Dear Friends,

The New Year is an exciting time that’s full of possibility and opportunity to create lasting, positive change. Whether you’re looking for ways to boost your self-esteem, improve your mood, or stop letting worry and anxiety get the best of you, New Harbinger books offer powerful and effective solutions to help you make the most of your resolutions.

If you’re in need of a little self-esteem “pick-me-up” to kick off 2019, Embrace Your Greatness provides fifty easy ways to silence your negative inner critic and love who you are. With this practical guide, you’ll discover daily strategies to help you be more assertive, develop healthier relationships, and cultivate an unshakable sense of optimism.

If you’re one of many people who struggle with depression, the short, dark winter days can often worsen your symptoms. Adding to our robust list of clinically proven books on depression, we’re proud to publish How to Stop Feeling So Damn Depressed—a practical, no-nonsense guide written just for men. With this unique book, men will learn to confront the “Beast” of their depression, make healthy choices that support wellness, and take charge of their lives.

For teens dealing with anxiety and worry, we’re excited to offer Put Your Worries Here—the first in our new Instant Help Guided Journal for Teens series. Inside the journal, teens will find one-hundred fun and creative prompts to help them “write through their worries,” so they can reach their goals and be their best.

No matter what your resolutions are for 2019, we’re confident you’ll find books within these pages to help you make the fresh start you crave. From all of us at New Harbinger, Happy New Year!

All the best,
Matthew McKay, PhD
Publisher

New Harbinger is proud to be an independent, employee-owned company.

For more than forty years, we have published practical, proven-effective self-help books to create positive changes in all areas of life.
## what's inside

**new books**

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How to Stop Feeling So Damn Depressed
The No BS Guide for Men

Depression is a Beast. In this no-nonsense guide written for men, psychologist Jonas Horwitz presents straightforward, jargon-free strategies to help you identify this Beast and put it in its place. You’ll discover how changing even little behaviors can actually change your brain chemistry, and you’ll find easy ways to kick-start healthier habits and improve your relationships. In order to overcome your depression, you need to know its source. This book will help you understand the Beast, stop feeding it, and take back your life.

JONAS A. HORWITZ, PHD

“Horwitz provides valuable advice that is candid and practical.”
—Robert N. Golden, MD, dean of the University of Wisconsin School of Medicine and Public Health

Freedom from Anxious Thoughts & Feelings
A Two-Step Mindfulness Approach for Moving Beyond Fear & Worry

If you have anxiety or experience racing, panicky thoughts, you need solutions you can use right now. Using the unique two-step method in this book, you’ll discover quick, actionable ways to be mindful in the here and now, move past anxious thoughts and feelings, and overcome destructive rumination. When anxiety strikes, you’ll learn to stay focused on the things that matter to you most—such as love, family, and activities that bring you joy.

SCOTT SYMINGTON, PHD

“Scott Symington uses captivating imagery to not just tell, but vividly show how to change your relationship with anxiety.”
—Jeanette Lantz, PhD, founder and director of Cognitive Behavior Therapy Northwest
The New Happiness
Practices for Spiritual Growth & Living with Intention

What does it mean to be *truly* happy? How do you cultivate inner peace and well-being, even in the face of real pain and loss? Many of us have been conditioned to believe that we’ll find contentment in achievements, status recognition, or material possessions. But *authentic* happiness isn’t about accumulating and consuming, or even reaching a state of enlightened bliss. This workbook offers a fresh perspective on how to live a joyful life based on your deepest spiritual values.

*The New Happiness* blends timeless spiritual practices with contemporary psychology to help you develop your own “action plan” for real, lasting happiness. Using the practical exercises in this guide, you’ll learn to set daily intentions that align with what really matters to you, make important decisions with confidence and clarity, and uncover your own inner wisdom. Every moment of your life is an opportunity for profound spiritual growth. This step-by-step workbook will give you the hands-on tools you need to create your own joy, meaning, and purpose—no matter what.

MATTHEW MCKAY, PHD
JEFFREY C. WOOD, PSYD
FOREWORD BY STEVEN C. HAYES, PHD

“*The New Happiness* will awaken you to your inner truth, your purpose in being here, and help you create the conditions for genuine happiness on your life journey.”

—John P. Forsyth, PhD, coauthor of *Anxiety Happens*
The CBT Workbook for Perfectionism
Evidence-Based Skills to Help You Let Go of Self-Criticism, Build Self-Esteem & Find Balance
Do you hold yourself—and perhaps others—to extremely high standards? Do you have a nagging inner critic that tells you you’re inadequate no matter how much you achieve? With this workbook, you’ll identify the root causes of your perfectionism, and uncover how your need to be perfect has been negatively impacting your life and your relationships. Rather than measuring your self-worth by “error-free” productivity and accomplishments, you’ll learn to exercise self-compassion, and extend that compassion to others.

SHARON MARTIN, MSW, LCSW
FOREWORD BY JULIE DE AZEVEDO HANKS, PHD, LCSW

240 pp / 2019 / $24.95
ISBN 9781684031535 / code: 41535

“Perfectionists, procrastinators, and people-pleasers take note. There is a new book available that can change how you live your life!”
—Jonice Webb, PhD, bestselling author of Running on Empty

Overcoming Harm OCD
Mindfulness & CBT Tools for Coping with Unwanted Violent Thoughts
Do you suffer from unwanted violent thoughts? Do you have a crippling fear of harming yourself or others? In this compassionate guide, psychotherapist Jon Hershfield offers powerful cognitive behavioral therapy (CBT) and mindfulness tools to help you break free from the pain and self-doubt caused by Harm OCD—a manifestation of obsessive-compulsive disorder (OCD). You’ll learn why you have unwanted thoughts, how to identify your compulsions, and determine the best treatment approaches for managing your symptoms.

JON HERSFIELD, MFT
FOREWORD BY JONATHAN GRAYSON, PHD

184 pp / 2018 / $16.95
ISBN 9781684031474 / code: 41474
Anger is a normal emotion that we all experience from time to time. But if you often feel angry—and if your anger makes others uncomfortable, hurts your relationships or career, gets in the way of your ability to make good decisions, or results in behaviors you later regret—it’s time to make a change. This powerful guide can help you take control of your anger before it takes control of you.

Fully revised and updated, Anger Management for Everyone offers a comprehensive, evidence-based approach to help you stay cool and put anger in its place. This edition includes new information on how anger is influenced by hunger and sleep; muscle relaxation and mindfulness exercises to soothe you when anger ramps up; and strategies for improving communication with others. Using the ten proven-effective skills outlined in this guide, you’ll gain a better understanding of your problem anger, learn how to cope with everyday disappointments and frustrations, and experience more happiness, success, and vitality in all areas of your life.

RAYMOND CHIP TAFRATE, PHD
HOWARD KASSINOVE, PHD, ABPP
FOREWORD BY MATTHEW MCKAY, PHD

“A practical, easy-to-follow guide to getting control of your anger so that you can live a more productive life today. ... Rather than get angry, get this book.”

—Robert L. Leahy, PhD, author of The Worry Cure

FROM ANGER MANAGEMENT FOR EVERYONE, SECOND EDITION...

After an anger-filled workday, you can go to a bowling alley, a baseball game, a movie, or a restaurant, or you can have a phone conversation with an old friend. It’s important that the anger-related situation not be discussed while you’re distracting yourself, so if anger-related thoughts intrude during a recreational activity, let them pass and then bring your mental focus back to the activity at hand.
new books

**The No-Self Help Book**
40 Reasons to Get Over Your Self & Find Peace of Mind

From the Buddha to Jung to Einstein, the self has been the subject of debate and discourse throughout human history. But what if the very concept of the self keeps us from finding true fulfillment? Written by a clinical psychologist and student of Eastern philosophy, this irreverent guide offers "no-self help"—a radical solution for anyone struggling with self-doubt or self-defeating thoughts. By breaking free from your own limiting beliefs about your self, you’ll uncover the full potential of who you truly are.

**KATE GUSTIN, PHD**
FOREWORD BY JP SEARS

“A refreshing and timely antidote to the rampant loneliness of our times.”
—Marci Shimoff, #1 New York Times bestselling author of Happy for No Reason

**Mastering Adulthood**
Go Beyond Adulting to Become an Emotional Grown-Up

Being an adult is more than just paying your phone bill, buying groceries, or fixing a leaky faucet—it’s also about developing healthy emotional skills when you are confronted with adult life challenges. In *Mastering Adulthood*, psychologist Lara Fielding offers smart and proven-effective strategies for navigating all those pesky emotions that can arise in life—like anxiety, sadness, anger, and uncertainty. More than just a guide to “adulting”—this book will help you build the emotional strength you need to thrive!

**LARA E. FIELDING, PSYD**

“Adulthood doesn’t come with an owner’s manual—explore what makes you tick and draft your own. This book will help.”
—Steven C. Hayes, PhD, author of Get Out of Your Mind and Into Your Life
Buddha’s Bedroom
The Mindful Loving Path to Sexual Passion & Lifelong Intimacy

The beginning of a relationship is always thrilling—butterflies in the stomach; the sense that someone really gets you; that “love drunk,” “walking on air” feeling. But as time marches on and daily routines get in the way, you may find yourself too busy, tired, or unmotivated to devote your full attention to nurturing the intimate connection you crave. Drawing on the ancient wisdom of the Buddha, this sexually savvy guide will help you rekindle the flames of passion in the bedroom—and beyond.

CHERYL FRASER, PHD
FOREWORD BY JACK KORNFIELD, PHD, & TRUDY GOODMAN, PHD

216 pp / 2019 / $16.95
ISBN 9781684031184 / code: 41184

Embrace Your Greatness
50 Ways to Build Unshakable Self-Esteem

In our competitive and image-obsessed world, it’s all too easy to feel like we’re just not good enough. In this go-to guide, you’ll find fifty empowering tips and tools to help you overcome self-doubt, silence your inner critic, boost your self-esteem, and embrace your greatness. Using the unique and engaging activities in this book, you’ll also discover ways to be more assertive, cultivate healthy relationships that support a healthier you, and create an unshakable sense of optimism about yourself and your life.

JUDITH BELMONT, MS, LPC

240 pp / 2019 / $16.95
ISBN 9781684032204 / code: 42204

“An extraordinarily valuable book for anyone seeking a stronger, more positive sense of self.”

—Matthew McKay, PhD, coauthor of Self-Esteem
new books

**The Birth Guy’s Go-To Guide for New Dads**
How to Support Your Partner Through Birth, Breastfeeding & Beyond

Today’s dads are more actively involved in childbirth than ever. In this must-have guide, dad, doula, and certified lactation counselor Brian Salmon and relationship expert Kirsten Brunner offer practical, modern-day survival strategies especially for dads and birth partners.

You’ll find:

- A checklist of essentials to pack for the hospital
- Stealth communication skills to support your partner during labor
- How to write a personal birth plan
- What to do when things don’t go as planned
- How to support mom in breastfeeding and postpartum

**Brian W. Salmon**
**Kirsten Brunner, MA, LPC**
**Foreword by Chris Pegula**

224 pp / 2019 / $16.95
ISBN 9781684031597 / code: 41597

**Kid Confidence**
Help Your Child Make Friends, Build Resilience & Develop Real Self-Esteem

*Kid Confidence* is a profound and practical guide for helping children with low self-esteem. It offers proven-effective strategies, not for boosting children’s “self-love,” but for guiding them toward the genuine confidence of a “quiet ego”—a way of being that’s not preoccupied with harsh self-judgment. In this book, you’ll find powerful, research-based tips to help your child create satisfying friendships, embrace learning, handle setbacks, and discover personal values that are bigger than the self.

