEPTANCE WORKBOOK FOR TEEN ANXIETY
Activities to Help You Overcome Fears & Worries Using Acceptance & Commitment Therapy

This fun and easy-to-use workbook offers activities to help teen clients cope with anxiety, build resilience, and stop avoiding the things they fear. Teens will learn to recognize what triggers their anxiety, as well as mindfulness tips for staying in the moment when they feel worried about the future. Finally, your young clients will discover how to accept and make space for anxious thoughts while focusing on what’s important and meaningful in their lives.

SHERI L. TURRELL, PHD, CHRISTOPHER MCCURRY, PHD, & MARY BELL, MSW
$16.95 / ISBN 9781684031153 / 8 x 10

“\nA must-have that every teen and anyone who works with young people will treasure.\n
—EMANUELE ROSSI, PSYD, clinical psychologist and psychotherapist
THE SHYNESS & SOCIAL ANXIETY WORKBOOK FOR TEENS
CBT & ACT Skills to Help You Build Social Confidence

This book helps teens come to see that painful emotions—such as embarrassment—are inevitable and survivable. The comic-strip style illustrations, exercises, and worksheets address all aspects of social anxiety—from missing out on high school dances to going to job interviews. It also includes help for teens who have anxiety about blushing and speaking up in class.

JENNIFER SHANNON, LMFT
$17.95 / ISBN 9781608821877 / 8 x 10

“Jennifer Shannon has hit a bull’s-eye. Each page is fun, engaging, and filled with practical strategies to help teens break free from their social fears and worries.”
—MICHAEL A. TOMPKINS, PHD, author of My Anxious Mind

THE WORRY WORKBOOK FOR TEENS
Effective CBT Strategies to Break the Cycle of Chronic Worry & Anxiety

This book offers easy-to-use exercises to help teen clients understand chronic worrying and manage their fears in a constructive way. With this book, teens will uncover the real reasons they worry, stop negative “junk mail” thoughts from taking over, face their fears, and—most importantly—reach their goals.

JAMIE A. MICCO, PHD
$16.95 / ISBN 9781626255845 / 8 x 10

“In an age of increasing anxiety and worry in youth, this workbook is both highly valuable and timely.”
—PHILIP C. KENDALL, PHD, ABPP, distinguished university professor at Temple University

ALSO SEE THE WORRY WORKBOOK FOR KIDS, page 37
FREE FROM OCD
A Workbook for Teens with Obsessive-Compulsive Disorder
The activities in this book offer teens cognitive behavioral skills to overcome the symptoms of obsessive-compulsive disorder (OCD). Readers will learn essential information about the biology and dynamics of OCD, then discover a multitude of skills for moving beyond the most common types of obsessions and compulsions.
TIMOTHY A. SISEMORE, PHD
$20.95 / ISBN 9781572248489 / 8 x 10

CONQUER YOUR FEARS & PHOBIAS FOR TEENS
How to Build Courage & Stop Fear from Holding You Back
This workbook will help young clients overcome fears and phobias before they take over. Teens will find skills for coping with the distressing thoughts, emotions, physical sensations, and behaviors that can arise from fear, and face the situations that cause fear in the first place.
ANDREA UMBACH, PSYD
$17.95 / ISBN 9781626251458 / 8 x 10

THE PANIC WORKBOOK FOR TEENS
Breaking the Cycle of Fear, Worry & Panic Attacks
In this workbook, three anxiety specialists teach teens how to identify anxiety-causing thoughts and behaviors, mindfully observe their panic attacks instead of struggling against them, and experience sensations associated with panic until they learn that while these sensations may be uncomfortable—they are not dangerous.
DEBRA KISSEN, PHD, BARI GOLDMAN COHEN, PHD, & KATHI FINE ABITBOL, PHD
$17.95 / ISBN 9781626252219 / 8 x 10
THE SOCIAL MEDIA WORKBOOK FOR TEENS
Skills to Help You Balance Screen Time, Manage Stress & Take Charge of Your Life

For many teens, social media can become addictive, stressful, and even alienating. Written by a millennial psychologist and media expert, this unique and timely workbook offers practical, evidence-based skills to help teens reduce social media-driven stress and anxiety, balance screen time, deal with cyberbullies, and take control of their lives.

GOALI SAEDI BOCCI, PHD
$16.95 / ISBN 9781684031900 / 8 x 10

OVERCOMING PROCRASTINATION FOR TEENS
A CBT Guide for College-Bound Students

Procrastinating is a bad habit that can hinder a teen’s success and follow them well into adulthood. This workbook offers teen clients a step-by-step guide to overcoming procrastination. With fun exercises based in cognitive behavioral therapy (CBT), teens will learn to organize their schedule, manage homework, overcome stress and negative self-talk, and improve self-esteem.

WILLIAM J. KNAUS, EDD
$16.95 / ISBN 9781626254572 / 8 x 10

THE PERFECTIONISM WORKBOOK FOR TEENS
Activities to Help You Reduce Anxiety & Get Things Done

With this workbook, based in proven-effective therapies like cognitive behavioral therapy (CBT), teen clients will develop the self-compassion and mindfulness tools they need to counteract the dire effects of perfectionism and develop new, healthy skills for setting and achieving goals and boosting self-esteem.

ANN MARIE DOBOSZ, MA, MFT
$16.95 / ISBN 9781626254541 / 8 x 10
THE BIPOLAR WORKBOOK FOR TEENS
*DBT Skills to Help You Control Mood Swings*

Two therapists specializing in child and family mental health help teenage readers use dialectical behavior therapy (DBT) to tap into their resources and develop new skills for managing their bipolar disorder, then use their newfound strengths to begin living according to their goals and values.

SHERI VAN DIJK, MSW, & KARMA GUINDON, MSW
$17.95 / ISBN 9781572246966 / 8 x 10

BEYOND THE BLUES
*A Workbook to Help Teens Overcome Depression*

This workbook offers practical and effective skills to help teens cope with sad and difficult feelings, find new ways to make friends, and deal with conflicts. The fun and easy activities show teens how—little by little—they can make small changes in their lives that will ultimately lead them to brighter, more enjoyable futures.

LISA M. SCHAB, LCSW
$15.95 / ISBN 9781572246119 / 8 x 10

MINDFULNESS FOR TEEN DEPRESSION
*A Workbook for Improving Your Mood*

With this workbook, teen clients learn skills based in mindfulness and positive psychology to help them work through difficult emotions, overcome negative thoughts, and live more fully in the moment. Also included are activities and exercises—such as meditations, yoga, healthy eating and sleeping tips, and more—to help teens take care of their body as well as their mind.

