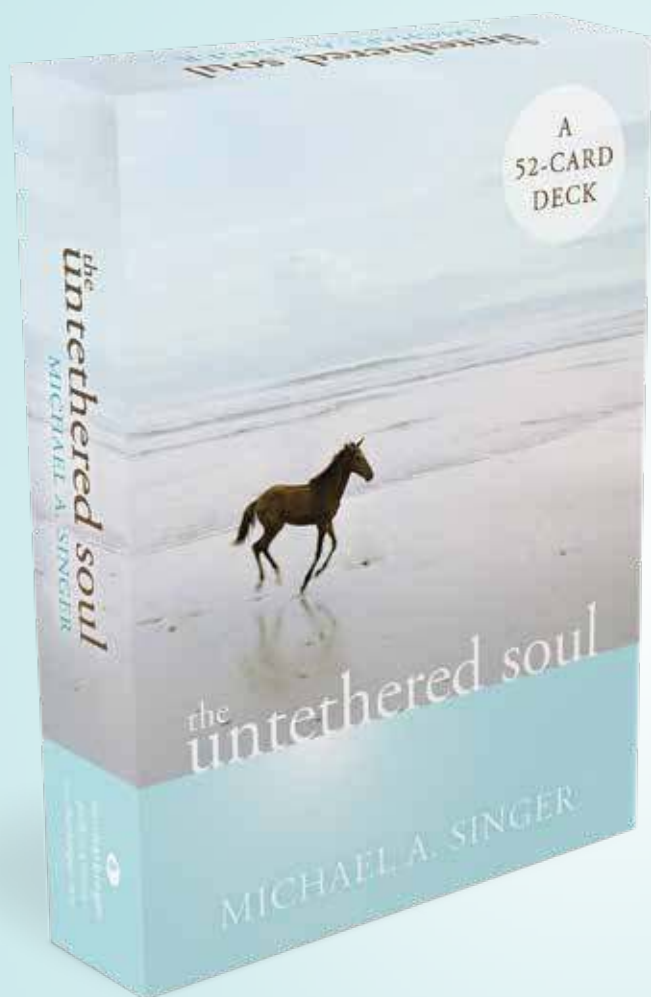


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See page 10



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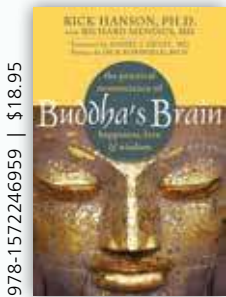
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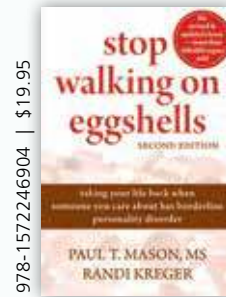
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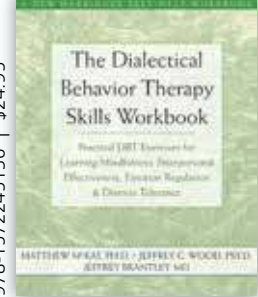
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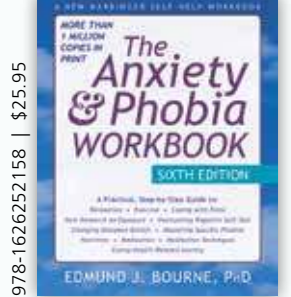
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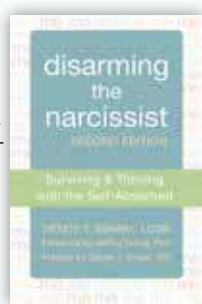
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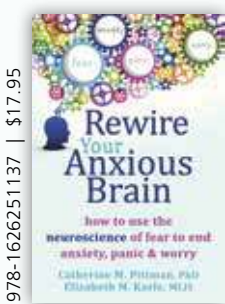
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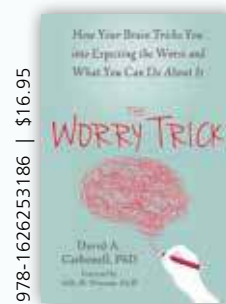
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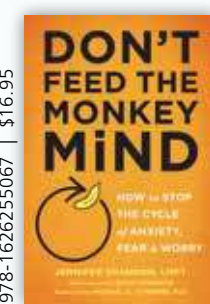
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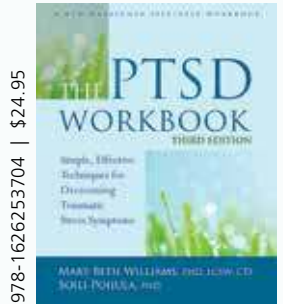
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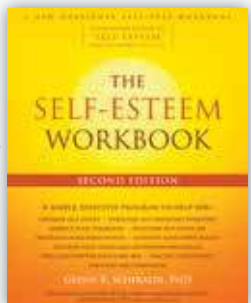
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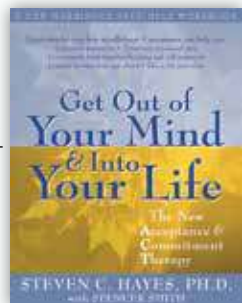
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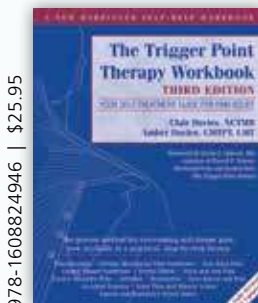
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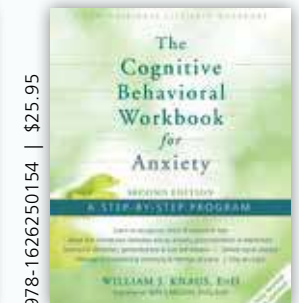
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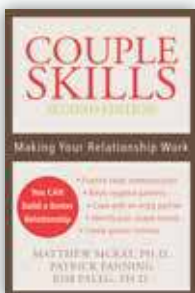
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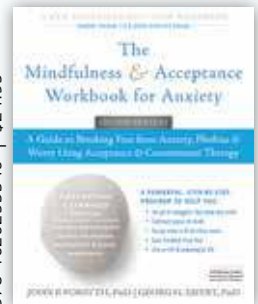
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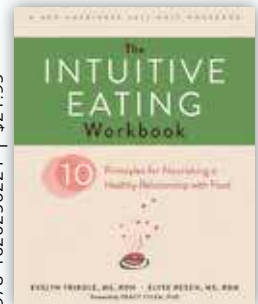
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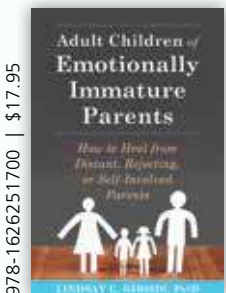
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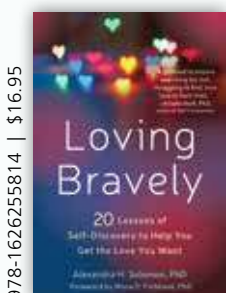
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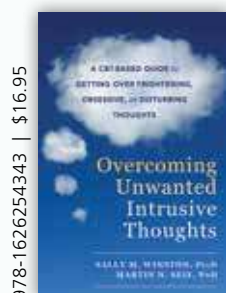
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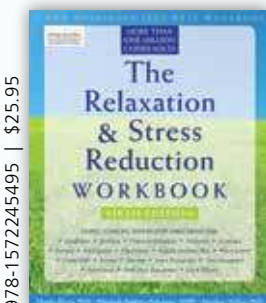
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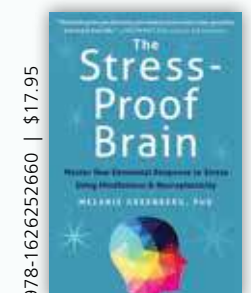
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Dear Friends—

In our busy and rapidly changing world, it's easy to feel overwhelmed. That's why New Harbinger is proud to publish several new books to help people of all ages manage the turbulence of modern daily life. Whether readers are looking to soothe stress, make healthier choices, or improve relationships—our books offer powerful and proven-effective strategies that *really* work.