**Eileen Kennedy-Moore, PhD**
**Foreword by Michele Borba, EDD**

240 pp / 2019 / $16.95
ISBN 9781684030491 / code: 40491

*“Fundamentally wise and compassionate.”*  
—Carol D. Goodheart, EdD, former president of the American Psychological Association
FROM PUT YOUR WORRIES HERE...

Your journal is now a valuable tool. It’s a concrete reminder of your strength, and it’s filled with information about ways to help yourself release some anxiety. You might want to keep it in your backpack, under your bed, or some other easily reachable place to pull out when you need it.

Did you know?

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

Put Your Worries Here
A Creative Journal for Teens with Anxiety

Do you ever feel like your worries are weighing you down? Wouldn’t it be nice to have a place to put those worries and just be you? Whether you’re anxious about school, friends, family, or the future, this journal will help you let go of your troubles, increase your peace, and get back to enjoying life. All you have to do is write for yourself and make it yours.

LISA M. SCHAB, LCSW

An interview with the author
bit.ly/guided-journaling

“Practical, effective, and most of all, FUN.”

—Christopher Willard, PsyD, author of Mindfulness for Teen Anxiety

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Order by item code—look for the numbers in teal

The Adopted Teen Workbook
Develop Confidence, Strength, & Resilience on the Path to Adulthood

This workbook offers powerful body-mind skills to help you understand your unique identity as an adopted teen. You’ll find tools to manage feelings of loss and grief, as well as creative activities that include skill building, checklists, movement, and journaling to help you navigate your emotions and family relationships. Being adopted is a part of your story, but it’s not your whole story. With this workbook, you’ll learn to intuitively develop the strength, resilience, and confidence you need to thrive—now and on into adulthood.

BARBARA NEIMAN

160 pp / 2019 / $16.95
ISBN 9781684031412 / code: 41412

The Social Media Workbook for Teens
Skills to Help You Balance Screen Time, Manage Stress & Take Charge of Your Life

Do you check your phone several times an hour to make sure you’re caught up on the latest news from friends? Do you worry about being tagged in an embarrassing post, or worse—unfollowed? This fun and engaging workbook will help you balance screen time and manage the stress and anxiety that can come with social media overload. You’ll learn how to choose real friends over followers, find tips for navigating cyberbullying, and uncover new ways to take charge of your own life.

GOALI SAEDI BOCCHI, PHD
FOREWORD BY GINA M. BIEGEL, MA LMFT

152 pp / 2019 / $16.95
ISBN 9781684031900 / code: 41900

“This book will support you in finding more happiness and freedom both online and IRL.”
—Amy Saltzman, MD, author of A Still Quiet Place for Teens
A Contextual Behavioral Guide to the Self
Theory & Practice

The self plays an integral role in motivation, cognition, and social identity. Many of the psychological challenges people face in the world—what career path to choose, how to maintain relationships, or how to cope with traumatic events—are fundamentally issues of self. With this unique road map, you’ll learn to apply the theory of the self in everyday practice, and help clients develop empathy, compassion, and flexible perspective taking.

LOUISE MCHUGH, PHD
IAN STEWART, PHD
PRISCILLA ALMADA, PHD
FOREWORD BY STEVEN C. HAYES, PHD

“A Contextual Behavioral Guide to the Self”

A Clinician’s Guide to Gender-Affirming Care
Working with Transgender & Gender Nonconforming Clients

This professional resource provides up-to-date information on language, etiquette, and appropriate communication and conduct in treating TGNC (transgender and gender-nonconforming) clients. You’ll learn about the historical and cultural contexts of this population, as well as ethical and legal issues that can arise when working with gender-diverse individuals in a clinical setting. You’ll also find information about informed consent approaches, and referral for medical procedures such as hormone therapy or surgery.

SAND C. CHANG, PHD
ANNELIESE A. SINGH, PHD, LPC
LORE M. DICKEY, PHD
FOREWORD BY MIRA KRISHNAN, PHD, ABPP
Tools to help you keep those 2019 resolutions!
Anxiety Happens
52 Ways to Find Peace of Mind
This powerful, portable guide is packed with fifty-two in-the-moment mindfulness strategies you can use anytime, anywhere to cultivate calm and peace of mind. You’ll get to the root of your anxiety, learn why avoidance just doesn’t work, and find out how to quiet your anxious thoughts when they strike.
JOHN P. FORSYTH, PHD, & GEORG H. EIFERT, PHD

Audiobook also available
$12.99 / code: 43942

Coping with Anxiety, Second Edition
10 Simple Ways to Relieve Anxiety, Fear & Worry
Fully revised and based in the latest research, this second edition offers a clinically proven, step-by-step program to help you overcome the physical, mental, and emotional symptoms of anxiety.
EDMUND BOURNE, PHD, & LORNA GARANO

Don’t Feed the Monkey Mind
How to Stop the Cycle of Anxiety, Fear & Worry
This unique guide offers a cognitive behavioral therapy (CBT)-based approach to help you identify your monkey mind, stop feeding your anxious thoughts, and find the peace you crave. You’ll also uncover the core fears at the root of your anxiety, and discover how confronting the things that make you anxious can actually reverse the cycle that keeps your worries alive.
JENNIFER SHANNON, LMFT
ILLUSTRATIONS BY DOUG SHANNON
FOREWORD BY MICHAEL A. TOMPKINS, PHD

Rewire Your Anxious Brain
How to Use the Neuroscience of Fear to End Anxiety, Panic & Worry
In this book, you’ll discover how anxiety is created in your brain, as well as tips and exercises to put you in control of your anxious thoughts and reactions. The brain is a powerful tool—it isn’t time you made it work for you instead of against you? By creating small, positive changes in your life, you can literally “rewire” your brain to minimize anxiety and start living with courage and vitality.
CATHERINE M. PITTMAN, PHD, & ELIZABETH M. KARLE, MLIS

Audiobook also available
$12.99 / code: 43942
The Anxious Thoughts Workbook
Skills to Overcome the Unwanted Intrusive Thoughts that Drive Anxiety, Obsessions & Depression

This book presents a unique approach to help you move past negative thought patterns. You’ll learn how to break the destructive cycle responsible for your anxious and depressive thinking, and strip these upsetting thoughts of their power—a process the author refers to as detoxification. You’ll also find tips for managing feelings of guilt that can often accompany these thoughts.

DAVID A. CLARK, PHD
FOREWORD BY JUDITH S. BECK, PHD

The Anxiety & Phobia Workbook, Sixth Edition
Packed with the most effective techniques for assessing and treating anxiety, this fully revised, evidence-based workbook contains the latest clinical research, and a complete arsenal of skills for quieting fears and getting anxious thoughts under control. You’ll also find updated information on medications and treatment, nutrition, mindfulness training, exposure therapy, and the latest research in neurobiology. This comprehensive workbook will give you everything you need to manage your anxiety and start living more freely.

EDMUND J. BOURNE, PHD

The Mindfulness & Acceptance Workbook for Anxiety, Second Edition
A Guide to Breaking Free from Anxiety, Phobias & Worry Using Acceptance & Commitment Therapy

This fully revised and updated edition offers powerful new exercises based in acceptance and commitment therapy (ACT) to help you break free from anxiety. You’ll shift your focus away from your anxiety and onto what’s really important.

JOHN P. FORSYTH, PHD, & GEORG H. EIFERT, PHD

The Cognitive Behavioral Workbook for Anxiety, Second Edition
A Step-By-Step Program

This fully revised second edition offers a step-by-step program and top tips from mental health experts to help you overcome anxiety and get back to living a rich and productive life. You’ll develop a personal wellness plan using techniques from rational emotive behavior therapy (REBT) and cognitive behavioral therapy (CBT)—two powerful and proven-effective methods for treating anxiety.

WILLIAM J. KNAUS, EDD
FOREWORD BY JON CARLSON, PSYD, EDD
Don’t Let Your Anxiety Run Your Life
Using the Science of Emotion Regulation & Mindfulness to Overcome Fear & Worry

Using these easy mindfulness practices, you’ll learn to manage the thoughts and feelings that cause anxiety, worry, fear, and panic—which will in turn lead to improvements in your social life, career, and family responsibilities.

DAVID H. KLEMANSKI, PSYD, & JOSHUA E. CURTISS, MA
FOREWORD BY STEFAN G. HOFMANN, PHD

Calming Your Anxious Mind, Second Edition
How Mindfulness & Compassion Can Free You from Anxiety, Fear & Panic

This book will help you discover your own potential for presence and stillness, kindness and compassion, and the tremendous power these states give you to heal your anxious mind and transform your life.

JEFFREY BRANTLEY, MD
FOREWORD BY JON KABAT-ZINN, PHD

Natural Relief for Anxiety
Complementary Strategies for Easing Fear, Panic & Worry

Successful treatments that rely on drugs have an extremely high incidence of relapse, and the side effects of most prescription antianxiety drugs are as debilitating as the disorder itself. From the author of The Anxiety and Phobia Workbook and a naturopathic physician, this book helps you develop a treatment strategy for anxiety that is totally drug-free.

EDMUND J. BOURNE, PHD, ARLEN BROWNSTEIN, ND, & LORNA GARANO

The Shyness & Social Anxiety Workbook, Third Edition
Proven, Step-by-Step Techniques for Overcoming Your Fear

A comprehensive program to help you confront your fears and become more actively involved in the world, this third edition incorporates breakthrough research and techniques for overcoming social phobia, including a new chapter on mindfulness-based treatments, updated information on medications, and an overview of treatment-enhancing technological advances.

MARTIN M. ANTONY, PHD, & RICHARD P. SWINSON, MD
The Worry Trick
How Your Brain Tricks You into Expecting the Worst & What You Can Do About It
Filled with tips and techniques, this book will show you how to identify the “trick” that underlies your anxious thoughts, and help you keep worry from getting the best of you. With this book, you’ll learn to observe your anxious feelings with distance and clarity, and finally conquer worry once and for all.

DAVID A. CARBONELL, PHD
FOREWORD BY SALLY M. WINSTON, PSYD

Women Who Worry Too Much
How to Stop Worry & Anxiety from Ruining Relationships, Work & Fun
Following an introduction that explores the reasons women worry more than men, this book addresses the fundamentals of worry: what it is, how it differs from anxiety, and how it can develop into a chronic state of mind. The book offers strategies for overcoming worry that include monitoring worry triggers, breaking worry-provoking habits, and avoiding avoidance—a major aggravating factor for all anxiety disorders.

HOLLY HAZLETT-STEVENS, PHD
INTRODUCTION BY MICHELLE G. CRASKE, PHD

The Worry Workbook
CBT Skills to Overcome Worry & Anxiety by Facing the Fear of Uncertainty
If you regularly lose sleep over “what ifs,” you may try to avoid new situations, and ultimately miss out on life’s adventures. This workbook offers evidence-based tips and tools based in cognitive behavioral therapy (CBT) to help you challenge your fears, build a tolerance for uncertainty, and find lasting relief from worry.