MITCH R. ABBLETT, PHD, & CHRISTOPHER WILLARD, PSYD
$16.95 / ISBN 9781626253827 / 8 x 10
THE BODY IMAGE WORKBOOK FOR TEENS
Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World
This workbook will help teens deal with body image insecurities, and provide exercises and tips that address common factors that lead to negative body image, including comparison, negative self-talk, unrealistic media images, societal and family pressures, perfectionism, unhealthy friendships, and more.

JULIA V. TAYLOR, MA
$16.95 / ISBN 9781626250185 / 8 x 10

GETTING OVER OVEREATING FOR TEENS
A Workbook to Transform Your Relationship with Food Using CBT, Mindfulness & Intuitive Eating
Written by a family therapist and eating disorder specialist, this book will help teen clients challenge their own thinking and transform their relationship to food, giving them the skills they need to manage their emotions and find the comfort and sweetness they truly seek in life—without overeating!

ANDREA WACHTER, LMFT
$16.95 / ISBN 9781626254985 / 8 x 10

WHAT’S EATING YOU?
A Workbook for Teens with Anorexia, Bulimia & Other Eating Disorders
This workbook takes aim at the motivations behind the relationships teens with eating disorders have to food. Each worksheet includes questions and exercises targeting the cultural myths, perfectionism, stress, and lack of self-confidence that are often at the heart of a dysfunctional relationship with food.

TAMMY NELSON, MS
$17.95 / ISBN 9781572246072 / 8 x 10
EATING MINDFULLY FOR TEENS
A Workbook to Help You Make Healthy Choices, End Emotional Eating & Feel Great

Help teen clients turn mindless eating habits into mindful eating habits! It’s not easy to make smart food choices in our fast-paced, fast-food culture. In this breakthrough workbook, Susan Albers—author of Eating Mindfully and the New York Times bestseller Eat Q—offers teen clients powerful mindfulness-based activities and skills to help them stop overeating. Teens will learn how to deal with the day-to-day challenges of making healthy decisions about food, how to avoid overeating, and how to be more aware of their body’s natural hunger cues.

SUSAN ALBERS, PSYD
$16.95 / ISBN 9781684030033 / 8 x 10

“A superb manual for teenagers that provides expert information and advice about food, mood, and mindful eating.”
—CAROLYN COKER ROSS, MD, MPH, author of The Emotional Eating Workbook

THE INTUITIVE EATING WORKBOOK FOR TEENS
A Non-Diet, Body Positive Approach to Building a Healthy Relationship with Food

A new, non-diet approach to help teen clients adopt healthy eating habits. Building on the success of the evidence-based guide, Intuitive Eating, this workbook for teens addresses the ten principles of intuitive eating to help young readers develop a healthy relationship to food. Using this breakthrough workbook, teens will learn to notice and respect their natural hunger and fullness cues, find real eating satisfaction, promote body positivity, and cultivate a profound connection to their mind and body for years to come.

ELYSE RESCH, MS, RDN
$16.95 / ISBN 9781684031443 / 8 x 10

• More than 80 studies have demonstrated the benefits of intuitive eating for those with negative eating habits and eating disorders.
DON’T LET YOUR EMOTIONS RUN YOUR LIFE FOR TEENS

Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts & Get Along with Others

Teen clients will find new ways of managing their feelings so that they’ll be ready to handle anything life sends their way. Based in dialectical behavior therapy (DBT), this workbook helps teens learn the skills they need to ride the ups and downs of life with grace and confidence.

SHERI VAN DIJK, MSW

$17.95 / ISBN 9781572248830 / 8 x 10

ALSO SEE DON’T LET YOUR EMOTIONS RUN YOUR LIFE FOR KIDS page 35

GET OUT OF YOUR MIND & INTO YOUR LIFE FOR TEENS

A Guide to Living an Extraordinary Life

A comprehensive acceptance and commitment therapy (ACT), positive psychology, and emotional intelligence plan for moving past depression, anxiety, and more. By learning that feelings do not need to be translated into actions, teens learn self-control and emotion regulation skills. Includes a foreword by ACT cofounder Steven C. Hayes, PhD.

JOSEPH V. CIARROCHI, PHD, LOUISE HAYES, PHD, & ANN BAILEY, MA

$16.95 / ISBN 9781608821938 / 8 x 10

Join Louise Hayes for an Online Course

Learn new clinical skills to help your teen clients thrive

This online, self-paced course will introduce you to DNA-v—the youth model of acceptance and commitment therapy. The course is designed to give therapists, teachers, and counselors practical skills to help young people thrive and have greater psychological flexibility and strength.

Register for DNA-v today at www.praxisct.com/dnav2
**ABCT Self-Help Book Recommendation**

**CONQUER NEGATIVE THINKING FOR TEENS**

*A Workbook to Break the Nine Thought Habits That Are Holding You Back*

This workbook will help teen clients reframe their thoughts, regulate their emotions, become more flexible thinkers, and stop letting thoughts define who they are. Teens will also learn to target the negative thinking habits that can cause worry or negative emotions, such as the *I can’t* habit, the *doom and gloom* habit, and more.

MARY KARAPETIAN ALVORD, PHD, & ANNE MCGRATH, MA

$16.95 / ISBN 9781626258891 / 8 x 10

**THE INSOMNIA WORKBOOK FOR TEENS**

*Skills to Help You Stop Stressing & Start Sleeping Better*

This workbook offers proven-effective tips and strategies to help teen clients get to sleep and stay asleep. Clients will learn about the different reasons they experience insomnia, tackle their own “sleep hazards” like caffeine and sugar, and discover skills for managing the stuff that keeps them awake at night so they can stop feeling drowsy and grumpy during the day.

MICHAEL A. TOMPKINS, PHD, ABPP, & MONIQUE A. THOMPSON, PSYD

$17.95 / ISBN 9781684031245 / 8 x 10

This book helps teens:

- Create good sleep habits
- Learn to relax their body and mind
- Feel alert and ready for their day

“Tompkins and Thompson have produced a concise, well-organized, and useful tool that should be on the bookshelf—or better yet, in the hands—of any clinician working with teens.”

—GLEN R. ELLIOT, PHD, MD, Children’s Health Council/Stanford School of Medicine
THE GENDER QUEST WORKBOOK
A Guide for Teens & Young Adults Exploring Gender Identity

Written for transgender, gender-nonconforming, and gender-questioning youth, this book offers young clients engaging activities and exercises to help them discover and express their gender in ways that feel right for them. Also included are tips on navigating the unique experiences that can arise with family and friends, at school and work, and in relationships.

