

FALL 2020

NEW TITLES *and* FEATURED BACKLIST


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the best in psychology, self-help, spirituality & health

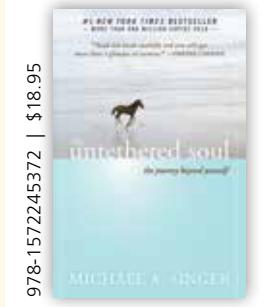
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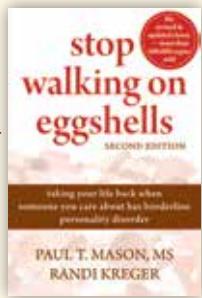
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BEST SELLERS

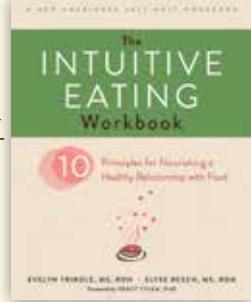
#1 NEW YORK
TIMES BESTSELLER



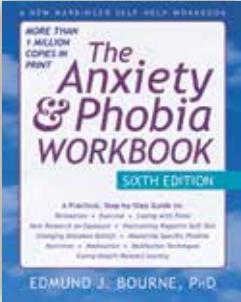
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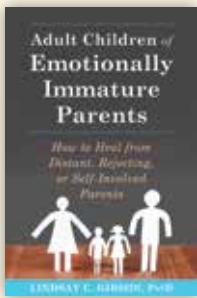
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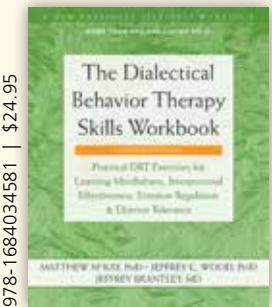
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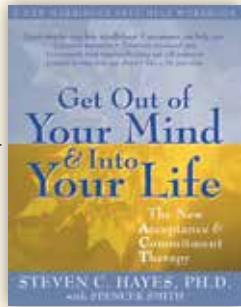
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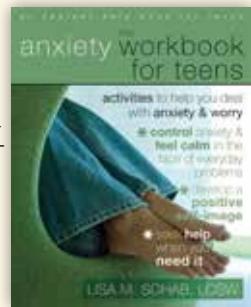
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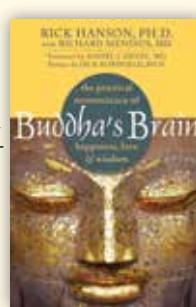
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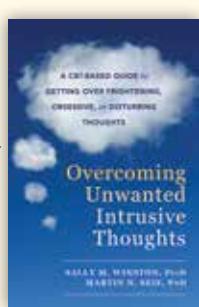
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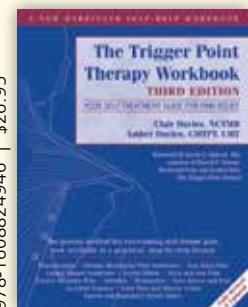
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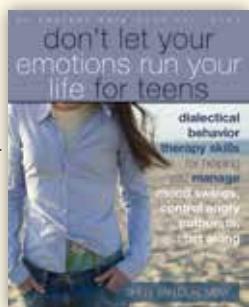
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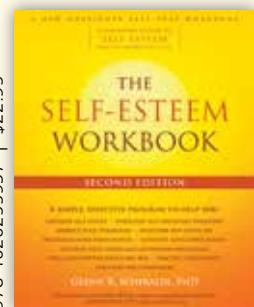
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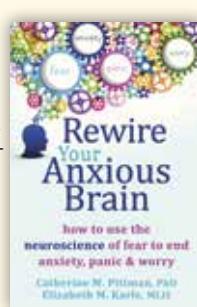
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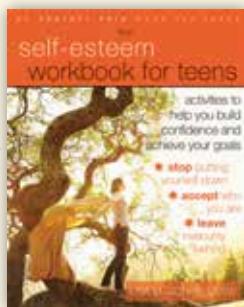
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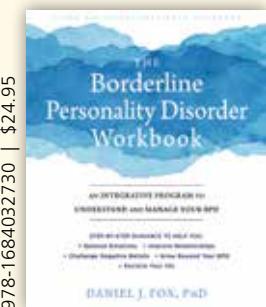
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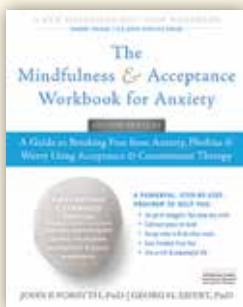
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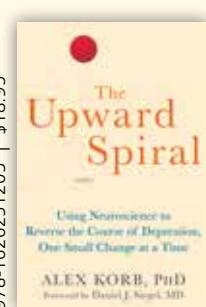
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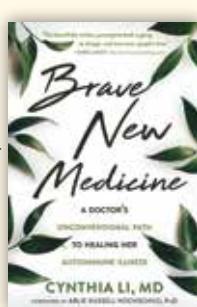
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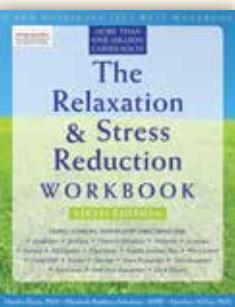
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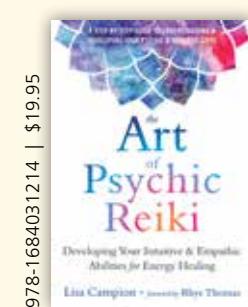
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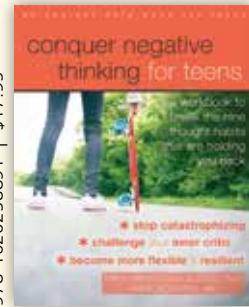
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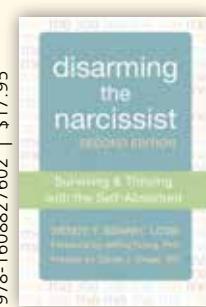
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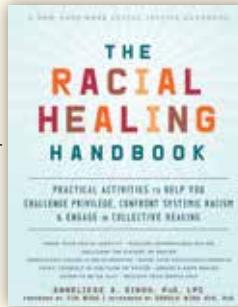
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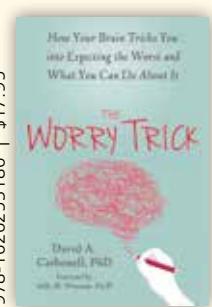
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Dear Friends—