MELISA ROBICHAUD, PHD, & KRISTIN BUHR, PHD
FOREWORD BY MARTIN M. ANTONY, PHD

When Perfect Isn’t Good Enough, Second Edition
Strategies for Coping with Perfectionism
In this fully revised and updated edition, you’ll discover the root cause of your perfectionism, explore the impact of perfectionism on your life, and find proven-effective coping skills to help you overcome your anxiety about making mistakes.

MARTIN M. ANTONY, PHD, & RICHARD P. SWINSON, MD
The OCD Workbook, Third Edition
Your Guide to Breaking Free from Obsessive-Compulsive Disorder

This workbook is one of the most popular resources for people seeking to overcome obsessive-compulsive disorder (OCD) and related anxieties such as body dysmorphic disorder, trichotillomania, skin picking, and Tourette syndrome. This new edition has been fully revised and updated with the latest research findings on the causes of OCD, advancements in medications for the disorder, and new treatments, including total immersion exposure.

BRUCE M. HYMAN, PHD, & CHERRY PEDRICK, RN

Overcoming Unwanted Intrusive Thoughts
A CBT-Based Guide to Getting Over Frightening, Obsessive, or Disturbing Thoughts

This powerful guide offers an evidence-based cognitive behavioral therapy (CBT) approach to help you get unstuck from distressing thoughts; overcome feelings of guilt, shame, and loneliness that can accompany these thoughts; and reduce your overall anxiety.

SALLY M. WINSTON, PSYD, & MARTIN N. SEIF, PHD

Loving Someone with OCD
Help for You & Your Family

This book offers basic information about obsessive-compulsive disorder (OCD)—its definition, cause, and symptoms—and a brief overview of available treatments. It focuses on ways you can foster a healthy relationship with someone with OCD, and includes tips for increasing family involvement, making accommodation for the disorder in daily life, and creating an action plan.

KAREN J. LANDSMAN, PHD, KATHLEEN M. RUPERTUS, MA, MS, & CHERRY PEDRICK, RN
FOREWORD BY BRUCE HYMAN, PHD

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1-800-748-6273 or email: customerservice@newharbinger.com
The Mindfulness & Acceptance Workbook for Depression, Second Edition
Using Acceptance & Commitment Therapy to Move Through Depression & Create a Life Worth Living

Fully revised and updated, this second edition offers step-by-step guidance to help you work through—rather than avoid—the aspects of your life that are causing you to feel depressed. This new edition also includes updated research on self-compassion, mindfulness, and neuroscience to help you live a more meaningful life.

KIRK D. STROSAHL, PHD, & PATRICIA J. ROBINSON, PHD
FOREWORD BY STEVEN C. HAYES, PHD

The Cognitive Behavioral Workbook for Depression, Second Edition
A Step-by-Step Program

Cognitive behavioral therapy (CBT) is the most widely used treatment for depression for one simple reason: it works. Used alone or in conjunction with therapy, this book delivers evidence-based tools you can confidently use to do better, feel better, and prevent depression from coming back.

WILLIAM J. KNAUS, EDD
FOREWORD BY ALBERT ELLIS, PHD

Get Out of Your Mind & Into Your Life
The New Acceptance & Commitment Therapy

What if pain were a normal, unavoidable part of the human condition, but avoiding or trying to control painful experiences resulted in suffering and long-term problems that can devastate your quality of life? As you work through this book, you’ll learn to let go of your struggle against pain, assess your values, and then commit to acting in ways that further those values. This book is about developing a willingness to embrace every experience life has to offer.

STEVEN C. HAYES, PHD, WITH SPENCER SMITH

Tip for beating winter depression

• Winter is dark. Don’t underestimate the power of light therapy for lifting your mood. Investing in a good light box or full-spectrum lightbulbs that mimic sunshine can help beat the blues!
The truth is that there isn’t one big solution to depression, but there are numerous simple steps you can take to alter brain activity and chemistry. Some are as easy as relaxing certain muscles to reduce anxiety, or getting more sunlight to improve your mood. Small steps in the right direction can have profound effects—giving you the power to become your best self as you literally reshape your brain, one small change at a time.

**The Upward Spiral**
Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time

ALEX KORB, PHD
FOREWORD BY DANIEL J. SIEGEL, MD

**Activating Happiness**
A Jump-Start Guide to Overcoming Low Motivation, Depression, or Just Feeling Stuck

This book offers powerful strategies to help you get motivated, nix negative moods, and overcome depression by taking positive steps every day. You’ll find doable ways to “show up” to your life, set healthy goals for your body and mind, and start really feeling better. Most importantly, you’ll discover how to view your life through the lens of your own deepest values, which will help spark a commitment to real, lasting change.

RACHEL HERSHENBERG, PHD
FOREWORD BY MARVIN R. GOLDFRIED, PHD

**Depressed & Anxious**
The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety

The book begins by having you identify your most painful inner conflict. Then, you develop compromises that acknowledge the issue but limit its ability to interfere with your life—effectively reducing the extent to which your emotions govern who you are or what you are capable of.

THOMAS MARRA, PHD

**Transforming Depression**
The HeartMath® Solution to Feeling Overwhelmed, Sad & Stressed

By using HeartMath® techniques, you’ll learn how to tap into new reserves of energy and creativity, and find new ways to connect with the people in your life. In no time, your feelings of depression will lessen, and dramatic change will take place in your mind and body resulting in better health and greater peace of mind. (HeartMath® is a registered trademark of the Institute of HeartMath.)

DOC CHILDRE & DEBORAH ROZMAN, PHD
FOREWORD BY FRANK LAWLIS, PHD
The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder
Using DBT to Regain Control of Your Emotions & Your Life

This book presents a complete program for the treatment of bipolar disorder that shows you how to manage painful emotions, handle suicidal behavior, stop self-injury, control impulsive and mood-dependent behaviors, and learn positive and healthy coping techniques.

SHERI VAN DIJK, MSW
FOREWORD BY ZINDEL V. SEGAL, PHD

Bipolar 101
A Practical Guide to Identifying Triggers, Managing Medications, Coping with Symptoms & More

After receiving a bipolar diagnosis, you need clear answers. This straightforward guide to understanding bipolar disorder includes all the information you need to control your symptoms and live better.

RUTH C. WHITE, PHD, MPH, MSW, & JOHN D. PRESTON, PSYD, ABPP

Loving Someone with Bipolar Disorder, Second Edition
Understanding & Helping Your Partner

This book offers step-by-step advice for helping your partner manage mood swings and impulsive actions, allowing you to finally focus on enjoying your relationship while also taking time for yourself. It explains the symptoms of your partner’s disorder and offers strategies for preventing them and responding to these symptoms when they do occur.

JULIE A. FAST & JOHN D. PRESTON, PSYD

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The PTSD Workbook, Third Edition
Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms

Written by two psychologists and trauma experts, this new edition offers tools to help you manage your most distressing trauma-related symptoms so you can focus on recovery.

MARY BETH WILLIAMS, PHD, LCSW, CTS, & SOILI POIJULA, PHD

384 pp / 2016 / $24.95
ISBN 9781626253704
code: 33704

The Cognitive Behavioral Coping Skills Workbook for PTSD
Overcome Fear & Anxiety & Reclaim Your Life

This powerful, evidence-based workbook offers cognitive behavioral skills to help you face the difficult challenges of post-traumatic stress disorder (PTSD) head on. You’ll find practical strategies to balance your emotions, reconnect with others, and improve your sleep and physical health. You’ll also learn skills for cultivating a greater sense of peace and well-being.

MATTHEW T. TULL, PHD, KIM L. GRATZ, PHD, & ALEXANDER L. CHAPMAN, PHD, RPSYCH

280 pp / 2017 / $21.95
ISBN 9781626252240
code: 32240

Overcoming Trauma & PTSD
A Workbook Integrating Skills from ACT, DBT & CBT

This book offers proven-effective treatments to help you overcome both the physical and emotional symptoms of trauma and post-traumatic stress disorder (PTSD). This book will help you find relief from painful flashbacks, insomnia, or other symptoms you might be experiencing. Also included are worksheets, checklists, and exercises to help you start feeling better and begin your journey on the road to recovery.

SHEELA RAJA, PHD
FOREWORD BY SUSAN M. ORSILLO, PHD

200 pp / 2012 / $22.95
ISBN 9781608822867
code: 22867

Mind-Body Workbook for PTSD
A 10-Week Program for Healing After Trauma

This workbook teaches mind-body techniques drawn from biofeedback, progressive muscle relaxation, autogenic training, meditation, cognitive behavioral therapy (CBT), and hypnosis. These techniques—taught through short, simple mindfulness writing exercises—help you bring forward traumatic thoughts and flashbacks, and come to terms with rumination and stress.

STANLEY H. BLOCK, MD, & CAROLYN BRYANT BLOCK

248 pp / 2010 / $23.95
ISBN 9781572249233
code: 9233
trauma, abuse & post-traumatic stress disorder

Heal the Body, Heal the Mind
A Somatic Approach to Moving Beyond Trauma

Using the exercises woven into each chapter of this gentle guide, you’ll begin to address the unresolved trauma held in your body so you can advance your healing process. If you’re ready to move beyond the trauma that’s been holding you back in life, this book will show you how.

SUSANNE BABBEL, PHD
FOREWORD BY MARTI GLENN, PHD

Meditations for Healing Trauma
Mindfulness Skills to Ease Post-Traumatic Stress

The mindfulness meditations in this comforting guide will help you cultivate skills you can use anytime to free yourself from suffering and bring a sense of peace, connection, and balance. Designed to target the most common symptoms of post-traumatic stress disorder (PTSD), this book offers gentle techniques for reconnecting with your body, heart, and mind.

LOUANNE DAVIS, PSYD

It Wasn’t Your Fault
Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion

Therapist and childhood abuse recovery expert Beverly Engel presents a breakthrough therapeutic program based on self-compassion to help you heal your shame and begin seeing yourself in a more realistic and positive way. By following the step-by-step exercises, you’ll learn how to cultivate understanding, forgiveness, acceptance, kindness, and encouragement toward yourself.

BEVERLY ENGEL, LMFT

Loving Someone with PTSD
A Practical Guide to Understanding & Connecting with Your Partner after Trauma

In this book, renowned trauma expert Aphrodite T. Matsakis provides compassionate and practical strategies for the partners of those with post-traumatic stress disorder (PTSD). With this guide, you will learn to recognize common triggers associated with PTSD, how to talk with your loved one about their condition, set realistic expectations, and work to create a healthy environment for the both of you.

APHRODITE T. MATSAKIS, PHD

Audio also available
$12.99 / code: 45113
Don’t Let Your Emotions Run Your Life
How Dialectical Behavior Therapy Can Put You in Control

Dialectical behavior therapy (DBT) is a powerful tool for overcoming uncontrolled emotions. Step by step, this book shows you how to manage your overwhelming emotions and tolerate life’s stressors so they don’t get the best of you.