RYLAN JAY TESTA, PHD, DEBORAH COOLHART, PHD, & JAYME PETA, MA
$17.95 / ISBN 9781626252974 / 8 x 10

“The Gender Quest Workbook is an invaluable resource for any youth wanting to explore their gender, and for the professionals and family members accompanying the youth on their venture.”

—DIANE EHRENSAFT, PHD, director of mental health at the Child and Adolescent Gender Center, University of California, San Francisco

“This workbook is an important resource for the transgender community.”

—GRETA GUSTAVA MARTELA, cofounder and executive director of Trans Lifeline, the first national crisis line for transgender people

STOPPING THE PAIN
A Workbook for Teens Who Cut & Self-Injure

The exercises in this workbook will help teens explore why they self-injure, and teach them new ways of dealing with issues in their lives. As they work through the book, teens will learn to reduce stress and reach out to others—freeing themselves from the pain, loneliness, and isolation of cutting.

LAWRENCE E. SHAPIRO, PHD
$17.95 / ISBN 9781572246027 / 8 x 10
THE EXECUTIVE FUNCTIONING WORKBOOK FOR TEENS
Help for Unprepared, Late & Scattered Teens

This easy-to-use workbook provides powerful tips to help teens get organized, retain information, communicate effectively, and succeed in school and life. The workbook includes fun activities to help teens better understand how their brain works, and arms them with the skills needed to handle daily challenges and frustrations.

SHARON A. HANSEN, MSE, NBCT
$17.95 / ISBN 9781608826568 / 8 x 10

THE SOCIAL SUCCESS WORKBOOK FOR TEENS
Skill-Building Activities for Teens with Nonverbal Learning Disorder, Asperger’s Disorder & Other Social-Skill Problems

This engaging workbook includes activities to help teens with nonverbal learning disorder (NLD) or Asperger’s recognize and use their strengths to compensate for and overcome social skills deficits. The activities in this book help them to read social cues, understand emotions, and avoid meltdowns.

BARBARA COOPER, MPS, & NANCY WIDDOWS, MS
$15.95 / ISBN 9781572246140 / 8 x 10

THE ASD INDEPENDENCE WORKBOOK
Transition Skills for Teens & Young Adults with Autism

This workbook offers powerful skills to help teens and young adults with autism spectrum disorder (ASD) successfully navigate the skills required for daily living and integration into their communities. This book focuses on adaptive skills needed in the real world, and gives teens the ability to practice these skills—either independently or with a teacher or caregiver.

FRANCIS TABONE, PHD
$16.95 / ISBN 9781684030644 / 8 x 10
THE PTSD WORKBOOK FOR TEENS
*Simple, Effective Skills for Healing Trauma*

Based in cognitive behavioral therapy (CBT), this user-friendly workbook will help teen clients work through their experiences and make sense of their thoughts and feelings. The book includes worksheets and activities to help them reestablish a sense of safety, gain control over their emotions, make peace with their traumatic experience, and reconnect with a positive sense of self.

RAYCHELLE CASSADA LOHMANN, MS, LPC, & SHEELA RAJA, PHD

$16.95 / ISBN 9781626253995 / 8 x 10

THE SEXUAL TRAUMA WORKBOOK FOR TEEN GIRLS
*A Guide to Recovery from Sexual Assault & Abuse*

In this empowering guide, your client will find real-life stories from other survivors, as well as tools to help her heal and move forward in a positive direction. She’ll also learn how to reach out for help or support, create a personal safety plan, and work through feelings of fear, shame, or depression.

RAYCHELLE CASSADA LOHMANN, MS, LPC, & SHEELA RAJA, PHD

$16.95 / ISBN 9781626253995 / 8 x 10

Quick Tips for Therapists

Sign up and receive a **free e-book** of our top tips, with a dedicated section on treating teen clients.

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*Written by leading clinicians, Quick Tips for Therapists are free emails—sent twice a month—to help enhance your client sessions.*
THE RESILIENCE WORKBOOK FOR TEENS
Activities to Help You Gain Confidence, Manage Stress & Cultivate a Growth Mindset

The teen years are a critical time for learning healthy coping strategies. In *The Resilience Workbook for Teens*, author, psychotherapist, and youth mentor Cheryl M. Bradshaw teaches young clients that the key to building resilience—the cornerstone of mental health and wellness—lies in their relationship with themselves. Through activities and interactive exercises, teens are invited to rewrite the negative stories they tell themselves, embrace who they are, and believe in their own power to bounce back from life’s biggest challenges.

CHERYL M. BRADSHAW, MA
$16.95 / ISBN 9781684032921 / 8 x 10

MINDFULNESS FOR STUDENT ATHLETES
A Workbook to Help Teens Reduce Stress & Enhance Performance

*Stay in the moment, stay in the game!* The pressure to perform well—both on the field and in the classroom—can leave many teen athletes feeling completely stressed out. This unique workbook offers practical and tactical ways to help teens cope with anxiety in the moment, prevent stress in the future, improve athletic performance, and reignite their passion for the game.

GINA M. BIEGEL, MA, LMFT, & TODD H. CORBIN, CPC
$16.95 / ISBN 9781684030798 / 8 x 10

“I strongly recommend this for all athletes, competitors, family members, coaches, and professional personnel.”
—WILLIAM E. REITH, former US Olympic fencing coach

“A one-of-a-kind workbook that will enable athletes of all ages, levels, and sports to take their performance to the next level.”
—ROB POLISHOOK, MA, mental training coach and author of *Tennis Inside the Zone*
THE SELF-ESTEEM WORKBOOK FOR TEENS
Activities to Help You Build Confidence & Achieve Your Goals

When teens feel good about themselves, they can accomplish just about anything. This confidence-boosting workbook helps clients develop a positive self-view. They’ll find tips for dealing with setbacks and self-doubt, skills for handling criticism, and activities to help navigate challenges like school, dating, family, and friends.

LISA M. SCHAB, LCSW
$16.95 / ISBN 9781608825820 / 8 x 10

“A brilliant, inspiring book that teaches and guides teens to navigate their inner world, as well as the world they live in.”
—SUSAN SCHWASS, LCSW, private practitioner working with teens and their families for thirty-five years

THE GRIT GUIDE FOR TEENS
A Workbook to Help You Build Perseverance, Self-Control & a Growth Mindset

For teen clients, setting and reaching goals is an important part of growing up. The Grit Guide for Teens will help young clients build perseverance, resilience, self-control, and stamina. Using the skills outlined in this book, teen clients will develop both grit and a growth mindset—a way of thinking that focuses on improvement and hard work in order to achieve any goal they set for themselves. Teens will learn how to embrace challenges, manage stress, and be the very best version of themselves that they can be.