For those struggling with depression, we're publishing ***The Upward Spiral Workbook***—a follow-up to the best-selling guide, *The Upward Spiral*. Author Alex Korb expands on the same neuroscientific approach for overcoming depression outlined in his groundbreaking book, and offers step-by-step guidance for putting theory into practice. By taking small steps toward positive change, readers can actually rewire their brain for greater well-being.

We all want to be healthy. And while some people love an early jog before work or take delight in green juice detoxes, for many others healthy habits can seem daunting and exhausting. For readers who shudder at the thought of kale ice cream, ***Healthy Habits Suck*** is full of irreverent, in-your-face tips for getting off the couch and feeling better.

Conversations about controversial topics can be difficult and emotionally charged—especially given our current political environment. But these conversations are essential for us to grow, both as a society *and* as individuals. ***It's Time to Talk (and Listen)*** is a much-needed road map to help readers spark passionate, yet *productive* dialogues with loved ones, peers, or even strangers about politics, race, gender, sexuality, and more.

We're also excited to offer several new books in our best-selling Instant Help Books line for kids and teens. This highly successful series has already helped countless young readers face difficult life and mental health challenges—from bullying and depression to anxiety and stress. Finally, we're pleased to publish a fully revised and updated seventh edition of ***The Relaxation and Stress Reduction Workbook***—a best-selling New Harbinger classic.

We thank you for your ongoing support as we continue our mission to give readers real tools for positive change, peace of mind, and increased well-being.



Sincerely,

—Matthew McKay, PhD, Publisher

what's inside...

new releases

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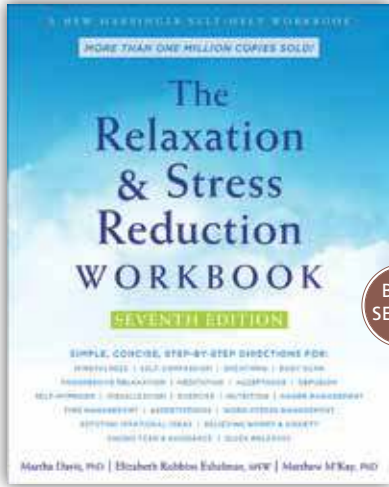
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■ Previous editions of *The Relaxation and Stress Reduction Workbook* have already sold more than a million copies worldwide.

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978-1684033348 | US \$25.95
8 x 10 | 392 pp
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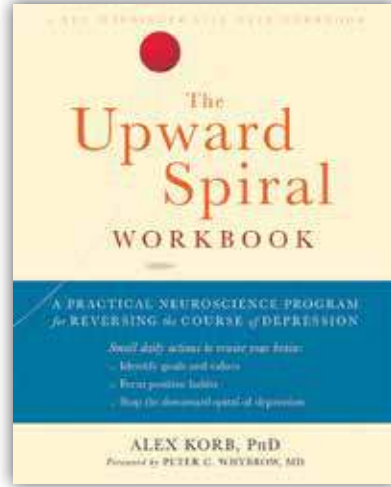
The Relaxation and Stress Reduction Workbook, Seventh Edition

Martha Davis, PhD, Elizabeth Robbins Eshelman, MSW, and Matthew McKay, PhD

The Relaxation and Stress Reduction Workbook broke new ground when it was first published in 1980, detailing easy, step-by-step techniques for calming the body and mind in an increasingly overstimulated world. Now in its seventh edition, this fully revised and updated workbook offers the latest stress reduction techniques to integrate healthy relaxation habits into daily life. Also included are powerful self-compassion practices; updated chapters on the most effective tools for coping with anxiety, fear, and panic; and a new section focused on body scan.

Martha Davis, PhD, was a psychologist in the department of psychiatry at Kaiser Permanente Medical Center in Santa Clara, CA, where she practiced individual, couples, and group psychotherapy for more than thirty years prior to her retirement. **Elizabeth Robbins Eshelman, MSW**, worked as a staff operations consultant for the marketing and internet services group of the Kaiser Foundation Health Plan. She is now retired and resides in the greater San Francisco Bay Area. **Matthew McKay, PhD**, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *Self-Esteem*, *Thoughts and Feelings*, and more.

PUBLICITY & PROMOTION • Advertising in *the Behavior Therapist*, the *Journal of Contextual Behavioral Science*, and in the annual conference guide of the American Psychological Association • Email campaign to anxiety disorders, stress management, and mental health professional communities • Online advertising on google.com and in the Greater Good Science Center e-newsletter • **WORLD RIGHTS**



■ This workbook draws on the unique neuroscientific approach outlined in the author's popular book, *The Upward Spiral*, which has sold more than 25,000 copies since its publication in 2015.

978-1684032426 | US \$24.95
8 x 10 | 200 pp
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PUB DATE: **April 1, 2019**

The Upward Spiral Workbook

A Practical Neuroscience Program for Reversing the Course of Depression

Alex Korb, PhD

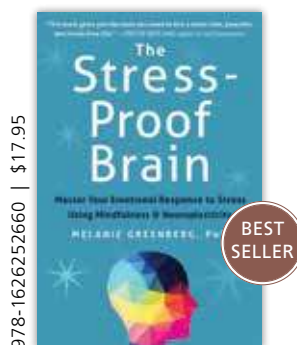
Positive life changes lead to positive brain changes! Drawing on the huge success of his groundbreaking book, *The Upward Spiral*, neuroscientist Alex Korb offers actionable, step-by-step skills to help readers reshape their brain and create an upward spiral towards a happier, healthier life. Just as one small trigger can drag us down, an effective intervention can start enough momentum to carry us back up. Exercise, attention to breathing, gratitude, sleep hygiene, and positive social interactions are just some of the offerings in this workbook that can help alter activity in specific neural circuits, setting readers on the path toward an upward spiral to happiness and well-being.

Alex Korb, PhD, is a neuroscientist who has studied the brain for over fifteen years, starting with an undergraduate degree in neuroscience from Brown University. Korb is author of *The Upward Spiral*, and resides in Los Angeles, CA.

PUBLICITY & PROMOTION • Advertising in the annual conference guides of the Anxiety and Depression Association of America, the American Association of Marriage and Family Therapy, and Psychotherapy Networker • Email campaign to anxiety disorders, stress management, mindfulness, wellness/self-help, and mental health professional communities • Author website, email, and social media promotion • Online advertising on google.com and in the Greater Good Science Center e-newsletter • Campaign to psychology and mental health publications • Outreach to podcasts and radio • **WORLD RIGHTS**

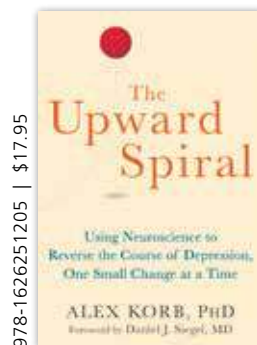


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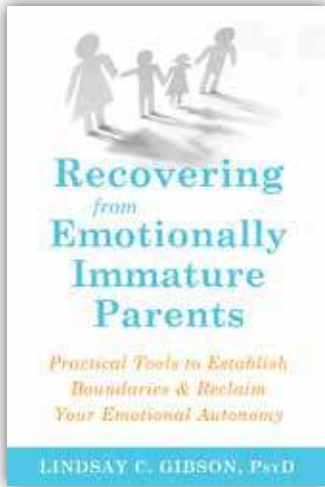


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RECENT RELEASE



■ Books for adult children of difficult parents have sold well for New Harbinger. *Children of the Self-Absorbed* and *Adult Children of Emotionally Immature Parents* have sold over 100,000 copies combined.