SCOTT E. SPRADLIN, MA

Thoughts & Feelings, Fourth Edition
Taking Control of Your Moods & Your Life

This fourth edition provides you with twenty evidence-based techniques that can be combined to create a personal treatment plan for overcoming a range of mental health concerns, including worry, panic attacks, depression, low self-esteem, anger, and emotional and behavioral challenges of any kind.

MATTHEW MCKAY, PHD, MARTHA DAVIS, PHD, & PATRICK FANNING

The Dialectical Behavior Therapy Skills Workbook
Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & Distress Tolerance

This book offers straightforward, step-by-step exercises for learning and putting into practice the four core dialectical behavior therapy (DBT) skills: mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance. Whether used to support work done in therapy or as the basis for self-help, this workbook will bring DBT to readers with unrivaled clarity and effectiveness.

MATTHEW MCKAY, PHD, JEFFREY C. WOOD, PSYD, & JEFFREY BRANTLEY, MD

Stop Overreacting
Effective Strategies for Calming Your Emotions

Why is it that some people can reflect and respond to stressful situations in an honest but calm way, and others simply explode? Stop Overreacting presents a model for coping with intense reactions to difficult or overwhelming emotions. You’ll learn new skills for neutralizing emotional triggers and returning to the moment whenever you feel overwhelmed—instead of lashing out or retreating into depression and/or anxiety.

JUDITH P. SIEGEL, PHD, LCSW
The Borderline Personality Disorder Survival Guide
Everything You Need to Know About Living with BPD
This book provides answers to many of the questions you might have about borderline personality disorder (BPD), and covers several common treatment approaches: dialectical behavior therapy (DBT), mentalization-based treatment (MBT), and medication treatments. You'll learn a range of useful coping skills that can help you deal with some of the most distressing symptoms of BPD.
ALEXANDER L. CHAPMAN, PHD, & KIM L. GRATZ, PHD
FOREWORD BY PERRY D. HOFFMAN, PHD

Stronger than BPD
The Girl's Guide to Taking Control of Intense Emotions, Drama & Chaos Using DBT
This book offers powerful mindfulness exercises to help you stay grounded, as well as strategies to better deal with stress, balance emotions, and communicate effectively with family and friends. You'll also find inspiring, real-life stories and examples from a survivor who has put these skills to the test. Take control of your symptoms and take back your life!
DEBBIE CORSO
FOREWORD BY GILLIAN GALEN, PSYD

Coping with BPD
DBT & CBT Skills to Soothe the Symptoms of Borderline Personality Disorder
This book offers evidence-based solutions for addressing over fifty of the most common problems people with borderline personality disorder (BPD) face every day. You'll learn powerful, easy-to-use skills to help you manage intense emotions and moods, set personal limits, and address issues like substance abuse and doing harm to yourself or others.
BLAISE AGUIRRE, MD, & GILLIAN GALEN, PSYD
FOREWORD BY ALEC MILLER, PSYD
Talking to a Loved One with Borderline Personality Disorder

Communication Skills to Manage Intense Emotions, Set Boundaries & Reduce Conflict

If you have a loved one with borderline personality disorder (BPD), the SET (support, empathy, truth) method and complementary strategies outlined in this book are simple yet effective, and will allow you to address your loved one’s accusations, demands, and emotions, while still making room for your own needs.

JEROLD J. KREISMAN, MD
FOREWORD BY RANDI KREGER

Stop Walking on Eggshells, Second Edition

Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder

This book has helped nearly one million people with friends and family members suffering from borderline personality disorder (BPD) understand this destructive disorder, set boundaries, and help their loved ones stop relying on dangerous BPD behaviors. Included are coping and communication skills you can use to stabilize your relationship with the BPD sufferer in your life.

PAUL T. MASON, MS, & RANDI KREGER

The Stop Walking on Eggshells Workbook

Practical Strategies for Living with Someone Who Has Borderline Personality Disorder

This book will help you face your core beliefs about borderline personality disorder (BPD), handle negative feelings, and gain the perspective necessary to see the disorder objectively. Step-by-step exercises show you how to set and enforce limits with a person with BPD, cope with put-downs and rage, and make safe and realistic decisions.

RANDI KREGER with JAMES PAUL SHIRLEY, LMSW

The Buddha & the Borderline

My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism & Online Dating

In this fascinating memoir, Kiera Van Gelder chronicles her struggles and eventual recovery from borderline personality disorder (BPD) after twenty years of receiving numerous other diagnoses and ineffective treatments. The author offers an intimate look into her arduous struggle to gain control over her emotions and reclaim her life through dialectical behavior therapy (DBT), cognitive behavioral therapy (CBT), and Buddhism.

KIERA VAN GELDER
The Food Addiction Recovery Workbook
How to Manage Cravings, Reduce Stress & Stop Hating Your Body

This workbook offers the proven-effective Anchor Program™ to help you curb cravings, manage stress and emotions without turning to food, and truly understand what you’re really craving—soul satisfaction. This approach isn’t about dieting. It’s about being anchored to your authentic self, tuning into your body, knowing intuitively how to feed your body, and putting an end to body hatred.

CAROLYN COKER ROSS, MD, MPH

End Emotional Eating
Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions & Develop a Healthy Relationship to Food

Eating can all too easily become a strategy for coping with depression, anxiety, boredom, stress, and anger— and a reliable reward when it’s time to celebrate. This book doesn’t focus on what or how to eat—rather, these scientifically supported skills will teach you how to manage emotions and urges gracefully, live in the present moment, learn from your feelings, and cope with distress skillfully.

JENNIFER L. TAITZ, PSYD
FOREWORD BY DEBRA L. SAFER, MD

The Appetite Awareness Workbook
How to Listen to Your Body & Overcome Bingeing, Overeating & Obsession with Food

If you have a problem with eating, you’ve probably tried lots of different ways to get it under control. But strict diets and complicated food-monitoring programs have probably left you feeling hungrier and more irritable than you were before you started. Appetite awareness training is different. By learning to recognize your body’s natural hunger cues, you can take control of your eating habits.

LINDA W. CRAIGHEAD, PHD

The Binge Eating & Compulsive Overeating Workbook
An Integrated Approach to Overcoming Disordered Eating

Using a variety of practices drawn from complementary and alternative medicine, you’ll replace unhealthy habits with nourishing rewards and relaxation practices. This potent combination of therapies will help you end your dependence on overeating as a way to cope with unpleasant feelings, and show you how to develop new strategies for a healthier lifestyle.

CAROLYN COKER ROSS, MD, MPH
The Anorexia Recovery Skills Workbook

This compassionate, evidence-based workbook provides a comprehensive program to help you rebuild a positive relationship with food, foster a sense of independence, develop self-worth, and set healthy goals for the future. You’ll also learn how to create your own support network, take time for self-care, and move past the negative thoughts and emotions that can cause relapse.

CATHERINE L. RUSCITTI, PSYD, JEFFREY E. BARNETT, PSYD, ABPP, & REBECCA A. WAGNER, PHD
FOREWORD BY CRAIG JOHNSON, PHD

Ink in Water
(Or, How I Kicked Anorexia’s Ass & Embraced Body Positivity!)

Blending bold humor, a healthy dose of self-deprecation, literary storytelling, and provocative artwork, this memoir is an unflinching, brutally honest look into Lacy’s mind as she learns to move past her self-destructive behaviors and toward a life of health, strength, and nourishment.

LACY J. DAVIS
ILLUSTRATED BY JIM KETTNER

The Dialectical Behavior Therapy Skills Workbook for Bulimia
Using DBT to Break the Cycle & Regain Control of Your Life

At the root of bulimia is a need to feel in control. While purging is a strategy for controlling weight, bingeing is an attempt to calm depression, stress, shame, and even boredom. In this powerful program used by therapists, you’ll learn four key skill sets: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

ELLEN ASTRACHAN-FLETCHER, PHD, & MICHAEL MASLAR, PSYD

The Body Image Workbook, Second Edition
An Eight-Step Program for Learning to Like Your Looks

This revised edition of a classic workbook presents a complete approach to dealing with body-image issues—one that can help you feel more confident every day. The book presents discussions of cosmetic surgery, weight loss, and other body-fixing options, as well as information for persons with physically disfiguring conditions. After completing this eight-step program, you’ll feel differently about yourself when you look in the mirror.

THOMAS F. CASH, PHD
The Queen of Distraction
How Women with ADHD Can Conquer Chaos, Find Focus & Get More Done

This book delves into the elements of attention deficit/hyperactivity disorder (ADHD) that are particularly relevant to women, such as relationships, skin sensitivities, meal planning, parenting, and dealing with out-of-control hormones. Whether it’s making it to a job interview on time or planning dinner, if you want to get organized and stop leaving your groceries in the car, this book can help. It’s more than just a survival guide—it’s an ADHD how-to to help you thrive!

TERRY MATLEN, MSW
FOREWORD BY SARI SOLDEN, MS, LMFT

10 Simple Solutions to Adult ADD, Second Edition
How to Overcome Chronic Distraction & Accomplish Your Goals

This edition includes the ten steps from the original edition—updated with new medications and therapeutic approaches—and revised information based on the most current attention deficit disorder (ADD) research. You’ll also learn new ways to use technology to manage your time, avoid losing items, and responsibly handle your finances.

STEPHANIE MOULTON SARKIS, PHD

The Gift of Adult ADD
How to Transform Your Challenges & Build on Your Strengths

In this book, Lara Honos-Webb adapts the revolutionary approach first introduced in the parenting book, The Gift of ADHD, to the lives of adults with attention deficit disorder (ADD). Instead of focusing on your weaknesses, this book shows you how to transform symptoms into strengths in order to improve your relationships, job performance, parenting skills, and overall quality of life.

LARA HONOS-WEBB, PHD

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Boost your self-esteem in 2019!

**Self-Esteem, Fourth Edition**  
A Proven Program of Cognitive Techniques for Assessing, Improving & Maintaining Your Self-Esteem  
This fully revised and updated fourth edition will help you improve feelings of self-worth by changing the way you think about your life. You’ll learn how to differentiate between healthy and unhealthy self-esteem, gain distance from judgmental and self-defeating thoughts, and create a more positive view of yourself—and your life!  
MATTHEW MCKAY, PHD, & PATRICK FANNING

**The Self-Esteem Workbook, Second Edition**  
This fully revised and updated second edition will help you truly see and appreciate who you are, and discover how comparison-based self-criticism is not a true measure of your value. You’ll also find cutting-edge information on neuroplasticity and how sleep, exercise, and nutrition affect how you feel about yourself.  
GLENN R. SCHIRALDI, PHD

**The Self-Esteem Guided Journal**  
A 10-Week Program  
Your experience with this journal will redefine the qualities in yourself you value most, and recast experiences from your past in healing and positive ways. With each entry, you’ll create an inspiring description of all the wonderful qualities you possess, and a road map to the exciting possibilities that lie before you—all in your very own words.  
MATTHEW MCKAY, PHD, & CATHARINE SUTKER

**The Self-Esteem Companion**  
Simple Exercises to Help You Challenge Your Inner Critic & Celebrate Your Personal Strengths  
This motivating companion presents more than sixty simple exercises you can use to overcome a punishing inner critic. You’ll learn to make a realistic inventory of your abilities and weaknesses, and celebrate your personal strengths.  
MATTHEW MCKAY, PHD, PATRICK FANNING, CAROLE HONEYCHURCH, MA, & CATHARINE SUTKER

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The Mindfulness Workbook for Addiction
A Guide to Coping with the Grief, Stress & Anger that Trigger Addictive Behaviors

This workbook will help you determine the function your addiction is serving, develop healthy coping skills for dealing with loss, and accept your thoughts and emotions. In addition, you’ll learn to avoid addiction triggers, heal broken relationships, and build a support system.