CAREN BARUCH-FELDMAN, PHD
$16.95 / ISBN 9781626258563 / 8 x 10

“A truly remarkable book that provides teens with realistic and practical strategies for managing challenging situations and developing perseverance, grit, and resilience.”
—ROBERT BROOKS, PHD, Harvard Medical School; coauthor of Raising Resilient Children
THE THINK CONFIDENT, BE CONFIDENT WORKBOOK FOR TEENS
Activities to Help You Create Unshakable Self-Confidence & Reach Your Goals

In this workbook, teen clients learn that how they think affects how they feel and what they do. Filled with simple activities and tips, this book will help teens recognize and replace self-doubt, discover what it is they value about their life, and act on those values. Foreword by Aaron T. Beck, MD.

LESLIE SOKOL, PHD, & MARCI G. FOX, PHD
$16.95 / ISBN 9781626254831 / 8 x 10

THE SELF-COMPASSION WORKBOOK FOR TEENS
Mindfulness & Compassion Skills to Overcome Self-Criticism & Embrace Who You Are

Help your teen clients manage stress, silence their inner critic, and embrace who they really are. This one-of-a-kind workbook includes fun activities based in mindfulness and self-compassion to help teens deal with the challenges of day-to-day life. Your teen clients will learn how to “stay present” during difficult emotions, and respond to these emotions by being good to themselves. They’ll also discover powerful tools to help them communicate with others and focus on the things that really matter. If your teen clients are ready to move past self-criticism and embrace their unique selves, this smart and friendly guide will show them how.

KAREN BLUTH, PHD
$16.95 / ISBN 9781626259843 / 8 x 10

“This book gets right to the heart of self-compassion, offering life-changing exercises in the easiest possible way.”

—CHRISTOPHER GERMER, PHD, Harvard Medical School; author of The Mindful Path to Self-Compassion
THE BULLYING WORKBOOK FOR TEENS
Activities to Help You Deal with Social Aggression & Cyberbullying

This workbook offers easy-to-use techniques from cognitive behavioral therapy (CBT), and sound advice to help ease the anxiety, depression, and other issues that can result from being bullied. The step-by-step activities in this workbook will also help teens build confidence in their interactions with others.

RAYCHELLE CASSADA LOHMANN, MS, LPC, & JULIA V. TAYLOR, MA
$17.95 / ISBN 9781608824502 / 8 x 10

COPING WITH CLIQUES
A Workbook to Help Girls Deal with Gossip, Put-Downs, Bullying & Other Mean Behavior

This workbook helps teenage girls deal with cliques, teasing, and gossip without getting caught up in this hurtful pattern of behavior. It includes key strategies girls can use to stick up for themselves, maintain their self-esteem (even when others tease them), and find friends who like them for who they are.

SUSAN SPRAGUE
$16.95 / ISBN 9781572246133 / 8 x 10

THE ADOPTED TEEN WORKBOOK
Develop Confidence, Strength & Resilience on the Path to Adulthood

Many adopted teens eventually question why they were given up, and may grapple with feelings of isolation, abandonment, and broken trust. This workbook is designed to help these teens open the door to ask questions about their birth family, explore painful feelings, and develop skills that will provide the strength, resilience, and confidence they need to thrive on the road to adulthood.

BARBARA NEIMAN
$16.95 / ISBN 9781684031412 / 8 x 10
THE STRESS REDUCTION WORKBOOK FOR TEENS, SECOND EDITION
Mindfulness Skills to Help You Deal with Stress

Between school, friends, and planning for the future, it’s easy for teen clients to feel stressed out. This fully revised and updated edition offers go-to tips and activities to help teen clients relax, prioritize, and keep calm during stressful times. Teens will learn how mindfulness can help them stay calm, work through their worries in the moment, and balance their emotions. Once teens discover how to stay collected when life gets hectic, they’ll gain a new sense of confidence and independence.

GINA M. BIEGEL, MA, LMFT
$16.95 / ISBN 9781684030187 / 8 x 10

A STILL QUIET PLACE FOR TEENS
A Mindfulness Workbook to Ease Stress & Difficult Emotions

Teens need a quiet place they can return to again and again, no matter how overwhelming life gets. This workbook offers teen clients fun, easy ways to balance emotions, stay focused, and live happier, more fulfilling lives. It also includes constructive ways to deal with stress and tips for being kind to oneself and others.

AMY SALTZMAN, MD
$16.95 / ISBN 9781626253766 / 8 x 10

“Amy Saltzman has again provided the world with a wonderful contribution, revealing how teens can learn a no-nonsense way to reduce overwhelming stress and bring more focus, health, and resilience into their lives.”
—DANIEL J. SIEGEL, MD, author of The Mindful Brain

“If you want less stress, more peace, and an easier time navigating the challenging years of adolescence, read this book.”
—MARK BERTIN, MD, author of Mindful Parenting for ADHD
THE RELAXATION & STRESS REDUCTION WORKBOOK FOR TEENS

CBT Skills to Help You Deal with Worry & Anxiety

Stress is a major issue for today’s teens. Based on the self-help classic, The Relaxation and Stress Reduction Workbook, this evidence-based guide will help teen clients develop a game plan for reducing stress, so they can focus on reaching their goals. With this workbook, teen clients will develop strategies for managing negative thoughts and emotions, as well as mindfulness practices for calming the mind and body in moments of worry and anxiety. If your teen client is ready to move past stress and worry, this workbook can help them get started.

MICHAEL A. TOMPKINS, PHD, & JONATHAN R. BARKIN, PSYD

$16.95 / ISBN 9781684030095 / 8 x 10

“This is simply a great workbook.”

—JUDITH S. BECK, PHD, president of the Beck Institute for Cognitive Behavior Therapy

“The strategies in this workbook have been studied by researchers and used by therapists for decades, and here they are presented in an accessible, easy-to-digest format designed specifically for teens... Any teen who feels stressed out by the challenges of school, friendships, family, money, or other areas of life should check out this book!”

—MARTIN M. ANTONY, PHD, professor of psychology at Ryerson University

NEVER MISS A NEW INSTANT HELP BOOK

We publish many new Instant Help books every year. Sign up today at newharbinger.com/bookalerts to be notified about new releases on topics of your choice.
Many teens wish they had special abilities to help them in times of trouble—especially when “villains” like anxiety, depression, or anger show up. In *Superhero Therapy*, psychologist Janina Scarlet and Marvel and DC Comics illustrator Wellinton Alves join forces to offer a dynamic, illustrated introduction to acceptance and commitment therapy (ACT) to help young clients.

