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Instant Help Books for Teens Are Engaging, Proven-Effective, and Recommended by Therapists

The youth of today are more riddled with anxiety, crippled by depression, and hindered by stress. You can't open a young adult novel without reading about a main character with depression or anxiety. Glaring statistics about teen suicide make headlines nearly every day. It is a tough world to be a teen.

But the real news—the new of hope—is that there is proven, evidence-based help.

That hope is at the heart of New Harbinger's Instant Help line of books, which this fall is offering help for teens facing the hot-button issues of our day around anxiety, gender identity, and managing grief and other heavy emotions ***The Anxiety Survival Guide for Teens*** (September 2015) by Jennifer Shannon, ***Grieving for the Sibling You Lost*** (September 2015), by Erica Goldblatt-Hyatt and the forthcoming ***The Gender Quest Workbook*** (December 2015) by Rylan Jay Testa, Jayme Peta, and Deborah Coolhart.

While real teens are getting lost in the statistical shuffle, the qualified experts who write the Instant Help line, are propelled by the research that shows how the treatments in their books applied early in life drastically reduces the development of severe mental health disorders later. It's why booksellers and librarians—those trusted community leaders on the front lines—see Instant Help as the go-to resource for struggling teens, their parents, teachers, and caregivers.

“Self-help for emotional and behavioral problems has been an underpublished category for teen books,” said Matthew McKay, publisher at New Harbinger Publications. “Yet many adolescents face mental health problems with few resources to help them. Parents don't know where to turn, school counselors are overworks, and doctors merely prescribe drugs.”

Titles like *The Anxiety Survival Guide*, which educates teens on the different types of anxiety and how to survive and thrive through them, are incredibly invaluable. About 50-75 percent of those who suffer from serious anxiety disorders generally develop them during their adolescent years, which is why *Instant Help* offers a variety of books to help manage teen anxiety and not let it hinder developmental processes and daily life.

When Caitlyn Jenner brought the issue of gender identity to the masses this spring, New Harbinger pushed the publication of its one-of-a-kind *The Gender Quest Workbook*, could be in the hands of exploring teens and those who work with them as soon as possible.

“Before the *Instant Help* line there were a smattering of good books for teen mental health challenged using evidence-based practices, but I could count the number on both hands,” said Tesilya Hanauer, acquisitions manager at New Harbinger Publications “It feels good to be publishing resources that have the potential to give teens a better chance at living a fulfilling life.”

New Harbinger acquired *Instant Help* in 2008. The books, which have sold over a million copies, use a practical, skills-based approach – combined with new developments in behavioral therapy and mindfulness-based methods – makes *Instant Help* unique for teens. Since the acquisition, *Instant Help* has taken a center stage position at New Harbinger and the titles regularly dominate the publisher’s top 25 bestsellers.

Anxiety Survival Guide for Teens

CBT Skills to Overcome Fear, Worry & Panic

Jennifer Shannon, LMFT

September 2015 / 978-1-62625-243-1 / \$16.95 / 6 x 8 / 256 pages

The Gender Quest Workbook for teens

Activities for Exploring Your Gender Identity

Rylan Jay Testa, PhD, Deborah Coolhart, PhD, Jayme Peta, MA, MS

December 2015 / 978-1-62625-297-4 / \$16.95 / 8 x 10 / 168 pages

Grieving for the Sibling You Lost

A Teen's Guide to Coping with Grief and Finding Meaning After Loss

Erica Goldblatt-Hyatt, DSW

September 2015 / 978-1-62625-249-3 / \$16.95 / 6 x 8 / 200 pages