REBECCA E. WILLIAMS, PHD, & JULIE S. KRAFT, MA

The Addiction Recovery Skills Workbook
Changing Addictive Behaviors Using CBT, Mindfulness & Motivational Interviewing Techniques

This workbook provides techniques to help you understand the patterns of thoughts and actions that fuel your addiction, and to create your own unique recovery plan. Whether you’re already in treatment or have just admitted you have a problem, this workbook can help you move past your addiction and start living the meaningful life you desire.

SUZETTE GLASNER-EDWARDS, PHD
FOREWORD BY RICHARD A. RAWSON, PHD

Natural Rest for Addiction
A Radical Approach to Recovery Through Mindfulness & Awareness

Freedom from addiction is available in the one place that’s the most difficult for an addict to be—the present moment. Non-duality teacher and addiction specialist Scott Kiloby offers his program for finding recovery from substance abuse—and addictions of all kinds—through the mindful practice of Resting Presence.

SCOTT KILOBY
FOREWORD BY JEFF FOSTER
Non-Duality Press, An Imprint of New Harbinger Publications

The Gift of Recovery
52 Mindful Ways to Live Joyfully Beyond Addiction

This book offers fifty-two in-the-moment mindfulness skills to help you cope with daily stress and stay grounded in your recovery. You’ll find powerful advice to help you navigate relationships, take time for self-care, and manage intense emotions that can get in the way of feeling better.

REBECCA E. WILLIAMS, PHD, & JULIE S. KRAFT, MA, LMFT

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**Mind-Body Workbook for Addiction**

*Effective Tools for Substance-Abuse Recovery & Relapse Prevention*

This book offers an innovative and clinically proven mind-body bridging technique to help you cope with cravings as they arise, manage your emotions, and better handle stress. You’ll also find easy exercises to help you uncover relapse triggers, stay grounded, and prevent future relapse so you can live your best life.

*STANLEY H. BLOCK, MD, CAROLYN BRYANT BLOCK & GUY DU PLESSIS with RICH LANDWARD, LCSW*  
*FOREWORD BY ROBERT WEATHERS, PHD*

**Breaking the Cycle**

*Free Yourself from Sex Addiction, Porn Obsession & Shame*

If addictions to pornography, strip clubs, massage parlors, prostitutes, phone sex, or chat rooms have made you feel trapped, this book can help you find a way to break free. Written by a former sex addict who specializes in counseling people who suffer from sexually compulsive behavior, *Breaking the Cycle* presents a step-by-step plan to enjoying a life of productivity and purpose.

*GEORGE N. COLLINS, MA, with ANDREW ADLEMAN, MA*

**Loving Someone in Recovery**

*The Answers You Need When Your Partner Is Recovering from Addiction*

Psychotherapist Beverly Berg offers powerful tools for partners of recovering addicts. This book will help you increase communication skills, establish clear boundaries, and take real steps toward rebuilding trust and intimacy with your loved one. The book addresses the roles both partners play in recovery, and will help you create a new, healthy dynamic while addressing your own issues of codependency.

*BEVERLY BERG, MFT, PHD*  
*FOREWORD BY STAN TATKIN, PSYD, MFT*

**Addict in the House**

*A No-Nonsense Family Guide Through Addiction & Recovery*

This book offers a no-nonsense, step-by-step guide to dealing with a loved one’s addiction—from accepting the reality of the disease to surviving repeated cycles of recovery and relapse. You’ll learn how to encourage your addicted loved one to get help, cope with the emotional hurdles of having an addicted family member, and create and maintain firm boundaries.

*ROBIN BARNETT, EDD, LCSW*  
*FOREWORD BY DARREN KAVINOKY*

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Letting Go of Anger, Second Edition

The Eleven Most Common Anger Styles & What to Do About Them

This book examines the eleven most common styles of anger expression, and helps you learn how to communicate your anger in healthy ways. You’ll discover which anger styles work for different situations—and which ones lead to certain disaster. Once you understand the whole range of anger styles, you’ll be able to better manage angry feelings and use your anger as a positive force for building a better life.

RONALD T. POTTER-EFRON, MSW, PHD, & PATRICIA S. POTTER-EFRON, MS

When Anger Hurts, Second Edition

Quieting the Storm Within

This is a complete, step-by-step guide to changing habitual anger-generating thoughts while developing healthier, more effective ways of meeting needs. It is ideal for therapists who work with families or teach anger control, and helpful for health professionals who treat the effects of type-A personality.

MATTHEW MCKAY, PHD, PETER D. ROGERS, PHD, & JUDITH MCKAY, RN

The Anger Control Workbook

Simple, Innovative Techniques for Managing Anger & Developing Healthier Ways of Relating

This workbook offers a new streamlined approach that allows you to begin at a higher level of anger—so that fewer steps are involved. The techniques are presented in a clear, step-by-step format that makes it easy to tailor a program to your own personal obstacles and triggering events.

MATTHEW MCKAY, PHD, & PETER ROGERS, PHD

The Anger Workbook for Women

How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance & Your Relationships

This workbook addresses the unique concerns of women struggling with anger problems. The book argues that rigid social patterning conditions many women to stifle or deny their anger, and this repression can result in a range of other psychological problems. Others experience violent, outwardly focused anger. Whichever pattern your anger follows, you’ll learn healthier ways to express it.

LAURA J. PETRACEK, PHD, LCSW

FOREWORD BY SANDRA P. THOMAS, PHD, RN, FAAN
Angry All the Time, Second Edition
An Emergency Guide to Anger Control
A New Harbinger classic that has helped thousands of people overcome problem anger. This book offers tips for problem solving and directing anger in positive ways, strategies for encouraging change, and a discussion of anger styles and the effects of jealousy on problem anger.
RONALD T. POTTER-EFRON, MSW, PHD

Transforming Anger
The HeartMath® Solution for Letting Go of Rage, Frustration & Irritation
You’ll learn how thoughts and feelings get stored in the nervous system and create cellular triggers of irritation, frustration, and anger. You’ll also discover how to identify triggers for anger at work and at home, and change them with techniques such as the sixty-second freeze-frame—an exercise that calms the mind, synchronizes the nervous system, and increases the level of internal coherence. (HeartMath® is a registered trademark of the Institute of HeartMath.)
DOC CHILDRE & DEBORAH ROZMAN, PHD
FOREWORD BY MATTHEW MCKAY, PHD

Stop the Anger Now
A Workbook for the Prevention, Containment & Resolution of Anger
This brief, intense course in anger management focuses on the essentials of what you need to do in order to prevent most angry outbursts, contain the rest, and resolve long-standing issues that perpetuate anger. You’ll learn to identify triggering situations and self-talk, quickly damp down anger when it flares up, and begin to work on resolving the frustrations that keep your anger at the boiling point.
RON POTTER-EFRON, MSW

The Dialectical Behavior Therapy Skills Workbook for Anger
Using DBT Mindfulness & Emotion Regulation Skills to Manage Anger
This book offers evidence-based tools to help you understand and regulate chronic anger and other intense emotions. With its focus on acceptance and change, its roots in behavioral and emotion science, and practical, easy-to-use skills, this workbook provides a unique and effective approach for managing your anger.
ALEXANDER L. CHAPMAN, PHD, RPSYCH, & KIM L. GRATZ, PHD
FOREWORD BY MARSHA M. LINEHAN, PHD, ABPP
Grieving Mindfully
A Compassionate & Spiritual Guide to Coping with Loss
This book offers ways to cope with the events and situations that trigger personal grief by using mindfulness exercises and radical acceptance—a concept that encourages the experience of grief rather than its denial. Ultimately, the book presents strategies for making life more meaningful by acknowledging death and working to embrace life.
SAMEET M. KUMAR, PHD
FOREWORD BY JEFFREY BRANTLEY, MD

Honoring Grief
Creating a Space to Let Yourself Heal
Within this gentle book, you will find powerful and compassionate wisdom to help you honor your grief and cope with your loss. The simple and effective tips and exercises are ideal for anyone suffering the emotional and physical effects of grief. Compatible with any religious or spiritual orientation, this thoughtful guide will help you create a sanctuary—a special space where you can work through the difficult emotions that accompany loss, and begin to heal.
ALEXANDRA KENNEDY, MA
FOREWORD BY STEPHEN LEVINE

Saying Good-Bye to the Pet You Love
A Complete Resource to Help You Heal
Deal with the loss of a beloved pet with the help of this guide. Evaluate your level of pet attachment and work through your grief with specific bereavement techniques: memorializing your lost pet, recognizing problematic thinking, and finding support.
LORRI A. GREENE, PHD, & JACQUELYN LANDIS
FOREWORD BY ALAN M. BECK, SCD

Healing from loss
• You might feel like isolating yourself when you are grieving, but it’s important to stay connected to others to help you heal.
**A Mindfulness-Based Stress Reduction Workbook**

With this book, you’ll learn mindfulness-based stress reduction (MBSR)—a clinically proven program for alleviating stress, anxiety, panic, depression, chronic pain, and more. This powerful approach shows you how to focus on the present moment in order to permanently change the way you handle stress.

BOB STAHL, PHD, & ELISHA GOLDSTEIN, PHD

FOREWORD BY JON KABAT-ZINN, PHD

AFTERWORD BY SAKI SANTORELLI, EDD

**Stress-relieving tip:**

Spend a few moments observing your thoughts, emotions, and physical sensations and considering how they may relate to one another. Then take this practice with you into your daily life. For example, notice your initial reactions when you’re stuck in line or in traffic, and how bringing mindfulness to the situation offers you the opportunity to respond differently.

FROM A MINDFULNESS-BASED STRESS REDUCTION WORKBOOK

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**The Stress-Proof Brain**

Master Your Emotional Response to Stress Using Mindfulness & Neuroplasticity

This book offers a breakthrough approach based in mindfulness, neuroscience, and positive psychology to help you put a stop to unhealthy stress responses such as avoidance, tunnel vision, self-criticism, a fixed mind-set, and fear. With this powerful guide, you’ll learn to shrug off the small stuff, deal with the big stuff, and become a happier, healthier you.

MELANIE GREENBERG, PHD

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**Five Good Minutes®**

100 Morning Practices to Help You Stay Calm & Focused All Day Long

Do you feel overwhelmed and constantly stressed out? This book offers engaging ways you can make simple, effective, and lasting changes—five minutes at a time. Starting each morning with just one of these exercises will set the tone for a balanced, stress-free, and more fulfilling day. And as you continue your practice, you will find that five good minutes are the best gift you can give yourself. (Five Good Minutes® is a registered trademark of New Harbinger Publications, Inc.)