The practice of finding balance has been wildly and wonderfully embraced by our culture. And, as a result, readers are eagerly seeking out fresh ways to spark positive change. This season, New Harbinger is excited to offer unique self-help resources in a variety of innovative formats—from journals to pocket-sized guides—to help readers improve their lives.

Based on the #1 *New York Times* bestseller, *The Untethered Soul*, comes the long-awaited *The Untethered Soul Guided Journal*, giving readers a beautiful and inspirational space to work through the thoughts and beliefs that keep them feeling stuck. Using the profound writing practices outlined in this guide, readers are invited to make time for themselves and live more fully in every moment.

Sometimes, laughter is the best medicine. That's why we're delighted to publish *Move on Motherf*cker*—an irreverent, *no-holds-barred* guide to quieting the negative inner voice that tells us we're just not good enough. Using the playful, profanity-based approach in this book, readers will soothe their anxiety and worry, and find some much-needed levity in a world that takes itself way too seriously.

Research now shows that *gratitude* is a powerful motivator for personal change. Based on cutting-edge studies carried out by the Greater Good Science Center in Berkeley, CA, *The Gratitude Project* shows readers how to harness the science and practice of thankfulness to positively rewire the brain and boost happiness.

Sometimes we all need a little pick-me-up during our day, and with schedules getting busier and busier, we know readers will appreciate our new, take-anywhere *Pocket Therapy* series. With these portable guides, readers will find easy, in-the-moment skills for dealing with anxiety, stress, and intense emotions.

And finally, we're especially proud to publish fully revised and updated editions of two of our self-help classics, *Thoughts and Feelings* and *Stop Walking on Eggshells*.

As always, we thank you for supporting New Harbinger's mission to provide proven-effective books to help readers thrive.



Sincerely,

—Matthew McKay, PhD, Publisher

what's inside...

new releases

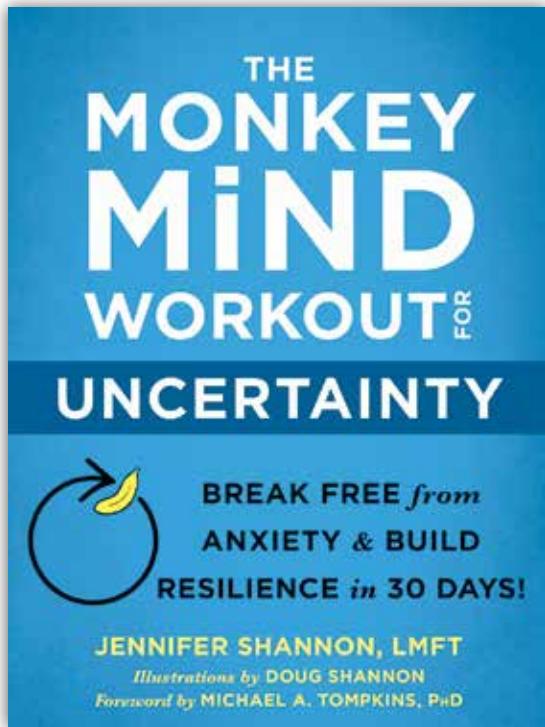
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The Monkey Mind Workout for Uncertainty

Break Free from Anxiety and Build Resilience in 30 Days!

Jennifer Shannon, LMFT

- Americans are becoming more worried and stressed. According to a poll by the American Psychological Association, 40 percent of Americans are more anxious than they were a year earlier.
- Jennifer Shannon is a renowned anxiety expert and author of several successful books, including *The Anxiety Survival Guide for Teens* (ISBN: 978-1626252431) and *Don't Feed the Monkey Mind* (ISBN: 978-1626255067).