With this fun and unique self-help guide, teen clients will embark on a journey to discover their own unique superpowers. Along the way, teens will gain effective tools—like mindfulness and self-compassion—to help them better manage painful thoughts and emotions, focus on what really matters, and face up to any obstacle life throws their way.

“Wonderfully written and beautifully illustrated”
—STEVEN C. HAYES, PHD, codeveloper of ACT

**INSIDE SUPERHERO THERAPY...**

Winner of the United Nations Eleanor Roosevelt Human Rights Award

**SUPERHERO THERAPY**

*Mindfulness Skills to Help Teens & Young Adults Deal with Anxiety, Depression & Trauma*

JANINA SCARLET, PHD
ILLUSTRATED BY WELLINTON ALVES

$17.95 / ISBN 9781684030330 / 7 x 7
PUT YOUR WORRIES HERE
A Creative Journal for Teens with Anxiety
LISA M. SCHAB, LCSW
$16.95 / ISBN 9781684032143
5.5 x 8.25

In this unique guided journal for teens, psychologist Lisa Schab offers a creative space for young clients to work through their anxiety. The journal includes 100 innovative prompts that give teens the chance to release their worries and tension through writing, drawing, laughter, physical movement, self-soothing techniques, and more.

"Practical, effective, and most of all, FUN."
—CHRISTOPHER WILLARD, PSYD, author of Mindfulness for Teen Anxiety

Read an interview with the author at: bit.ly/guided-journaling

• Journaling exercises are a proven-effective adjunct to talk therapy—helping teens bypass defenses, explore feelings in a non-threatening manner, and develop trust in their own coping skills.

Books for Teens
Introducing the first
Instant Help Guided Journal for Teens

Inside Put Your Worries Here...

Write your anxious thoughts that include words like 'never', 'always,' 'everyone,' or 'no one.'

Always

Everyone

Never

No One

1-800-748-6273  * newharbinger.com 25
instant help solutions

Engaging and easy to use, these smaller-format books provide your teen clients with practical, everyday skills for navigating many of life’s challenges—from stress and anxiety to self-esteem and communication.

WINNING WITH ADHD
A Playbook for Teens & Young Adults with Attention Deficit/Hyperactivity Disorder
The real inside scoop on thriving as a teen with attention deficit/hyperactivity disorder (ADHD). Drawing on her own experiences living with the disorder, college student Grace Friedman—along with pediatric neurologist Sarah Cheyette—offers valuable tips and tricks to help teens face the unique challenges of ADHD. Teens will learn powerful cognitive behavioral strategies for coping with overwhelm, staying organized, tackling assignments, dealing with emotions, communicating effectively with peers and adults, and maintaining strong friendships.

GRACE FRIEDMAN & SARAH CHEYETTE, MD
$16.95 / ISBN 9781684031658 / 6 x 8

THE ANXIETY SURVIVAL GUIDE FOR TEENS
CBT Skills to Overcome Fear, Worry & Panic
An engaging illustrated resource based in cognitive behavioral therapy (CBT) to help teens skillfully work through situations that cause anxiety so they can focus on their goals. By identifying their “monkey mind”—the part of the brain where anxious thoughts arise—teens will start to feel more independent, more confident, and ready to take on the world.

JENNIFER SHANNON, LMFT
$17.95 / ISBN 9781626252431 / 6 x 8
MINDFULNESS FOR TEEN WORRY
*Quick & Easy Strategies to Let Go of Anxiety, Worry & Stress*

This book offers skills to help teen clients cope with chronic worry due to school pressure, friendship and relationship problems, negative body image, and family conflicts. Teens will discover the cause of their worry and how to move past it, as well as simple, effective techniques to help them become more present in the moment.

JEFFREY BERNSTEIN, PHD
$16.95 / ISBN 9781626259812 / 6 x 8

A TEEN’S GUIDE TO GETTING STUFF DONE
*Discover Your Procrastination Type, Stop Putting Things Off & Reach Your Goals*

With distractions like social media, video games, and endless hours of television streaming, many teen clients have a hard time focusing on homework, studying, or other important stuff. In this fun and illustrated guide, teens will learn to recognize their own procrastination habits and find the motivation needed to meet important deadlines.

JENNIFER SHANNON, LMFT
$16.95 / ISBN 9781626255876 / 6 x 8

THE AUTISM PLAYBOOK FOR TEENS
*Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence & Connect with Others*

Teens with autism are natural observers—able to study, imitate, and learn social behavior. This book will help teens bolster these strengths with mindfulness strategies and roleplaying scripts, while also helping them to reduce anxiety, manage emotions, and connect with others.

IRENE MCHENRY, PHD, & CAROL MOOG, PHD
$17.95 / ISBN 9781626250093 / 6 x 8
COMMUNICATION SKILLS FOR TEENS
*How to Listen, Express & Connect for Success*

With this book, teen clients learn essential life skills, including active listening, assertiveness, clarifying language, the art of an apology, compassion, family communication, and more. Each chapter focuses on one key aspect of communication, offers real teens’ perspectives, and includes practical exercises to help young clients apply what they’ve learned in the real world.

**MICHELLE SKEEN, PSYD, MATTHEW MCKAY, PHD, PATRICK FANNING & KELLY SKEEN**

$16.95 / ISBN 9781626252639 / 6 x 8

EXPRESS YOURSELF
*A Teen Girl’s Guide to Speaking Up & Being Who You Are*

Packed with fun and helpful tips, this guide will teach teen clients how to express themselves in any situation—whether they’re talking to friends or parents, or dealing with bullies, cliques, and crushes. Teens will also discover ways to speak up when they’re upset, be assertive, and stay cool when intense emotions threaten to take over.

**EMILY ROBERTS, MA, LPC**

$17.95 / ISBN 9781626251489 / 6 x 8

RELATIONSHIP SKILLS 101 FOR TEENS
*Your Guide to Dealing with Daily Drama, Stress & Difficult Emotions Using DBT*

This book offers powerful tools based in dialectical behavior therapy (DBT) to help your teen clients manage emotions and build better relationships. They’ll discover how mindfulness can help them face each day with awareness and acceptance, and find effective ways of communicating with others.