978-1684032525 | US \$16.95
6 x 9 | 224 pp
trade paper | self-help
PUB DATE: **May 1, 2019**

Recovering from Emotionally Immature Parents

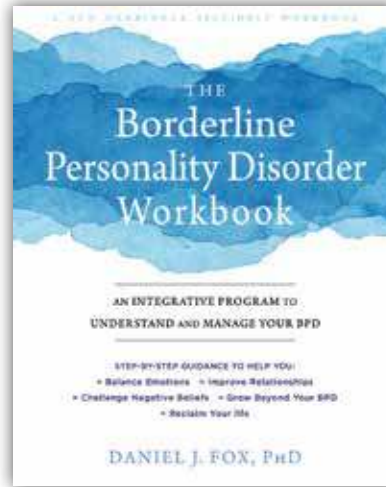
Practical Tools to Establish Boundaries and Reclaim Your Emotional Autonomy

Lindsay C. Gibson, PsyD

Growing up with emotionally immature parents (EIPs) can leave someone feeling lonely and neglected, and they may have trouble setting limits and expressing their feelings. In this important sequel to *Adult Children of Emotionally Immature Parents*, author Lindsay Gibson offers powerful and practical tools to help readers step back and protect themselves at the first sign of an emotional takeover, make sure their emotions and needs are respected, and break free from the coercive control of EIPs. For readers ready to move beyond the fear of judgment and punishment that's been instilled in them by emotionally immature parents, this book will help them find the freedom they need to finally live their life.

Lindsay C. Gibson, PsyD, is a clinical psychologist in private practice who specializes in individual psychotherapy with adult children of emotionally immature parents. She is author of *Who You Were Meant to Be* and *Adult Children of Emotionally Immature Parents*. Gibson lives and practices in Virginia Beach, VA.

PUBLICITY & PROMOTION • Advertising in the annual conference guides of the American Psychological Association, American Association of Marriage and Family Therapy, and Psychotherapy Networker • Email campaign to anxiety disorders, stress management, mindfulness, wellness/self-help, and mental health professional communities • Features in New Harbinger consumer and professional catalogs • **WORLD RIGHTS**



■ This groundbreaking workbook provides an integrative approach to treating BPD, drawing on evidence-based treatments. The book also explores BPD as a spectrum disorder.

978-1684032730 | US \$24.95
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The Borderline Personality Disorder Workbook

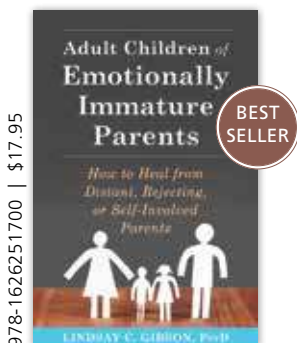
An Integrative Program to Understand and Manage Your BPD

Daniel J. Fox, PhD

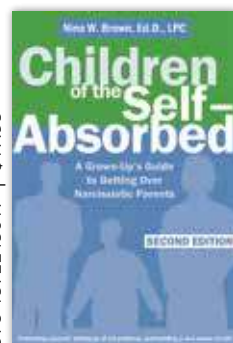
After receiving a diagnosis of borderline personality disorder (BPD), it's natural to feel several emotions—including shock, shame, sadness, abandonment, emptiness, or even anger. Rather than utilizing a one-size-fits-all treatment, this groundbreaking and comprehensive workbook meets the reader where *they* are on their therapeutic journey, and provides an integrative approach to treating BPD drawing on evidence-based dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and interpersonal therapy. With this compassionate workbook, readers will gain a greater understanding of their BPD, uncover emotional triggers, and discover their own personal motivators for positive change.

Daniel J. Fox, PhD, is a licensed psychologist in Texas, international speaker, and award-winning author. He is author of *The Narcissistic Personality Disorder Toolbox*, and the award-winning *Antisocial, Borderline, Narcissistic and Histrionic Workbook*.

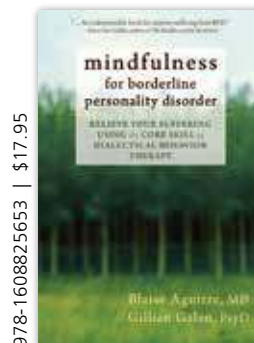
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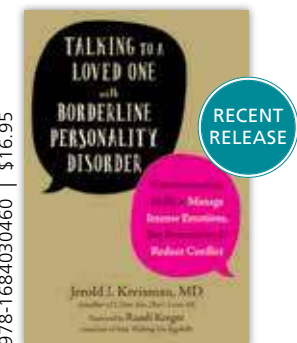
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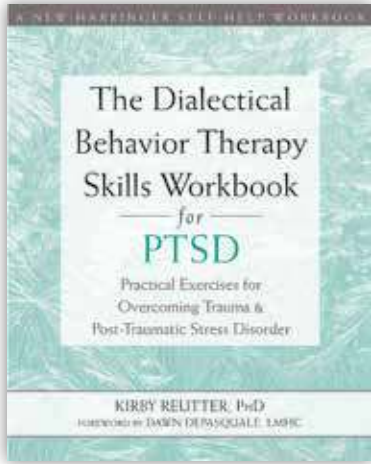
978-1572245617 | \$17.95



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978-1684030460 | \$16.95



The Dialectical Behavior Therapy Skills Workbook for PTSD

Practical Exercises for Overcoming Trauma and Post-Traumatic Stress Disorder

Kirby Reutter, PhD

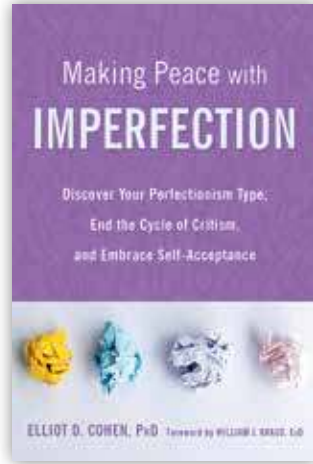
- This book marks a new addition to New Harbinger's hugely successful dialectical behavior therapy skills workbook series. This series has sold more than 560,000 copies.

This powerful and proven-effective workbook offers practical exercises for overcoming trauma using mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance. Readers will learn how to be present in the moment and identify the things that trigger their trauma. They'll also find activities to help cope with stress, manage intense emotions, navigate conflict with others, and change unhealthy thought patterns that keep them feeling stuck.

978-1684032648 | US \$24.95

8 x 10 | 200 pp | trade paper | self-help
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PUB DATE: **June 1, 2019**



Making Peace with Imperfection

Discover Your Perfectionism Type, End the Cycle of Criticism, and Embrace Self-Acceptance

Elliot D. Cohen, PhD

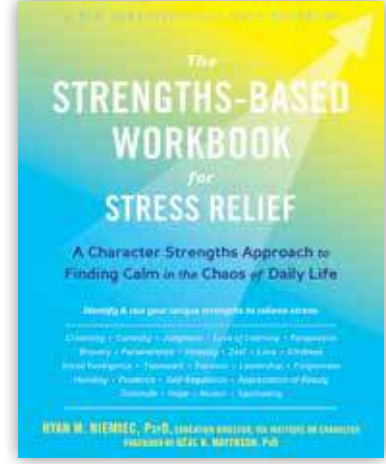
- Perfectionism is associated with mental health concerns such as anxiety and depression.