JEFFREY BRANTLEY, MD, & WENDY MILLSTINE
The Mindfulness & Acceptance Workbook for Stress Reduction
Using Acceptance & Commitment Therapy to Manage Stress, Build Resilience & Create the Life You Want

This book offers a powerful nine-week program for stress management drawing on the principles of acceptance and commitment therapy (ACT) and mindfulness. You’ll find practical tools to help you deal with difficult emotions, cultivate self-compassion, and reinforce healthy coping habits. You’ll also discover how to build resilience that can help to minimize the challenges you face.

FREDRIK LIVHEIM, PHD, FRANK W. BOND, PHD, DANIEL EK, MS, & BJÖRN SKOGGÅRD HEDENSJÖ, MS

The Relaxation & Stress Reduction Workbook, Sixth Edition

In its sixth edition, this workbook—highly regarded by therapists and their clients—remains the go-to source for stress reduction strategies that can be incorporated into even the busiest lives.

MARTHA DAVIS, PHD, ELIZABETH ROBBINS ESHELMAN, MSW, & MATTHEW MCKAY, PHD

10 Simple Solutions to Stress
How to Tame Tension & Start Enjoying Your Life

Based on positive psychology, mind-body medicine, and cognitive behavioral therapy (CBT), the ten solutions in this book take stress management to an unprecedented level of effectiveness. These short assessments, lifestyle enhancement tips, and emergency stress rescue techniques will help you to cope effectively with stress—and to reduce its frequency in your life.

CLAIRE MICHAELS WHEELER, MD, PHD

Laugh away your stress!

• Laughter has been shown to reduce stress hormones. So, when you’re feeling the tension, turn on some comedy, chat with someone who makes you laugh, or think about a really funny memory!
Little Ways to Keep Calm & Carry On
Twenty Lessons for Managing Worry, Anxiety & Fear

The next time you are stressed by pressures at work, overwhelmed by life’s challenges, or panicked by problems that seem unsolvable, reach for this book. You’ll find twenty short yet powerful lessons and anxiety-reducing techniques that will help you move past stressful moments with grace.

MARK A. REINECKE, PHD

Transforming Stress
The HeartMath® Solution for Relieving Worry, Fatigue & Tension

This book teaches you to use the HeartMath® method, enabling you to see and experience in real time how thoughts and emotions affect your heart rhythms. Changes brought about through this method are fast acting and long lasting. (HeartMath® is a registered trademark of the Institute of HeartMath.)

DOC CHILDRE & DEBORAH ROZMAN, PHD
FOREWORD BY PAUL J. ROSCH, MD, FACP

The Resilience Workbook
Essential Skills to Recover from Stress, Trauma & Adversity

This book offers essential strategies to help you bounce back from setbacks and cultivate the inner strength needed to rise above life’s challenges. You’ll learn to harness the power of your amazing, adaptable brain; manage strong or distressing emotions; and improve your mood and overall well-being. Most importantly, you’ll gain real skills to thrive, no matter what obstacles life throws your way.

GLENN R. SCHIRALDI, PHD

Goodnight Mind
Turn Off Your Noisy Thoughts & Get a Good Night’s Sleep

Written by two psychologists who specialize in sleep disorders, this little book offers easy exercises and tips to help you create the kind of routine and environment that will promote good sleep, put a buffer between the stress of your day and your pillow, and train your noisy mind to be quiet when you turn in at night.

COLLEEN E. CARNEY, PHD, & RACHEL MANBER, PHD
The Intuitive Eating Workbook
10 Principles for Nourishing a Healthy Relationship with Food
This workbook offers a comprehensive, evidence-based program to help you overcome the diet mentality, pay attention to natural hunger cues, stop when you’re full, and nurture the profound connection between your mind and body.

EVELYN TRIBOLE, MS, RDN, & ELYSE RESCH, MS, RDN
FOREWORD BY TRACY TYLKA, PHD

Quiet Your Mind & Get to Sleep
Solutions to Insomnia for Those with Depression, Anxiety, or Chronic Pain
A busy and hectic life can profoundly affect your ability to get a good night’s rest. And it’s even more difficult to feel relaxed when you stay awake worrying that you won’t fall asleep. This complete program goes to the root of your insomnia, and offers the same techniques used by experienced sleep specialists. Don’t go without rest any longer—get started on this program and end your struggles with sleep.

COLLEEN E. CARNEY, PHD, & RACHEL MANBER, PHD
FOREWORD BY RICHARD R. BOOTZIN, PHD

Breastfeeding Made Simple, Second Edition
Seven Natural Laws for Nursing Mothers
This edition has been updated with the latest research on breastfeeding, and includes advice for correcting common problems. Chapters offer guidance for maintaining proper attachment, reducing the pain of nursing, understanding normal breastfeeding patterns, maintaining adequate milk production, weaning, and more. The book also includes a useful index you can use to find solutions quickly and easily.

NANCY MOHRBACHER, IBCLC, FILCA, & KATHLEEN KENDALL-TACKETT, PHD, IBCLC
FOREWORD BY JACK NEWMAN, MD

Audiobook also available
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Sign up for our Book Alerts at newharbinger.com/bookalerts
Kick-start healthy eating in 2019!

50 Ways to Soothe Yourself Without Food
Susan Albers offers this collection of fifty mindfulness skills and practices for relaxing the body in times of stress, and ending your dependence on eating as a means of coping with difficult emotions. You’ll also learn how to differentiate emotion-driven hunger from healthy hunger.

SUSAN ALBERS, PSYD

Eating Mindfully, Second Edition
How to End Mindless Eating & Enjoy a Balanced Relationship with Food
Susan Albers presents breakthrough mindfulness-based practices to take charge of cravings so you can eat when you’re hungry and stop when you’re full. This edition includes more than fifty mindful eating tips to help you stay present, slow down, and enjoy the foods you love most.

SUSAN ALBERS, PSYD
FOREWORD BY LILIAN CHEUNG, DSC, RD

Use your senses. If you find that you are eating too quickly, shift into mindful mode by focusing on all your senses—hearing, seeing, smelling, tasting, feeling. Choose one aspect of the food to focus your full attention on. For example, smell your food. Before each bite, intentionally inhale deeply for a moment.

FROM EATING MINDFULLY, SECOND EDITION
Yoga Sparks
108 Easy Practices for Stress Relief in a Minute or Less

Yoga Sparks offers 108 easy yoga practices you can do anytime, anywhere—no matter how overloaded or stressful your schedule. You’ll learn how yoga in “bite-sized” pieces can become a healthy habit to relieve emotional stress, increase strength and flexibility, and help you to lead a happier, healthier life. What are you waiting for?

CAROL KRUCOFF, E-RYT
FOREWORD BY KELLY MC GONIGAL, PHD

Relax into Yoga for Seniors
A Six-Week Program for Strength, Balance, Flexibility & Pain Relief

Based on the pioneering Yoga for Seniors program offered at Duke Integrative Medicine and the Kripalu Center for Yoga and Health, this book presents a unique yoga practice just for seniors. It guides you through a gentle six-week program that takes your personal limitations into consideration.

KIMBERLY CARSON, MPH, E-RYT, & CAROL KRUCOFF, E-RYT
FOREWORD BY MITCHELL W. KRUCOFF, MD
AFTERWORD BY JIM CARSON, PHD

Yoga for Pain Relief
Simple Practices to Calm Your Mind & Heal Your Chronic Pain

Yoga is a proven treatment for back pain, knee pain, carpal tunnel syndrome, and other chronic pain conditions. Yoga also helps to ease the stress, anxiety, and depression that can create and reinforce pain, making you feel more comfortable in both your mind and your body.

KELLY MC GONIGAL, PHD
FOREWORD BY TIMOTHY MCCALL, MD

Did you know?

• Doing yoga is one of the best ways to calm down when you’re stressed out!
Surviving & Thriving with an Invisible Chronic Illness
How to Stay Sane & Live One Step Ahead of Your Symptoms

Whether you suffer from diabetes, irritable bowel syndrome (IBS), chronic fatigue syndrome (CFS), Lyme disease, migraines, dysautonomia, or any disease that requires continuous management, there are practical strategies you can use to take charge of your life. This guide offers insider tips for navigating life with a chronic illness or disability—from how to balance sex, dating, and relationships, to handling work or school.

ILANA JACQUELINE

The Trigger Point Therapy Workbook, Third Edition
Your Self-Treatment Guide for Pain Relief

This workbook will help you identify the source of your pain by addressing the problem of myofascial trigger points—tiny contraction knots that develop in a muscle when it is injured or overworked, resulting in chronic pain. Trigger point massage increases circulation at the site of the problem, and can provide lasting relief.

CLAIR DAVIES, NCTMB, & AMBER DAVIES, CMTPT, LMT
FOREWORD BY DAVID G. SIMONS, MD

Fibromyalgia & Chronic Myofascial Pain, Second Edition
A Survival Manual

This guide for managing these conditions includes targeted bodywork for painful trigger points, as well as strategies for coping with chronic pain, sleep problems, and the numbing effects of “fibrofog.”

DEVIN STARLANYL & MARY ELLEN COPELAND
FOREWORD BY CHRISTOPHER R. BROWN, DDS, MPS

Taking Charge of Cancer
What You Need to Know to Get the Best Treatment

This is an insider’s perspective on understanding your individual situation and receiving the best treatment. Rather than feeling helpless, you’ll find tools to help you obtain and analyze medical records, learn how to get a second opinion, and discover ways to be your own advocate during this difficult time.

DAVID PALMA, MD, PHD
FOREWORD BY ANTHONY ZIETMAN, MD
Wired for Love
How Understanding Your Partner’s Brain & Attachment Style Can Help You Defuse Conflict & Build a Secure Relationship

Wired for Love is a complete insider’s guide to understanding your partner’s brain, and enjoying a romantic relationship built on love and trust. Synthesizing research findings on how and why love lasts drawn from neuroscience, attachment theory, and emotion regulation, this book presents ten guiding principles that can improve any relationship.

STAN TATKIN, PSYD
FOREWORD BY HARVILLE HENDRIX, PHD

200 pp / 2012 / $17.95
ISBN 9781608820580
code: 20580

Wired for Dating
How Understanding Neurobiology & Attachment Style Can Help You Find Your Ideal Mate

Psychologist and relationship expert Stan Tatkin offers simple, proven-effective principles to help you date smart and finally find your match. You’ll learn how people become attracted to one another, how to move toward or away from commitment, and the important role the brain and nervous system play in romance.

STAN TATKIN, PSYD, MFT
FOREWORD BY HARVILLE HENDRIX, PHD, & HELEN LAKELLY HUNT, PHD

Daring to Love
Move Beyond Fear of Intimacy, Embrace Vulnerability & Create Lasting Connection

Using techniques based in the authors’ groundbreaking voice therapy—the process of acknowledging unhealthy patterns aloud—you’ll uncover the real reasons you’re sabotaging your love life and learn to quiet destructive thoughts that are rooted in fear of rejection, shame, or jealousy.

TAMSEN FIRESTONE & ROBERT W. FIRESTONE, PHD
FOREWORD BY LESLIE S. GREENBERG, PHD

Awakened Relating
A Guide to Embodying Undivided Love in Intimate Relationships

With this unique guide, you’ll come to know an ever-present, undivided love that makes it possible to finally resolve the psychological triggers that keep you from creating the harmonious, loving relationships you seek.