**SHERI VAN DIJK, MSW**

$17.95 / ISBN 9781626250529 / 6 x 8
THE TEEN GIRL’S SURVIVAL GUIDE
Ten Tips for Making Friends, Avoiding Drama & Coping with Social Stress
For many teen girls, having friends is a major factor in happiness and well-being. Packed with real-life stories, words of wisdom, and fun quizzes, this is a teen girl’s go-to guide for making friends while also staying true to herself. One survival tip at a time, teens will build a sense of genuine confidence and gain the skills they need to get along with others.
LUCIE HEMMEN, PHD
$17.95 / ISBN 9781626253063 / 6 x 8

SURVIVING THE EMOTIONAL ROLLER COASTER
DBT Skills to Help Teens Manage Emotions
With this important guide, teens will learn to be more aware of their emotions, and increase their ability to let difficult feelings pass without reacting to them in destructive ways. They’ll also learn four basic dialectical behavior therapy (DBT) skills to help them manage their emotions: core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.
SHERI VAN DIJK, MSW
$21.95 / ISBN 9781626252400 / 6 x 8

HELP TEENS NAVIGATE THE UPS & DOWNS OF HIGH SCHOOL
Download the FREE guide, 6 Skills Every Teen Needs to Survive High School, to help teens learn skills now that will support them through life.
Go to newharbinger.com/teen-skills
GRIEVING FOR THE SIBLING YOU LOST
* A Teen’s Guide to Coping with Grief & Finding Meaning After Loss

If your teen client has lost a sibling, the sadness and loneliness can feel unbearable. This compassionate guide will help teens understand their grief, deal with overwhelming emotions, and find constructive ways to manage their loss. Most importantly, they’ll learn when and how to ask for help from parents, friends, or school counselors.

ERICA GOLDBLATT HYATT, DSW
$21.95 / ISBN 9781626252493 / 6 x 8

GRIEF RECOVERY FOR TEENS
* Letting Go of Painful Emotions with Body-Based Practices

In this compassionate guide, teen clients will discover powerful, body-oriented practices to help them manage the physical aspects of grief and loss. They’ll also find ways to soothe anxious feelings that can make their physical symptoms worse. Finally, teens will learn how to overcome stress and make healthy choices in their day-to-day life.

CORAL POPOWITZ, MSW
$16.95 / ISBN 9781626258532 / 6 x 8

HOW TO LIKE YOURSELF
* A Teen’s Guide to Quieting Your Inner Critic & Building Lasting Self-Esteem

This easy-to-use guide will help clients overcome feelings of self-criticism, improve self-esteem, and realize their full potential. Your young clients will discover strategies for defeating the dreaded ICK—the Inner Critic Know-It-All who keeps dragging them down—and how to escape the traps that hold them back from feeling confident.

CHERYL M. BRADSHAW, MA
$16.95 / ISBN 9781626253483 / 6 x 8
SELF-ESTEEM FOR TEENS
Six Principles for Creating the Life You Want
This book shows teen clients that they are in control of their self-esteem. Teens will learn to turn any life situation into a positive one, and see mistakes and hurdles as opportunities. In addition, they will learn to make choices in their thoughts and actions that lead to positive outcomes with friends, family, dating, school, and more.
LISA M. SCHAB, LCSW
$16.95 / ISBN 9781626254190 / 6 x 8

JUST AS YOU ARE
A Teen’s Guide to Self-Acceptance & Lasting Self-Esteem
Just As You Are is packed with simple ways to help teen clients quiet their inner critic, overcome feelings of inadequacy, and love who they are. Teens will find powerful mindfulness and self-compassion tools for dealing with negative thoughts and feelings, and tips for pursuing the things they love and value most.
MICHELLE SKEEN, PSYD, & KELLY SKEEN
$16.95 / ISBN 9781626255906 / 6 x 8

THINK CONFIDENT, BE CONFIDENT FOR TEENS
A Cognitive Therapy Guide to Overcoming Self-Doubt & Creating Unshakable Self-Esteem
This book shows teens how to tap into their self-esteem so they can be themselves in every situation—no matter how awkward they feel or scary that may sound. The fun exercises and tips in this confidence-coaching workbook will guide teens past feelings of self-doubt and encourage them to believe in themselves.
MARCI G. FOX, PHD, & LESLIE SOKOL, PHD
$17.95 / ISBN 9781608821136 / 6 x 8
THE SELF-ESTEEM HABIT FOR TEENS
50 Simple Ways to Build Your Confidence Every Day

When it comes to cultivating positive self-esteem, the teen years are the most challenging. Teen clients may be tempted to compare themselves to peers, friends, and celebrities, or get caught up in the seemingly perfect lives of others via social media.

In this book, your clients will learn fifty easy ways to make self-esteem a reality (and a habit!) every day—anytime, anywhere. Following the advice within this fun, pocket-sized guide, teens will discover the six steps of lasting self-esteem, and find tips to help them learn from mistakes, practice gratitude, see things from a different perspective, celebrate strengths, and cultivate healthy relationships.

LISA M. SCHAB, LCSW
$16.95 / ISBN 9781626259195 / 5 x 7

Little ways to help teens:
• Overcome self-criticism
• Put self-esteem into action every day

“A book that establishes a truly wise, empathic, and motivating resonance with teens.”
—JON KABAT-ZINN, author of Full Catastrophe Living

THE MINDFUL TEEN
Powerful Skills to Help You Handle Stress One Moment at a Time

This fun and unique guide offers teens mindfulness-based techniques to help keep stress from getting the best of them. The simple and easy-to-remember tips in this book can be used every day to help teens handle life’s toughest situations—whether it’s taking a test at school, dealing with parents, or navigating drama with friends.

DZUNG X. VO, MD, FAAP
$17.95 / ISBN 9781626250802 / 6 x 8
TRANSFORMING STRESS FOR TEENS
The HeartMath® Solution for Staying Cool Under Pressure

Following the success of Transforming Stress, this book is the first to provide teen clients with the life-changing, proven-effective HeartMath skills for reducing stress. Using these practical, evidence-based concepts and techniques, teen clients will learn to calm stress by managing their emotions.

ROLLIN MCCRATY, PHD, SARAH MOOR, JEFF GOELITZ & STEPHEN W. LANCE, MS
$16.95 / ISBN 9781626251946 / 6 x 8

THE PTSD SURVIVAL GUIDE FOR TEENS
Strategies to Overcome Trauma, Build Resilience & Take Back Your Life

In this book, trauma specialist Sheela Raja—along with her teen daughter Jaya Raja Ashrafi—offers evidence-based tools to help teens find strength, confidence, and resilience in the aftermath of trauma. Teens will learn skills to overcome harmful avoidance behaviors, manage negative emotions, cope with flashbacks and nightmares, and develop trusting, healthy relationships.

SHEELA RAJA, PHD, & JAYA RAJA ASHRAFI
$16.95 / ISBN 9781626259904 / 6 x 8

STUFF THAT SUCKS
A Teen’s Guide to Accepting What You Can’t Change & Committing to What You Can

Stuff That Sucks offers fun and practical skills to help teens discover what really matters to them—whether that’s being more creative, learning a new sport, or doing anything they love. Teens will learn ways to make sucky stuff less sucky, and how taking just a few moments each day to pursue stuff that matters can change their lives for the better.