Demanding perfection in everything can create a life of stress, worry, and overload. In this informative and practical resource, author Elliot Cohen reveals the eleven types of perfectionism, and gives readers the tools and skills they need to move past this distressing mind-set before it leads to chronic stress, anxiety, anger, or even depression. Using strategies grounded in evidence-based rational emotive behavior therapy (REBT), readers will discover how perfectionism is actually a result of irrational beliefs, learn to challenge these beliefs, and replace negative thoughts with compassionate ones.

978-1684032983 | US \$16.95

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PUB DATE: **June 1, 2019**



The Strengths-Based Workbook for Stress Relief

A Character Strengths Approach to Finding Calm in the Chaos of Daily Life

Ryan M. Niemiec, PsyD

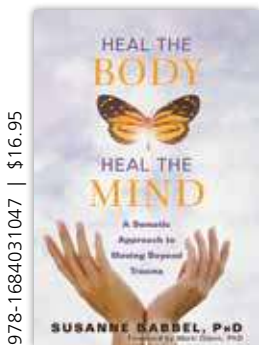
- Chronic stress is a serious problem in America. In fact, 77 percent of the population periodically suffers from significant stress (American Psychological Association).

Character strengths are a unique catalyst for both happiness and stress management. In this evidence-based guide, a psychologist offers an innovative strengths-based stress reduction plan grounded in positive psychology. Readers will find tips and strategies for identifying their key character strengths—such as perseverance, social intelligence, bravery, self-control, and more—and discover how these strengths can help cultivate greater happiness and better health.

978-1684032808 | US \$24.95

8 x 10 | 240 pp | trade paper | self-help
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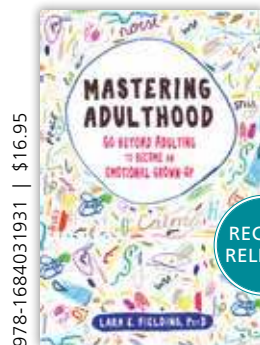
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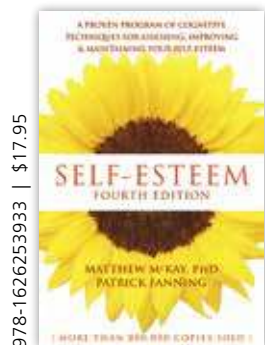
978-1684031047 | \$16.95



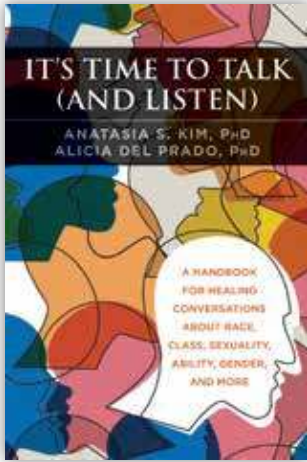
978-1684032204 | \$16.95



978-1684031931 | \$16.95



978-1626253933 | \$17.95



It's Time to Talk (and Listen)

A Handbook for Healing Conversations About Race, Class, Sexuality, Ability, Gender, and More

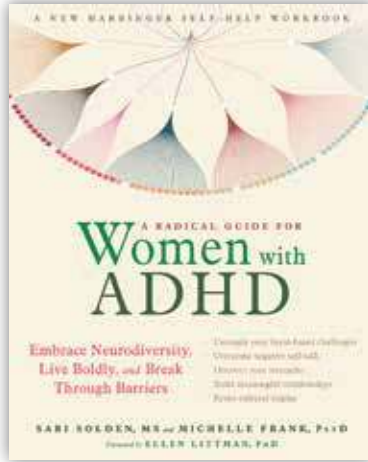
Anatasia S. Kim, PhD, and Alicia del Prado, PhD

- This book reveals a practical and intersectional eight-step approach to engaging in conversations about topics that are often controversial and emotionally charged, such as race, gender, and sexuality.

This user-friendly guide will help readers engage in effective, compassionate discussions with family, friends, colleagues, and strangers about race, immigration, gender, marriage equality, sexism, marginalization, and more. Readers will learn to navigate difficult topics and take what they've learned into the world—whether it's through politics, social justice movements, or simply expanding the minds of those around them.

978-1684032679 | US \$16.95
6 x 9 | 200 pp | trade paper | self-help
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PUB DATE: **July 1, 2019**



A Radical Guide for Women with ADHD

Embrace Neurodiversity, Live Boldly, and Break Through Barriers

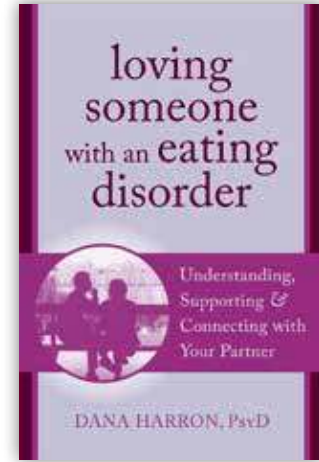
Sari Solden, MS, and Michelle Frank, PsyD

- Sari Solden has counseled adults with ADHD for thirty years. Her pioneering books, including *Women with Attention Deficit Disorder*, have sold more than 200,000 copies.

Over the course of a lifetime, women with ADHD learn through various channels that the way they think, work, speak, relate, and act does not match up with the preferred way of being in the world. This radical guide shows readers how to break the cycle of negative self-talk that stems from the limiting belief that brain differences are character flaws. Readers will also learn to cultivate individual strengths, honor their neurodiversity, and communicate with confidence and clarity.

978-1684032617 | US \$21.95
8 x 10 | 200 pp | trade paper | self-help
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PUB DATE: **July 1, 2019**



Loving Someone with an Eating Disorder

Understanding, Supporting, and Connecting with Your Partner

Dana Harron, PsyD

- There are few resources available to partners of those with eating disorders, making this a much-needed resource.

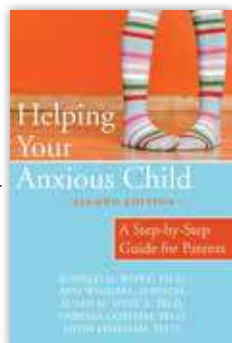
When someone suffers from an eating disorder such as anorexia nervosa or bulimia, their partner needs to know how to navigate issues such as parenting, sex and intimacy, and running a household. In this compassionate guide, eating disorder expert Dana Harron offers hope to partners of people with eating disorders, as well as strategies for managing day-to-day life. Readers will discover how to communicate with empathy and understanding, deal with mealtime challenges, and help their partner—and themselves—find their way back to trust, love, and intimacy.