LYNN MARIE LUMIERE, MFT
Non-Duality Press, An Imprint of New Harbinger Publications

208 pp / 2018 / $16.95
ISBN 9781684030736
code: 40736

216 pp / 2018 / $16.95
ISBN 9781684031016
code: 41016
Emotional Fitness for Couples
10 Minutes a Day to a Better Relationship

Start building emotional fitness today! This collection of simple tips will energize your emotional fitness program and hone your relationship skills to championship levels—in just ten minutes a day. Topics include how to start “fires” in your sex life, how to date your mate, and tricks for stopping an argument before it starts.

BARTON GOLDSMITH, PHD

The Jealousy Cure
Learn to Trust, Overcome Possessiveness & Save Your Relationship

With this book, you’ll uncover the evolutionary origins of jealousy, discover what is driving yours, and find proven-effective practices to help you move past your possessiveness. You’ll also find healthy ways to improve communication with your partner, overcome feelings of shame, and, most importantly, learn to trust.

ROBERT L. LEAHY, PHD
FOREWORD BY PAUL GILBERT, PHD

The Happy Couple
How to Make Happiness a Habit One Little Loving Thing at a Time

This book offers simple strategies for developing and strengthening positive relationship habits such as gratitude, humor, and honesty. You’ll also learn tips for dealing with disagreements, and discover ways to enrich intimacy and togetherness. If you’re ready to take your love to the next level, this book will show you the way.

BARTON GOLDSMITH, PHD
FOREWORD BY HARVILLE HENDRIX, PHD

Insecure in Love
How Anxious Attachment Can Make You Feel Jealous, Needy & Worried & What You Can Do About It

This book will help you overcome anxious attachment and clinginess. You’ll learn to recognize your negative thoughts and insecure feelings, and respond to them in a positive way. You’ll also discover how to cultivate a healthy dialogue with your partner and stop reverting back to feelings of inadequacy, neediness, and possessiveness.

LESLIE BECKER-PHELPS, PHD
Infidelity
A Survival Guide
It is possible to recover from the crisis of infidelity. This step-by-step book helps you deal with the shock of discovery, cope with the emotional impact of the realization of an affair, and decide what it tells you about your relationship. This book will help you choose whether to abandon or rebuild your partnership.
DON-DAVID LUSTERMAN, PHD

Who Am I Without You?
52 Ways to Rebuild Self-Esteem After a Breakup
Anyone who’s been through a breakup or divorce knows just how painful it can be. And nowhere does a breakup hit harder than your identity and sense of self-worth. If you’re ready to move past your heartache, reclaim your confidence, and learn to live and love again, this book will show you how.
CHRISTINA G. Hibbert, PsyD
FOREWORD BY SUE PATTON THOELE

Loving Your Children More Than You Hate Each Other
Powerful Tools for Navigating a High-Conflict Divorce
This practical guide offers effective tips and strategies to help you manage the intense emotions that can follow a divorce, deal with shame and blame, and create a peaceful and loving environment for your children. You’ll also learn to identify sources of conflict and communicate with your ex and your kids in a way that is healthy and productive.
LAUREN J. BEHRMAN, PHD, & JEFFERY ZIMMERMAN, PHD, ABPP

Splitting
Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder
Written by Bill Eddy—a family lawyer and divorce mediator, and Randi Kreger, borderline personality disorder (BPD) expert and author of Stop Walking on Eggshells—this book offers help for navigating the entire process of divorce, including hiring a divorce lawyer, reaching a reasonable settlement, protecting yourself and your children from emotional and/or physical abuse from the former spouse, and getting enforceable court orders.
BILL EDDY, LCSW, JD, & RANDI KREGER
Rebuilding, Fourth Edition
When Your Relationship Ends

*Rebuilding* has already helped more than one million people rebuild their lives after a divorce. In this self-help classic, you’ll find Bruce Fisher’s acclaimed “divorce process rebuilding blocks,” a proven-effective, nineteen-step model for putting your life back together after a breakup. This fully revised and updated fourth edition provides go-to strategies for a healthier and less traumatic divorce process for you and your children.

**BRUCE FISHER, EDD, & ROBERT ALBERTI, PHD**

**FOREWORD BY VIRGINIA M. SATIR**


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Disarming the Narcissist, Second Edition
Surviving & Thriving with the Self-Absorbed

This book will show you how to move past a narcissist’s defenses using empathy, confrontation, and limit-setting. By learning to anticipate and navigate certain hot-button issues, you’ll be able to relate to narcissists without triggering their aggression. You’ll also learn how to get your own needs met while sidestepping unproductive power struggles and senseless arguments. And most importantly, you’ll discover how to hold narcissists accountable for unacceptable behavior.

**WENDY T. BEHARY, LCSW**

**FOREWORD BY JEFFREY YOUNG, PHD | PREFACE BY DANIEL J. SIEGEL, MD**

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Adult Children of Emotionally Immature Parents
How to Heal from Distant, Rejecting, or Self-Involved Parents

This book exposes the destructive nature of parents who are emotionally immature or unavailable. By freeing yourself from your parents’ emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you’ll learn how to create positive new relationships so you can build a better life.

**LINDSAY C. GIBSON, PSYD**

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Coping with Critical, Demanding & Dysfunctional Parents
Powerful Strategies to Help Adult Children Maintain Boundaries & Stay Sane

Do you have a parent who is invalidating, critical, demanding, or hateful? This invaluable guide will help you develop powerful communication skills to help set limits and protect yourself from your parent’s cruel, insensitive, or spiteful behavior—as well as advocate for your own needs.

**DAVID M. ALLEN, MD**

**FOREWORD BY SUSAN HEITLER, PHD**

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Balanced & Barefoot
How Unrestricted Outdoor Play Makes for Strong, Confident & Capable Children

In this book, Angela Hanscom—a pediatric occupational therapist and founder of TimberNook—shines a light on the silent epidemic affecting modern kids, explains why unrestrained movement and outdoor play are vital for your child’s cognitive and physical development, and even offers fun, engaging strategies to help ensure that kids grow into healthy, balanced, and resilient adults.

ANGELA J. HANSCOM
FOREWORD BY RICHARD LOUV

Little Flower Yoga for Kids
A Yoga & Mindfulness Program to Help Your Child Improve Attention & Emotional Balance

Little Flower Yoga for Kids offers parents and children a unique program combining yoga and mindfulness in an easy-to-read format. With this guide, your child will learn gentle yoga practices to help them pay better attention and balance their emotions—all while building physical strength and flexibility.

JENNIFER COHEN HARPER, MA, E-RCYT
FOREWORD BY DANIEL J. SIEGEL, MD

Mindful Discipline
A Loving Approach to Setting Limits & Raising an Emotionally Intelligent Child

This pioneering book redefines discipline and outlines the five essential elements necessary for children to thrive: unconditional love, space for children to be themselves, mentorship, healthy boundaries, and mistakes that create learning and growth opportunities. You’ll discover parenting practices such as setting limits with love, working with difficult emotions, and forgiveness and compassion meditations that place discipline within a context of mindfulness.

SHAUNA SHAPIRO, PHD, & CHRIS WHITE, MD
FOREWORDS BY CHRISTINE CARTER, PHD, & DEAN ORNISH, MD

Ready, Set, Breathe
Practicing Mindfulness with Your Children for Fewer Meltdowns & a More Peaceful Family

This is a must-have book for parents who need real solutions to help you and your little ones deal with everyday challenges and difficult emotions mindfully. With these fun games, activities, and exercises, you’ll be ready to keep your composure and use mindfulness with your children—giving them the skills they need to better manage stress.

CARLA NAUMBURG, PHD
Kid Cooperation
How to Stop Yelling, Nagging & Pleading & Get Kids to Cooperate

This book teaches you the practical skills that will help end sibling fights and boost your children’s self-esteem. You’ll learn to exercise constructive discipline with understanding and authority.

ELIZABETH PANTLEY
FOREWORD BY WILLIAM SEARS, MD
PREFACE BY LOUISE BATES AMES, PHD

Parenting a Teen Girl
A Crash Course on Conflict, Communication & Connection with Your Teenage Daughter

This is a guide for busy parents who want bottom-line information and tips that make sense—and work. It offers scripts to improve communication, and exercises to navigate stressful interactions. Whether a teen girl is struggling with academic pressure, social difficulties, physical self-care, or technology overload, this book offers practical advice to help you connect with your teen daughter.

LUCIE HEMMEN, PHD

Ending the Parent-Teen Control Battle
Resolve the Power Struggle & Build Trust, Responsibility & Respect

In this book, you’ll learn what’s really driving these conflicts, and discover ways to move past disagreements toward healthier communication with your teen. You’ll find an understanding of the three drivers of the control battle, and finally move beyond the painful tug-of-war to a peaceful and loving home environment for the whole family.

NEIL D. BROWN, LCSW
FOREWORD BY DONALD T. SAPOSNEK, PHD

Co-parenting with a Toxic Ex
What to Do When Your Ex-Spouse Tries to Turn the Kids Against You

In this guide, you’ll discover a positive parenting approach to dealing with a hostile ex-spouse. You’ll learn the best ways to protect your children from painful loyalty conflicts, how to avoid parental alienation syndrome, and techniques for talking to your children in a way that fosters honesty and trust. Co-parenting with a toxic ex can be challenging, but with the right tools, you can protect your kids and make your relationship with them stronger than ever.

AMY J. L. BAKER, PHD, & PAUL R. FINE, LCSW
Helping Your Angry Teen
How to Reduce Anger & Build Connection Using Mindfulness & Positive Psychology

This book offers in-the-moment techniques to help you navigate your teen’s explosive anger and restore peace to your household. You’ll gain a better understanding of the psychological conditions that can contribute to teen anger, learn important skills for improving communication, and discover tips for staying calm and collected yourself.

MITCH R. ABBLETT, PHD
FOREWORD BY CHRISTOPHER WILLARD, PSYD

Helping Your Anxious Teen
Positive Parenting Strategies to Help Your Teen Beat Anxiety, Stress & Worry

Understanding your teen’s anxiety, what makes it better or worse, and how you can best respond to it are key to helping your teen work through anxious thoughts and feelings. With this book, you can help your teen build powerful coping skills to last a lifetime.

SHEILA ACHAR JOSEPHS, PHD

Parenting a Troubled Teen
Manage Conflict & Deal with Intense Emotions Using Acceptance & Commitment Therapy

Parenting a teen is tough. But parenting a teen with intense emotions—one who lashes out, calls you names, or threatens you—can be especially difficult. This compassionate guide offers proven-effective tools based in acceptance and commitment therapy (ACT) to restore peace in your home. You’ll learn strategies to help your teen balance their emotions, manage your own responses, and rebuild your relationship.

PATRICIA E. ZURITA ONA, PSYD
FOREWORD BY KIRK D. STROSAHL, PHD
AFTERWORD BY MATTHEW MCKAY, PHD

When Your Teen Has an Eating Disorder
Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia & Binge Eating

You’ll learn how best to support your teen’s nutritional rehabilitation, normalize eating behaviors, and manage meals. You’ll also discover how to help your teen adopt independent and intuitive eating habits, expand food flexibility, and use coping strategies and recovery skills to prevent relapse.