BEN SEDLEY
$12.95 / ISBN 9781626258655 / 7 x 7
THE ADHD WORKBOOK FOR KIDS
Helping Children Gain Self-Confidence, Social Skills & Self-Control

This book contains over forty short and simple activities that will help children with attention deficit hyperactivity disorder (ADHD) build confidence and manage their symptoms in order to get along better with others and handle everyday tasks such as getting ready for school. The book includes information on medication, the importance of sleep and diet, and more.

LAWRENCE E. SHAPIRO, PHD

$17.95 / ISBN 9781572247666 / 8 x 10

MINDFULNESS FOR KIDS WITH ADHD
Skills to Help Children Focus, Succeed in School & Make Friends

As the therapist of a child with attention deficit hyperactivity disorder (ADHD), you understand the unique challenges they face every day. This book offers fun and accessible mindfulness exercises to help children successfully navigate all areas of life. The activities in this easy-to-use workbook will help your client develop self-awareness and self-reflection—two skills that kids with ADHD often need extra help with.

DEBRA BURDICK, LCSW

$16.95 / ISBN 9781684031078 / 8 x 10

“This wonderful, practical book is full of help and heart. Drawing on both sides of the brain, and integrating thinking and feeling, it has tons of specific suggestions and activities for kids and their parents.”

—RICK HANSON, PHD, author of Resilient

ALSO SEE MINDFULNESS FOR TEENS WITH ADHD, page 3
I’M NOT BAD, I’M JUST MAD
A Workbook to Help Kids Control Their Anger

This anger management workbook for children contains forty activities that cover topics such as recognizing anger triggers, better problem solving, and communication tips for defusing conflict before it gets out of hand. These fun games will help children talk about their feelings and learn to control them.

LAWRENCE E. SHAPIRO, PHD, ZACK PELTA-HELLER & ANNA F. GREENWALD

$17.95 / ISBN 9781572246065 / 8 x 10

DON’T LET YOUR EMOTIONS RUN YOUR LIFE FOR KIDS
A DBT-Based Skills Workbook to Help Children Manage Mood Swings, Control Angry Outbursts & Get Along with Others

In this guide, two dialectical behavior therapists offer an activity-based workbook for young clients who struggle with anger, mood swings, and emotional and behavioral dysregulation. Using the skills outlined in this book, children learn to manage their emotions, get along with others, and do better in school. This dialectical behavior therapy (DBT) activity skills workbook is designed especially for children ages 7 to 12.

JENNIFER J. SOLIN, PSYD, & CHRISTINA L. KRESS, MSW

$16.95 / ISBN 9781626258594 / 8 x 10

“A simple yet comprehensive tool facilitating meaningful dialogue between parents, caregivers, family members, and children for explaining and exploring emotions.”

—JULIE A. VANDERMAY, PSYD, MA, forensic neuropsychology resident at Natalis Counseling & Psychology Solutions

ALSO SEE DON’T LET YOUR EMOTIONS RUN YOUR LIFE FOR TEENS page 13

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THE ANXIETY WORKBOOK FOR KIDS

Take Charge of Fears & Worries Using the Gift of Imagination

In this workbook, children will learn the important role their imagination plays in anxiety, how to harness the power of their creative minds to move away from anxious thoughts, and how to be the boss of their own worries. Kids will also develop skills like problem solving, assertiveness, positive thinking, body awareness, relaxation, and mindfulness.

ROBIN ALTER, PHD, CPSYCH, & CRYSTAL CLARKE, MSW, RSW

$16.95 / ISBN 9781626254770 / 8 x 10

“...The Anxiety Workbook for Kids...offers children and adolescents concrete and effective strategies for calming their fears and taking control of their lives... A must-have for any therapist or counselor working with children, and for any family concerned about a child with anxiety.”

—NADINE J. KASLOW, PHD, ABPP. Emory University; 2014 president of the American Psychological Association

FROM THE ANXIETY WORKBOOK FOR KIDS:

Like monsters, our worries might not even be real or possible at all. We can even make up things to worry about, things that aren’t even happening at the moment. Our worries feel very real. The reason that they can feel so real is that our mind imagines those things really happening. Our minds are connected to our bodies, so when we imagine things, our bodies have a response. This means that the stronger our imagination is, the more real these things can sometimes feel.

ALSO SEE THE ANXIETY WORKBOOK FOR TEENS page 5
WORKBOOKS FOR KIDS

MINDFULNESS FOR ANXIOUS KIDS
A Workbook to Help Children Cope with Anxiety, Stress & Worry

Between school, friends, and just growing up, it’s normal for children to feel anxious or worried some of the time. But if anxiety is getting in the way of being a kid and enjoying life, young clients may need a little extra help managing stress or processing difficult emotions.

Based in mindfulness and dialectical behavior therapy (DBT) techniques, this workbook offers simple ways to help your clients work with and listen to their emotions, manage anxious moments, and stay calm—anytime and anywhere. Also included are valuable tips for handling specific anxiety issues, such as panic, separation anxiety, social anxiety, and phobias.

CATHERINE COOK-COTTONE, PHD, & REBECCA K. VUJNOVIC, PHD
$16.95 / ISBN 9781684031313 / 8 x 10

THE WORRY WORKBOOK FOR KIDS
Helping Children to Overcome Anxiety & the Fear of Uncertainty

Many kids worry about the unknown—things like starting school, trying out for a new sport, or going to a sleepover for the first time. This workbook offers engaging, action-based activities to help young clients move past fears of uncertainty, set and accomplish goals, and—most importantly—enjoy being a kid.

Written for children ages 7 to 12, these simple practices can be used anytime, anyplace, to help kids put a stop to worry before it takes over. By teaching children how to deal with stress and worry now, you’ll help to ensure a lifetime of healthy coping skills.

MUNIYA S. KHANNA, PHD, & DEBORAH ROTH LEDLEY, PHD
$16.95 / ISBN 9781626259638 / 8 x 10

Also see THE WORRY WORKBOOK FOR TEENS, page 7
ABCT Self-Help Book Recommendation

THE OCD WORKBOOK FOR KIDS
Skills to Help Children Manage Obsessive Thoughts & Compulsive Behaviors

With this workbook, children and parents alike will learn to identify obsessions and compulsions, and use simple skills based in exposure and ritual prevention (EX/RP) treatment to overcome obsessive-compulsive disorder (OCD). They’ll also discover how to build a solid support system of family, friends, teachers, and professionals to aid in managing symptoms.