978-1684032556 | US \$17.95
6 x 9 | 176 pp | trade paper | self-help
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PUB DATE: **July 1, 2019**



978-1684031719 | \$21.95

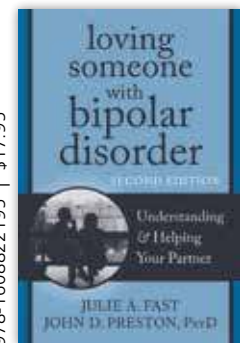


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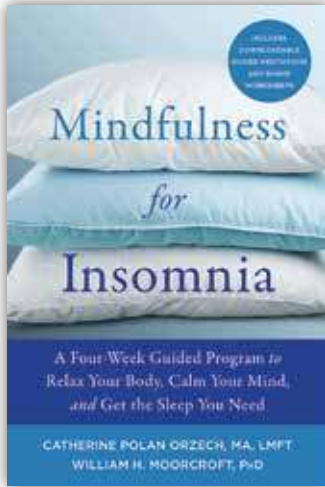


978-1626255814 | \$16.95

BEST SELLER



978-1608822195 | \$17.95



■ This is the first book to utilize mindfulness-based stress reduction (MBSR) and mindful self-compassion (MSC) for alleviating the stresses caused by insomnia. Copious studies have demonstrated the effectiveness of MBSR on insomnia.

978-1684032587 | US \$16.95
6 x 9 | 200 pp
trade paper | health
PUB DATE: **July 1, 2019**

Mindfulness for Insomnia

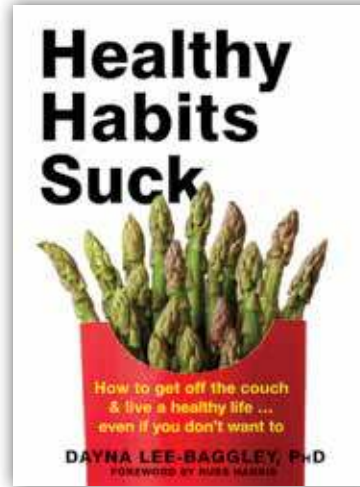
A Four-Week Guided Program to Relax Your Body, Calm Your Mind, and Get the Sleep You Need

Catherine Polan Orzech, MA, LMFT, and William H. Moorcroft, PhD

Break the cycle of anxious thinking and rumination that keeps you up at night. In this evidence-based guide, a trained mindfulness expert teams up with a behavioral sleep specialist to offer powerful meditations and an innovative four-week protocol to address the emotional stresses and anxieties that lie at the root of sleep issues. Readers will learn practices grounded in mindfulness to alleviate the mental, emotional, and physical suffering caused by insomnia. They'll also learn to identify internal and external factors that may be compromising sleep, and develop a plan to address these issues.

Catherine Polan Orzech, MA, LMFT, received her initial training in mindfulness-based stress reduction (MBSR) at the Center for Mindfulness at the University of Massachusetts Medical Center, and her professional training under the direction of Jon Kabat-Zinn. She resides in Corvallis, OR. William H. Moorcroft, PhD, is a registered psychotherapist, behavioral sleep medicine specialist, and founder and chief consultant at Northern Colorado Sleep Consultants, LLC. He resides in Fort Collins, CO.

PUBLICITY & PROMOTION • Advertising in the annual conference guides of the American Association of Marriage and Family, the American Academy of Sleep Medicine, and Psychotherapy Networker • Author website and social media promotion • Outreach to psychology and mental health publications • Outreach to podcasts and relevant online outlets • **WORLD RIGHTS**



■ Most people know they should choose healthy habits, but lack motivation. This book blends a feisty, humorous, reality-check tone with evidence-based skills to help readers take steps toward positive change.

978-1684033317 | US \$16.95
6 x 8 | 184 pp
trade paper | health
PUB DATE: **July 1, 2019**

Healthy Habits Suck

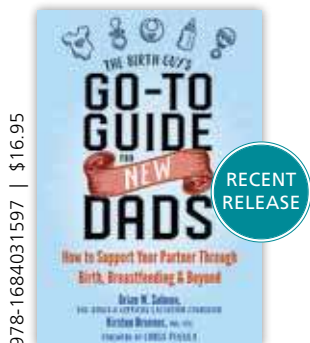
How to Get Off the Couch and Live a Healthy Life ... Even If You Don't Want To

Dayna Lee-Baggley, PhD

Salad instead of steak? Working out? Skipping that second beer or glass of wine? Healthy habits are THE WORST. Blending humor and irreverence with the science of behavior change, this playful guide offers practical, counterintuitive strategies to help readers live a healthier life—even if they don't want to. This book isn't for those who get up every morning and can't wait for a run, who consider eating sweet potatoes a splurge, and who set aside thirty minutes before work to meditate. However, readers who *think* about getting up to go for a run but go back to sleep, regret last night's dinner of fast food, and can barely get to work on time—let alone meditate—will learn to find the motivation they need to live their best life.

Dayna Lee-Baggley, PhD, is a psychologist who exercises regularly and rarely enjoys it. She is a runner who never gets a runner's high. And every time her kid asks her to go do some physical activity she thinks "crap, I don't want to do that" and she does it anyway. She resides in Halifax, NS, Canada.

PUBLICITY & PROMOTION • Advertising in the *Journal of Contextual Behavioral Science*, and in the annual conference guides of the Association for Contextual Behavioral Science, the American Association of Marriage and Family Therapy, and Psychotherapy Networker • Social media challenge campaign • Outreach to health podcasts • Campaign to women's interest blogs • Feature in New Harbinger consumer catalog • **WORLD RIGHTS**



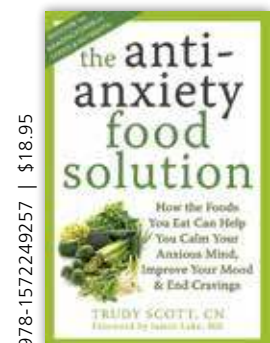
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The Social Media Workbook for Teens

Skills to Help You Balance Screen Time, Manage Stress, and Take Charge of Your Life

Goali Saedi Bocci, PhD

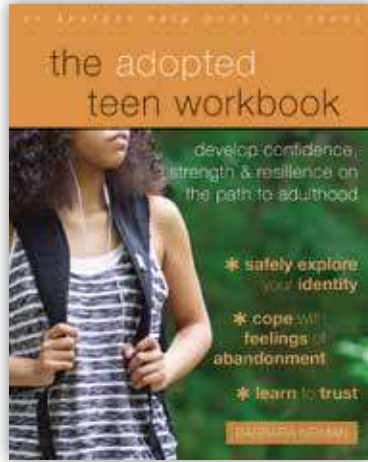
- This is the first skills-based workbook for teens to help reduce stress and anxiety resulting from social media and excess screen time.

Social media has dramatically changed how teens communicate—in both positive and negative ways. Unfortunately, for many teens, social media can become addictive, stressful, and even alienating. Written by a millennial psychologist and media expert, this unique and timely workbook offers practical, evidence-based skills to help teens reduce social media-driven stress and anxiety, balance screen time, deal with cyberbullies, and take control of their lives.

978-1684031900 | US \$16.95

8 x 10 | 152 pp | trade paper | teen self-help
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PUB DATE: **March 1, 2019**



The Adopted Teen Workbook

Develop Confidence, Strength, and Resilience on the Path to Adulthood

Barbara Neiman

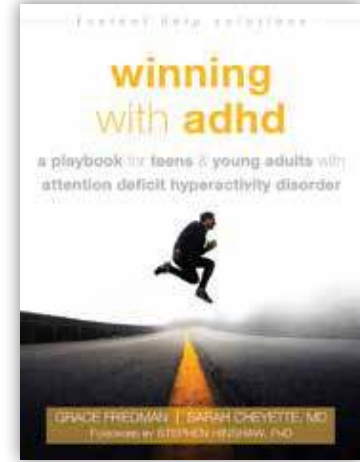
- 135,000 children are adopted each year in the US (US Census Bureau).