LAUREN MUHLHEIM, PSYD
FOREWORD BY LAURA COLLINS LYSTER-MENSH
Anxiety Relief for Kids
On-the-Spot Strategies to Help Your Child Overcome Worry, Panic & Avoidance

Written by a psychologist and expert in childhood anxiety, this book provides quick, in-the-moment solutions you can easily use at home, in social settings, or anywhere anxiety takes hold. You’ll find an overview of the different types of anxiety disorders, learn how to identify your child’s coping behaviors, and uncover the triggers that set your child off.

BRIDGET FLYNN WALKER, PHD
FOREWORD BY MICHAEL A. TOMPKINS, PHD

Helping Your Child with Extreme Picky Eating
A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion & Feeding Disorders

Written by a family doctor and a feeding therapist, this book will help you support your child’s nutrition, foster healthy growth, and end mealtime anxiety—for your child and you—one once and for all. Using the authors’ clinically proven STEPS+ approach, you’ll discover strategies for dealing with low appetite, sensory- and autism spectrum-related feeding challenges, oral motor delays, anxiety, and more.

KATJA ROWELL, MD, & JENNY MCGLOTHLIN, MS, SLP
FOREWORD BY SUZANNE EVANS MORRIS, PHD

The Gift of ADHD, Second Edition
How to Transform Your Child’s Problems into Strengths

In this book, attention deficit/hyperactivity disorder (ADHD) expert Lara Honos-Webb presents the evidence for this revolutionary concept, and explains how you can help your child develop control over inattentive, hyperactive behavior and enhance the five gifts of ADHD: creativity, attunement to nature, interpersonal intuition, energetic enthusiasm, and emotional sensitivity.

LARA HONOS-WEBB, PHD
FOREWORD BY SCOTT M. SHANNON, MD

Helping Your Child with Language-Based Learning Disabilities
Strategies to Succeed in School & Life with Dyslexia, Dysgraphia, Dyscalculia, ADHD & Processing Disorders

With this practical guide you’ll discover how a secure relationship between you and your child can optimize his or her learning ability by enhancing motivation, reducing anxiety, and triggering neuroplasticity. You’ll also learn strategies for navigating school, home life, and your child’s future.

DANIEL FRANKLIN, PHD
FOREWORD BY LOUIS COZOLINO, PHD
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Drawing on a powerful combination of neuroscience and spirituality, you’ll learn that thought is at the root of all habits, so understanding the way you think can help rewire your brain and put an end to unhealthy behavior patterns.

AMY JOHNSON, PHD
FOREWORD BY MARK HOWARD, PHD

The Here-&-Now Habit
How Mindfulness Can Help You Break Unhealthy Habits Once & for All
This book offers powerful mindfulness practices to help you stop existing on autopilot and start living in the here and now. You’ll discover how to find focus, release yourself from your mind’s constant chatter, experience difficult emotions without being overwhelmed, and cultivate calmness and clarity.

HUGH G. BYRNE, PHD
FOREWORD BY TARA BRACH, PHD

Suffering Is Optional
A Spiritual Guide to Freedom from Self-Judgment & Feelings of Inadequacy
This book offers four guiding principles and five core practices based in deep spiritual wisdom to help you discover that these self-sabotaging beliefs just aren’t true. With powerful exercises, heartfelt reflections, and inspiring stories, you’ll shed your false and limited sense of self and come home to your natural aliveness that is already whole, peaceful, and primed for joy.

GAIL BRENNER, PHD
FOREWORD BY RICK ARCHER

Did you know?

• Focusing on just one or two New Year’s resolutions increases your success rate!
Buddha's Brain
The Practical Neuroscience of Happiness, Love & Wisdom

Buddha's Brain draws on research to show how to stimulate and strengthen your brain for more fulfilling relationships, a deeper spiritual life, and a greater sense of inner confidence and worth. You'll learn how to activate the brain states of calm, joy, and compassion instead of worry, sorrow, and anger. This book is filled with practical tools to tap the unused potential of your brain for greater well-being and peace of mind.

RICK HANSON, PHD,
WITH RICHARD MENDIUS, MD
FOREWORD BY DANIEL J. SIEGEL, MD
PREFACE BY JACK KORNFIELD, PHD

Just One Thing
Developing a Buddha Brain One Simple Practice at a Time

Research has shown that little daily practices can change the way your brain works. This book offers simple brain-training practices you can do every day to protect against stress, lift your mood, and find greater emotional resilience.

RICK HANSON, PHD

Several times a day, notice that you're basically all right. You may want more money or love, or simply ketchup for your French fries. Or want less pain, heartache, or rush hour traffic. All very reasonable. But meanwhile, underneath all the to-ing and fro-ing, you are okay. Underneath your desires and activities is an aliveness and an awareness that is doing fine this second.

FROM JUST ONE THING
The Courage Habit
How to Accept Your Fears, Release the Past & Live Your Courageous Life

In this book, celebrated life coach Kate Swoboda reveals her powerful program to release old fear patterns and create courageous habits. If something is keeping you from living all that you want to live—and if you have a sneaking suspicion that that something is you—this groundbreaking guide will help you change your relationship to fear and start making bold moves in every area of your life.

KATE SWOBODA • FOREWORD BY BARI TESSLER

Audiobook also available
$12.99 / code: 44260

The Kindness Cure
How the Science of Compassion Can Heal Your Heart & Your World

With this book, you’ll discover ways to liberate your innate capacity for kindness and kindle it in others. Because when you make kindness a daily habit, it radiates from the inside out. And the mutual care, comfort, and safety that result are our most powerful force for change.

TARA COUSINEAU, PHD
FOREWORD BY STEPHEN POST, PHD

Loving Bravely
20 Lessons of Self-Discovery to Help You Get the Love You Want

This book offers twenty powerful lessons to help you commit to your own emotional and psychological well-being so you can be ready, resilient, and confident in love. By understanding your past relationships and determining what it is you really want in a romantic partner, you’ll be prepared to create the healthy, lasting love your heart truly desires.

ALEXANDRA H. SOLOMON, PHD
FOREWORD BY MONA D. FISHBANE, PHD

The Conscious Bride
Women Unveil Their True Feelings about Getting Hitched

Based on a series of insightful observations about the nature of matrimonial transition, this book combines warm and thoughtful advice with real stories of women’s experiences with engagement and marriage. Your go-to guide as you explore the changes that come with the transition from your identity as a single person to that of a wife and partner.

SHERYL PAUL

a great bridal shower gift!

as seen on The TODAY Show!
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MATTHEW MCKAY, PHD, MARTHA DAVIS, PHD, & PATRICK FANNING

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Your Perfect Right, Tenth Edition
Assertiveness & Equality in Your Life & Relationships
This fully revised and updated tenth edition provides everything you need to learn the art of effective self-expression. You’ll discover how to deal with difficult people, convey your opinions and feelings, build healthy relationships, and handle conflict resolution. Not a “me-first” book, Your Perfect Right is all about equal-relationship assertiveness!

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The Assertiveness Workbook
How to Express Your Ideas & Stand Up for Yourself at Work & in Relationships
This workbook is designed to help anyone who feels paralyzed by an opposing viewpoint. The proven techniques in this book help you set personal boundaries. You’ll also learn how to be more genuine and open in relationships without fearing attack, and defend yourself when criticized or presented with unreasonable requests.

RANDY J. PATERSON, PHD

The Assertiveness Guide for Women
How to Communicate Your Needs, Set Healthy Boundaries & Transform Your Relationships
In this book, you’ll learn the most common barriers to assertiveness, how to identify what you really want and express it in a healthy way, and—most importantly—how to apply your new communication skills to daily life! Rather than staying stuck in a cycle of rumination and regret when you’re unable to speak up, you’ll be ready to assert yourself and finally get what you want.

JULIE DE AZEVEDO HANKS, PHD
FOREWORD BY RIANE EISLER, JD
Yoga & the Pursuit of Happiness
A Guide to Finding Joy in Unexpected Places
Renowned yoga instructor Sam Chase blends ancient wisdom from the Bhagavad Gita and Yoga Sutras, positive psychology, and neuroscience—along with his own personal journey—to show you how to find happiness in every moment. By embracing the tenets of ancient yogis, you’ll uncover the quiet tranquility within—and find true, lasting joy and enlightenment.
SAM CHASE

Falling in Love with Where You Are
A Year of Prose & Poetry on Radically Opening Up to the Pain & Joy of Life
This book invites you to discover a deep YES to your life, no matter what you’re going through; to see crisis as an opportunity to heal, pain as an intelligent messenger, and your imperfections as perfectly placed. Through his prose and poetry, Jeff Foster will guide, provoke, encourage, and inspire you on your lonely, joyful, and sometimes exhausting and pathless journey to the home you never left: the present moment.
JEFF FOSTER • FOREWORD BY MATT LICATA
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The Art & Skill of Buddhist Meditation
Mindfulness, Concentration & Insight
This is a practical, accessible guide to building a strong meditation practice. Whether you’re new to meditation or a seasoned practitioner, the step-by-step instructions in this book will deepen your skills and help you fully integrate mindfulness, concentration, and insight meditation into a balanced practice.
RICHARD SHANKMAN

Writing to Awaken
A Journey of Truth, Transformation & Self-Discovery
Writing to Awaken is an inspirational investigation of the self through expressive writing, guiding you along the path of awakening through radical truth-telling and self-inquiry. With targeted and revelatory questions, you’ll be prompted to explore your own personal narrative—to write honestly about your deepest wounds, greatest challenges, hidden gifts, yearnings, and opportunities for growth—in order to discover a deeply authentic understanding of yourself and move toward a more liberated, truthful life.
MARK MATOUSEK • FOREWORD BY JOAN BORYSENKO, PHD
Reveal Press, An Imprint of New Harbinger Publications
The Buddha's Way of Happiness
Healing Sorrow, Transforming Negative Emotion & Finding Well-Being in the Present Moment

With this book as your guide, you'll identify the barriers to happiness you create in your own life, and use the eightfold path of Buddhist psychology to improve your ability to appreciate the small, joyful moments that happen every day.

THOMAS BIEN, PHD
FOREWORD BY LAMA SURYA DAS

Beyond Mindfulness
The Direct Approach to Lasting Peace, Happiness & Love

Written by meditation expert, psychotherapist, and spiritual teacher Stephan Bodian, this book takes you beyond the mechanics of mindfulness, and offers a direct approach to spiritual awakening. With this transformative new way of experiencing life, you'll find that the love, compassion, wholeness, and happiness you've been seeking were there all along—no practice required.

STEPHAN BODIAN
FOREWORD BY JOHN J. PRENDERGAST, PHD

Living the Life That You Are
Finding Wholeness When You Feel Lost, Isolated & Afraid

This book examines the modern-day dilemma of loneliness, revealing that its root cause is our belief that we're all separate individuals bound by personal limitations. Using radical mindfulness and the practical tools in this enlightening guide, you'll learn to observe, acknowledge, and question your fears and beliefs—allowing your sense of being lost and alone to give way to a loving state of connection with all.

NIC HIGHAM
FOREWORD BY SCOTT KILOBY

The Unbelievable Happiness of What Is
Beyond Belief to Love, Fulfillment & Spiritual Awakening

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