ANTHONY C. PULIAFICO, PHD, & JOANNA A. ROBIN, PHD
$16.95 / ISBN 9781626259782 / 8 x 10

THE GIFTED KIDS WORKBOOK
Mindfulness Skills to Help Children Reduce Stress, Balance Emotions & Build Confidence

Gifted children are often seen as intellectually or academically blessed; however, being gifted can also create unique challenges. In this workbook, a therapist and parent of three gifted kids offers activities and strategies based in mindfulness and self-compassion to help children ages 7 to 12 embrace their uniqueness, navigate social relationships, and reduce stress and overwhelm.

HEATHER BOORMAN, MSW, LCSW
$16.95 / ISBN 9781684030880 / 8 x 10

I BET I WON’T FRET
A Workbook to Help Children with Generalized Anxiety Disorder

The activities in this workbook teach children with generalized anxiety disorder (GAD) how to manage their anxious feelings, relax, and enjoy life more fully. Children can do these simple, fun activities with the help of a parent between sessions, and put into practice the concepts taught to them in therapy.

TIMOTHY A. SISEMORE, PHD
$19.95 / ISBN 9781572246003 / 8 x 10
**THE DIVORCE WORKBOOK FOR CHILDREN**
*Help for Kids to Overcome Difficult Family Changes & Grow Up Happy*

This workbook offers simple and engaging activities that can help children address and cope with issues related to parental divorce. The goal of these activities is to help kids feel “out of the middle” of the parental conflict, and learn to be more resilient and self-reliant.

**LISA M. SCHAB, LCSW**

$24.95 / ISBN 9781572246010 / 8 x 10

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**GETTING THROUGH MY PARENTS’ DIVORCE**
*A Workbook for Children Coping with Divorce, Parental Alienation & Loyalty Conflicts*

This workbook will guide children through a number of difficult scenarios that can arise during a divorce. Also included are exercises to help kids deal with the negative impact of high-conflict divorce or custody disputes, understand and identify their feelings, cope with stress, and feel safe and secure.

**AMY J. L. BAKER, PHD, & KATHERINE C. ANDRE, PHD**

$17.95 / ISBN 9781626251366 / 8 x 10

“Written by two experts in the field, this book provides detailed, hands-on guidance for children struggling to make sense of the often chaotic and overwhelming feelings that can result from divorce.”

—JOSHUA COLEMAN, PHD, psychologist and author of *When Parents Hurt*

“*Getting Through My Parents’ Divorce* is a series of lessons for children to strengthen their resolve, learn effective coping skills, and avoid the pitfalls of self-blame and divided loyalties.”

—DOUGLAS DARNELL, PHD, author of *Divorce Casualties*
THE RELAXATION & STRESS REDUCTION WORKBOOK FOR KIDS
*Help for Children to Cope with Stress, Anxiety & Transitions*

This workbook offers more than fifty activities clients can do together with their families to help children replace stressful and anxious feelings with feelings of optimism, confidence, and joy. Also included are proven relaxation techniques, guided imagery, mindfulness, and yoga.

**LAWRENCE E. SHAPIRO, PHD, & ROBIN K. SPRAGUE, LCPC**

$17.95 / ISBN 9781572245822 / 8 x 10

THE GENDER IDENTITY WORKBOOK FOR KIDS
*A Guide to Exploring Who You Are*

Transgender and gender-nonconforming (TGNC) children need validation and support on their journey toward self-discovery. This workbook will guide parents and kids to discover a more expansive way of understanding gender; gain insight into gender-diverse thoughts, feelings, and experiences; and find engaging activities to help children explore their own unique identity.

**KELLY STORCK, LCSW**

$17.95 / ISBN 9781684030309 / 8 x 10

COOL, CALM & CONFIDENT
*A Workbook to Help Kids Learn Assertiveness Skills*

The easy and effective activities in this book can help both children who are frequent targets for bullies as well as those who have begun to tease and take advantage of other kids. These exercises help kids to stand up for themselves, be both kind and assertive, and develop self-confidence and a positive self-image.

**LISA M. SCHAB, LCSW**

$18.95 / ISBN 9781572246300 / 8 x 10
SAY GOODBYE TO BEING SHY
A Workbook to Help Kids Overcome Shyness
This book features more forty fun activities children and parents can do together to build confidence and assertiveness—useful attributes with lifelong benefits. The first activity in this book helps parents create a reward system to encourage progress as their child learns to move past shyness. Also included are activities to help the child become more self-assured and comfortable interacting with others.
RICHARD BROZOVICH, PHD, & LINDA CHASE, LMSW
$20.95 / ISBN 9781572246096 / 8 x 10

LEARNING TO LISTEN, LEARNING TO CARE
A Workbook to Help Kids Learn Self-Control & Empathy
One of the nation’s leading experts on treating behavioral problems through play, Lawrence Shapiro, offers a positive way of teaching children behavioral skills like empathy, self-control, and compliance. Also included are fun activities parents can do with their child.
LAWRENCE E. SHAPIRO, PHD
$17.95 / ISBN 9781572245983 / 8 x 10

LET’S BE FRIENDS
A Workbook to Help Kids Learn Social Skills & Make Great Friends
The activities in this book are effective tools for helping a child become a better friend-maker. This workbook teaches a wide variety of social skills, including the making and keeping of new friends, finding friends with common interests, coping with rejection, and developing give-and-take in relationships.
LAWRENCE E. SHAPIRO, PHD, & JULIA HOLMES
$17.95 / ISBN 9781572246102 / 8 x 10
Faster than a speeding spitball, more powerful than a playground bully, able to breeze through homework and finish nightly chores in a single bound, it’s Master of Mindfulness—here to conquer stress, worry, and any trouble that comes your young client’s way!

Written for kids by kids, this book includes cool illustrations and tips to show young clients how to be confident, get focused, stay calm, and tap into their own inner strength. Once children become a master of mindfulness, they can help others by sharing their superpower—with parents, brothers and sisters, teachers, and friends.

“This proven practice can help our kids face a world of challenges with clarity and focus. The more our students know the ins and outs of how their own minds work, the better prepared they’ll be to lead a fulfilling and productive life.”

—TIM RYAN, US representative, Ohio; and author of A Mindful Nation
Nessa and Leo are best friends who share everything—including the very special gift of mindfulness. Written and illustrated for kids by kids, this charming story teaches children powerful mindfulness tips for dealing with big feelings like anger, frustration, sadness, and fear. Just like Nessa and Leo, young readers will learn to stay present in the moment and manage stress in their daily lives.

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