Many adopted teens eventually question why they were given up, and may grapple with feelings of isolation, abandonment, and broken trust. *The Adopted Teen Workbook* is designed to help these teens open the door to questioning about their birth family, explore painful feelings, and develop skills that will provide the strength, resilience, and confidence they need to thrive on the road to adulthood. Readers will also find activities that include checklists, contemplations, skill-building, and journaling to help chronicle present, past, and future relationships with both adoptive and birth parents.

978-1684031412 | US \$16.95

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PUB DATE: **March 1, 2019**



Winning with ADHD

A Playbook for Teens and Young Adults with Attention Deficit Hyperactivity Disorder

Grace Friedman and Sarah Cheyette, MD

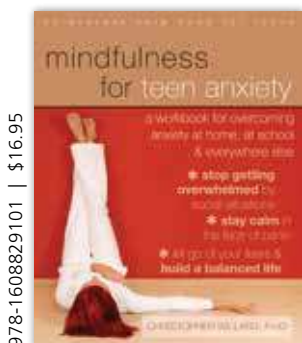
- 35 percent of teens with ADHD eventually drop out of school; 45 percent are suspended; and 30 percent fail or repeat a year of school (additudemag.com).

Get the *real* inside scoop on thriving as a teen with attention deficit/hyperactivity disorder (ADHD). Drawing on her own experiences living with the disorder, college student Grace Friedman—along with pediatric neurologist Sarah Cheyette—offers valuable tips and tricks to help teens face the unique challenges of ADHD. Young readers will also find valuable information about ADHD medication, how the brain works, and self-advocacy skills to help them get ahead in high school, college, and beyond.

978-1684031658 | US \$16.95

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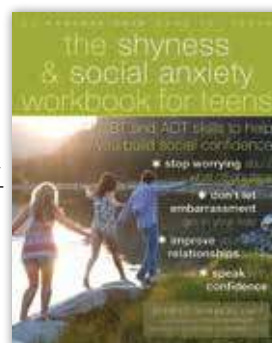
PUB DATE: **April 1, 2019**



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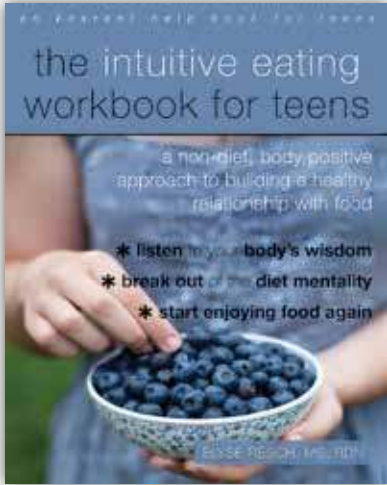
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■ This workbook is based on the best-selling, *Intuitive Eating* which has sold more than 200,000 copies worldwide.

978-1684031443 | US \$16.95
8 x 10 | 160 pp
trade paper | teen self-help
PUB DATE: **April 1, 2019**

The Intuitive Eating Workbook for Teens

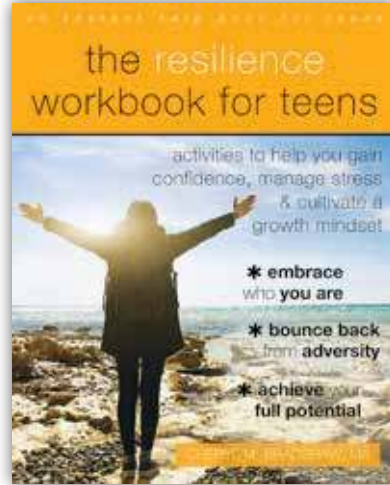
A Non-Diet, Body Positive Approach to Building a Healthy Relationship with Food

Elyse Resch, MS, RDN

A new, *non-diet* approach to adopting healthy eating habits! Drawing on the same evidence-based practices introduced in *Intuitive Eating*, this workbook addresses the ten principles of intuitive eating to help teens listen to their body's natural hunger and fullness cues. With this breakthrough workbook, teens will learn to notice and respect the body's natural hunger and fullness signals, find real eating satisfaction, cultivate body positivity, and build a profound connection to mind and body for years to come. Each chapter includes an important principle of intuitive eating, and includes worksheets and activities to help teens connect with and deepen skills.

Elyse Resch, MS, RDN, is a nutrition therapist in private practice in Beverly Hills, CA, with over thirty-six years of experience specializing in eating disorders, intuitive eating, and health at every size. She is coauthor of *Intuitive Eating* and *The Intuitive Eating Workbook*, and does regular speaking engagements, podcasts, and extensive media interviews.

PUBLICITY & PROMOTION • Advertising in the annual conference guides of the National Eating Disorders Association, the International Conference of Eating Disorders, and Psychotherapy Networker • Email campaign to eating disorders and teens communities • Influencer campaign • Author video, website, email, and social media promotion • **WORLD RIGHTS**



■ 1 in 5 teens have or will have a serious mental illness (National Institute of Mental Health).
■ Research shows that resilience—the ability to recover from hardship—is the cornerstone of mental health.

978-1684032921 | US \$16.95
8 x 10 | 168 pp
trade paper | teen self-help
PUB DATE: **May 1, 2019**

The Resilience Workbook for Teens

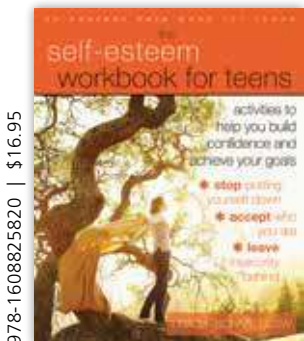
Activities to Help You Gain Confidence, Manage Stress, and Cultivate a Growth Mindset

Cheryl M. Bradshaw, MA

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

Cheryl M. Bradshaw, MA, is a counselor/therapist at the University of Guelph; registered psychotherapist working in private practice; and author of *How to Like Yourself*, a self-esteem guide for teens. Bradshaw resides in Hamilton, ON, Canada.

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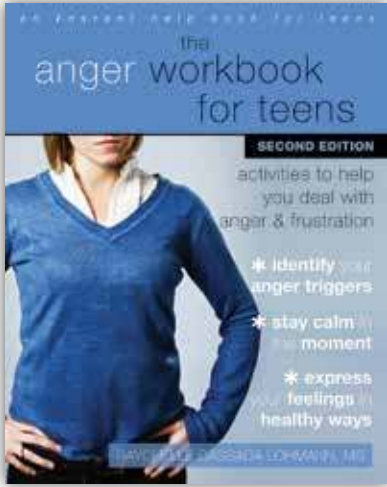
978-1626258563 | \$16.95



978-1626258891 | \$16.95

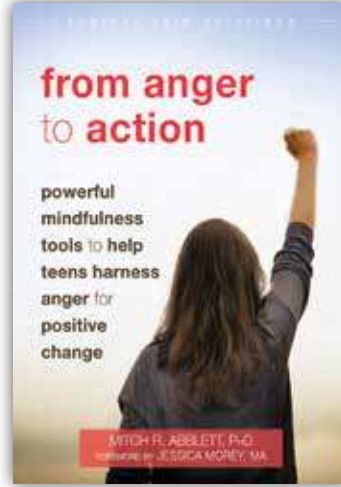


978-1684030330 | \$17.95



■ *The Anger Workbook for Teens* is the leading book on teen anger, with more than 70,000 copies sold.

978-1684032457 | US \$17.95
8 x 10 | 168 pp
trade paper | teen self-help
PUB DATE: **May 1, 2019**



■ Anger and aggression are among the most common emotional/behavioral difficulties teens face.

978-1684032297 | US \$16.95
6 x 8 | 176 pp
trade paper | teen self-help
PUB DATE: **June 1, 2019**

The Anger Workbook for Teens, Second Edition

Activities to Help You Deal with Anger and Frustration

Raychelle Cassada Lohmann, MS

It's hard being a teen in today's world—and many teens struggle with anger as a result. But what if we could teach teens to interact with their anger? Fully revised and updated based on reader feedback, this timely second edition of *The Anger Workbook for Teens* includes activities based in empirically supported treatments to promote psychological flexibility, giving teens the skills they need to understand their anger, rather than simply attempting to control it. Teens will also develop a personal anger profile and learn to notice the physical symptoms of anger, as well as ways to calm those feelings and respond more sensitively to others.

Raychelle Cassada Lohmann, MS, LPC, is a national board-certified counselor and licensed professional counselor. She is author of *Staying Cool...When You're Steaming Mad*, and resides in Cary, NC. Julia V. Taylor, PhD, is author of *Salvaging Sisterhood* and *Perfectly You*, and coauthor of *G.I.R.L.S. (Girls in Real Life Situations)*. Taylor resides in Charlottesville, VA.

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From Anger to Action

Powerful Mindfulness Tools to Help Teens Harness Anger for Positive Change

Mitch R. Abbett, PhD

It's okay to feel angry—it's how teens *react* to anger that really matters. Rather than teaching teens to suppress their anger, this much-needed book offers a comprehensive mindfulness program to help young readers harness the power of anger in positive ways. Using the author's innovative "Listen, Look, Leap" process, teens will learn to channel natural feelings of anger into healthy expressions of creativity, advocacy, and empowerment. Teens will also find true stories of other young people who have successfully redirected their anger into creating positive change.

Mitch R. Abbett, PhD, is a clinical psychologist and executive director of The Institute for Meditation and Psychotherapy. His books include *The Heat of the Moment in Treatment* for clinicians, *Mindfulness for Teen Depression* (coauthored with Chris Willard, PsyD), and the upcoming *Overcoming the Five Hindrances to Awakened Living*. He resides in Newton, MA.

PUBLICITY & PROMOTION • Advertising in the *Journal of Contextual Behavioral Science*, the *ASCA School Counselor Magazine*, and in the annual conference guides of the Association for Contextual Behavioral Science, the American Psychological Association, the American School Counselor Association, and the National Association of School Psychologists • Outreach to relevant professional organizations • Blogging campaign • Instant Help/NHP social media campaign • Influencer campaign • Feature in New Harbinger Instant Help catalog • **WORLD RIGHTS**



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The Untethered Soul

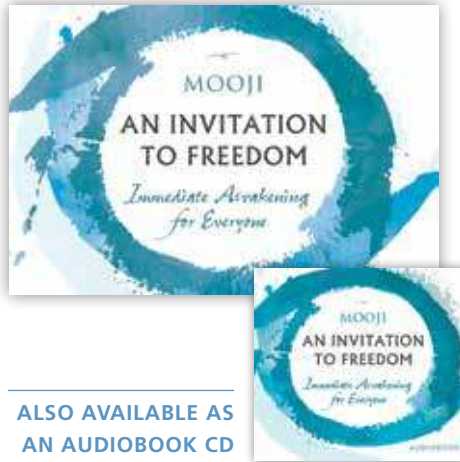
A 52-Card Deck

Michael A. Singer

- This card deck is based on the #1 *New York Times* bestseller, *The Untethered Soul*, which has sold more than one million copies worldwide.

Drawing on the wisdom of the life-changing *New York Times* bestseller, *The Untethered Soul*, these extraordinary cards feature fifty-two profound and uplifting quotes that will inspire readers to break through their limitations, cultivate lasting peace and tranquility, and discover who they really are. Tapping into centuries-old traditions of meditation and mindfulness, these transformational quotes from spiritual teacher Michael A. Singer invite readers to live fully in the present moment, break free from painful past experiences, and journey beyond the boundaries of the mind.

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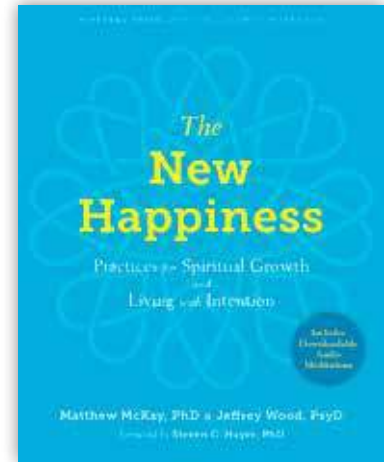
Mooji

- Mooji is one of the most celebrated and highly regarded spiritual leaders living today. Featuring Mooji's own artwork, this guide makes the perfect gift for anyone seeking spiritual awakening.

Written by the highly celebrated spiritual teacher and world-renowned Advaita master Mooji, this book presents ancient wisdom in a beautiful, easy-to-understand, accessible gift package. With simple reflections, questions, meditations, and Mooji's own art sprinkled throughout, this gem of a book will gently guide readers from all walks of life toward an authentic awakening—the truth that we are all one, and that what we're searching for, we already are.

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The New Happiness

Practices for Spiritual Growth and Living with Intention

Matthew McKay, PhD, and
Jeffrey C. Wood, PsyD

- Written by the authors of *The Dialectical Behavior Therapy Skills Workbook*, which has sold more than 460,000 copies, this book blends spiritual and psychological practices to help readers cultivate authentic, value-based happiness.

Most of us are searching for happiness in one form or another, but the “happiness” we've been conditioned to pursue is often elusive and fleeting. Written by two best-selling authors in the field of psychology, this workbook shows readers that happiness is not about accumulating and consuming, or even achieving spiritual bliss. Instead, readers will find a fresh perspective on how to achieve authentic happiness rooted in values.

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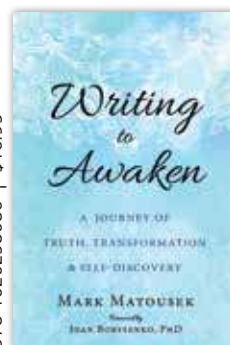
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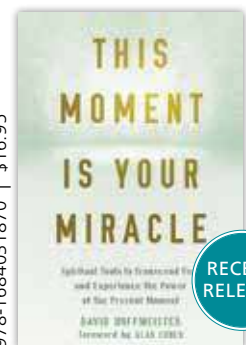
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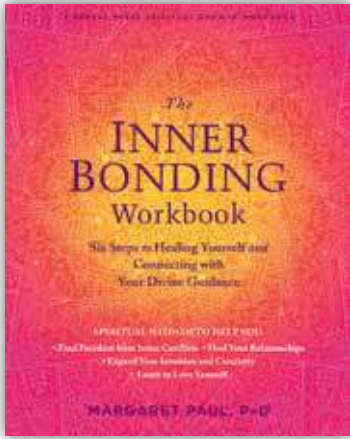


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■ Margaret Paul is cocreator of the groundbreaking Inner Bonding® process and the SelfQuest® self-healing software program, recommended by celebrities such as Alanis Morissette.

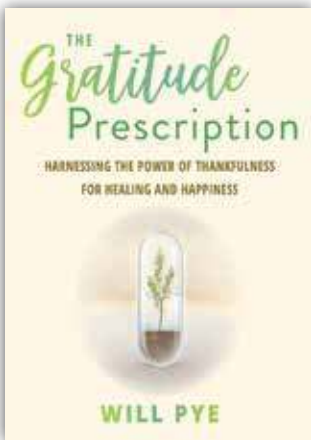
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The Inner Bonding Workbook

Six Steps to Healing Yourself and Connecting with Your Divine Guidance

Margaret Paul, PhD

Many of us long for spiritual connection. But we've been conditioned to act selfishly in ways that limit our access to the divine. Written by the cocreator of the powerful Inner Bonding® self-healing process, this workbook shows readers how to take responsibility for their happiness and access their own spiritual guidance. With this guide, readers will discover a life-changing six-step process to realize a deeper sense of freedom and personal power.



■ Will Pye—a brain tumor survivor—draws on his own remarkable story to inspire readers in this transformational and accessible guide.

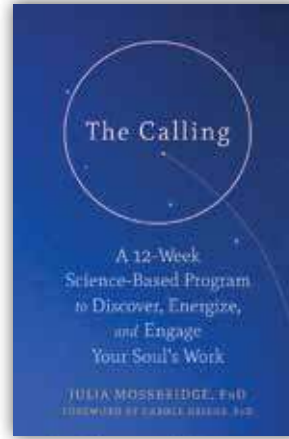
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The Gratitude Prescription

Harnessing the Power of Thankfulness for Healing and Happiness

Will Pye

Gratitude isn't just a virtue—it's a gift we give to ourselves. Written by a spiritual teacher and brain tumor survivor, and filled with practices, meditations, and affirmations, *The Gratitude Prescription* teaches readers to find love, happiness, and peace of mind in any moment by opening themselves up to the truth that, whatever happens, life is a miracle. With this heartfelt guide, readers will discover the positively transformative powers of gratitude: how it can bring presence, healing, resilience, and vibrancy.



■ Written by a scientist who has worked with Google, this is the first book to help readers use the methods of scientific inquiry to seek their true calling in life.

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The Calling

A 12-Week Science-Based Program to Discover, Understand, and Pursue Your Soul's Work

Julia A. Mossbridge, PhD

It's no secret that many working professionals are dissatisfied with their occupations. Written by a cognitive neuroscientist, researcher, and spiritual seeker, *The Calling* offers readers a twelve-week program to discover their "soul's work" by showing them how to turn the scientific method of observation and experimentation inward on themselves. With the insights and strategies in this practical guide, readers will discover more fulfilling work, more authentic relationships, and a deeper sense of connection in life.



■ Rebekah Younger is trained as a Shambhala Art teacher. This artist's guide explores creativity as a meditative practice, and a means to find personal and spiritual awakening.

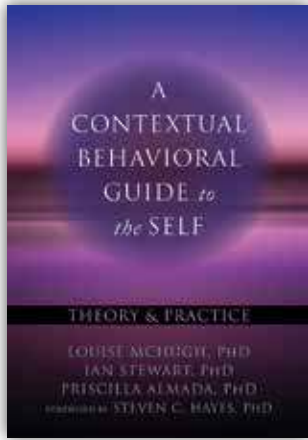
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Be, Awake, Create

Mindful Practices to Spark Creativity

Rebekah Younger, MFA

Settle your mind, connect with the moment, and unleash your creativity. This unique guide for artists and writers offers a guided journey into contemplative art for healing, relaxation, deeper connection, and increased well-being. With this beautiful guide—full of inspiring and introspective prompts—readers will broaden their perspective to see beyond habitual patterns, discover the richness of their interior world, and recognize the ordinary magic of their own creativity with greater freshness of expression and spontaneity.

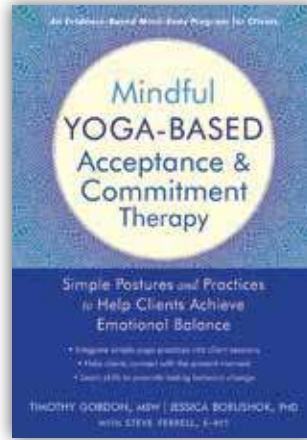


A Contextual Behavioral Guide to the Self

Theory and Practice

Louise McHugh, PhD,
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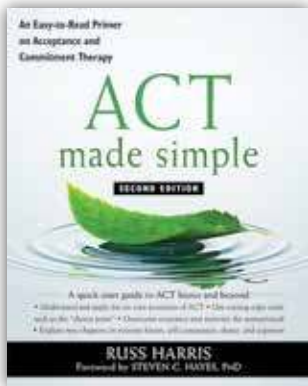


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Simple Postures and Practices to Help Clients Achieve Emotional Balance

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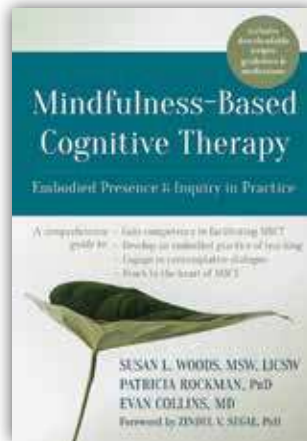


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An Easy-To-Read Primer on Acceptance and Commitment Therapy

Russ Harris

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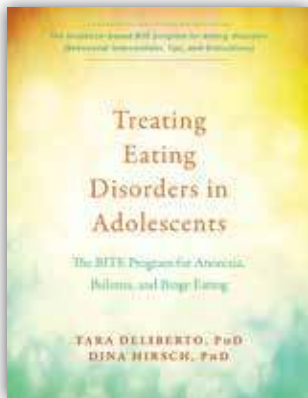


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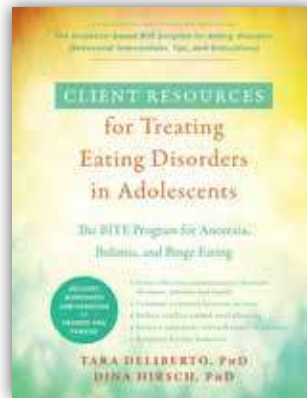


Treating Eating Disorders in Adolescents

The BITE Program for Anorexia, Bulimia, and Binge Eating

Tara Deliberto, PhD, and
Dina Hirsch, PhD

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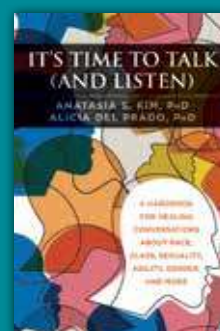
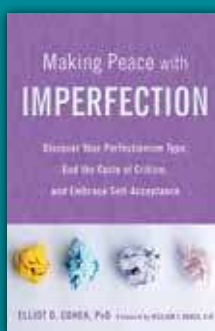
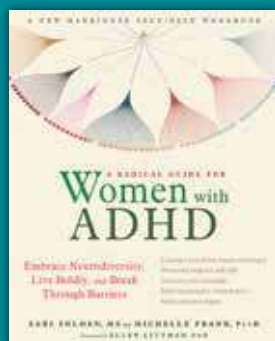
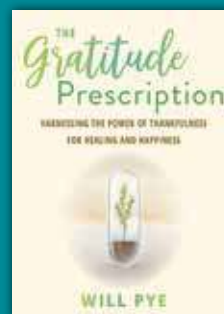
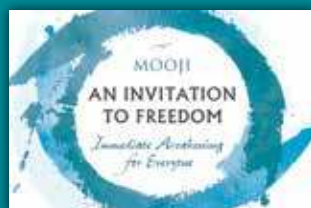
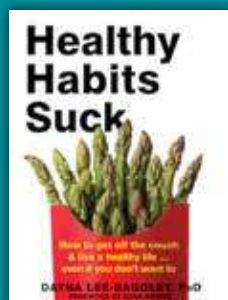
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