978-1684035885 | US \$16.95

6 x 8 | 168 pp | trade paper | self-help

WORLD RIGHTS

PUB DATE: August 1, 2020

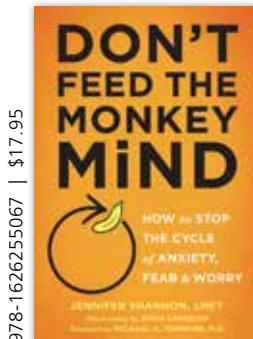
In a world where the future is increasingly uncertain, it's easy to wallow in what-ifs. But over time, anxious "chatter"—also known as your "monkey mind"—can get in the way of living a full and meaningful life. So, how can you quiet the monkey and stop feeling like you're living in a constant state of emergency?

In this fun, illustrated book, psychologist Jennifer Shannon presents a thirty-day anxiety-busting workout to help you increase your mental fitness and overcome your fear of uncertainty. Each daily exercise encourages you to embrace uncertain situations, rather than avoiding or attempting to control them. The more you work out, the more you'll develop and strengthen a positive, flexible mind-set, and prove to yourself that you can handle much more than you thought.

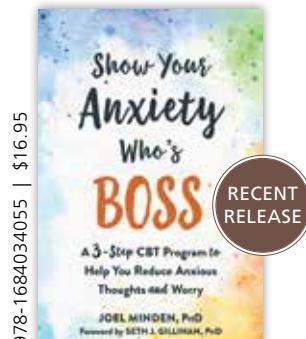
You'll also learn how to use everyday situations as opportunities to improve how you cope with uncertainty, reduce stress and anxiety, and be present in each moment. As you gradually change your behavior, you'll notice positive changes in the way you think and feel, and begin to anticipate and process uncomfortable emotions without giving in to the monkey-mind chatter.

Jennifer Shannon, LMFT, is author of *Don't Feed the Monkey Mind*, *The Shyness and Social Anxiety Workbook for Teens*, *The Anxiety Survival Guide for Teens*, and *A Teen's Guide to Getting Stuff Done*. She cofounded the Santa Rosa Center for Cognitive-Behavioral Therapy in Santa Rosa, CA. She is a diplomate of the Academy of Cognitive Therapy. Shannon resides in Santa Rosa, CA.

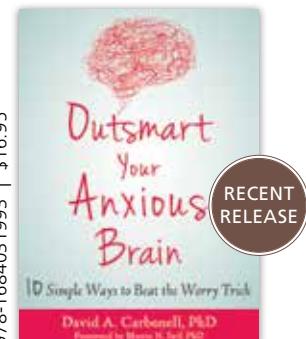
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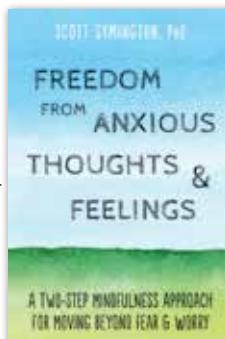
978-1626255067 | \$17.95



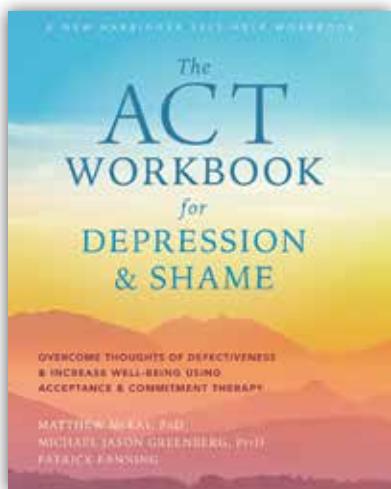
978-1684034055 | \$16.95



978-1684031993 | \$16.95



978-1684032327 | \$16.95



- 16.2 million American adults have a major depressive disorder. Untreated depression increases the chance of alcohol or drug addiction, and severely limits the quality of life.

978-1684035540 | US \$22.95

8 x 10 | 200 pp
trade paper | self-help

PUB DATE: August 1, 2020

The ACT Workbook for Depression and Shame

Overcome Thoughts of Defectiveness and Increase Well-Being Using Acceptance and Commitment Therapy

Matthew McKay, PhD, Michael Jason Greenberg, PsyD, & Patrick Fanning

Conquer self-defeating beliefs and create a more fulfilling life. Grounded in evidence-based acceptance and commitment therapy (ACT), this workbook offers tools to identify and dismiss your core beliefs of defectiveness, and build a life based on positive choices and values that bring vitality and a sense of personal fulfillment. You'll discover ways to develop psychological flexibility, free yourself from old habits and unhealthy coping mechanisms, and alleviate symptoms of depression. Finally, you'll learn to see yourself in all your wonderful complexity, with kindness and compassion.

Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *Self-Esteem*, *The Relaxation and Stress Reduction Workbook*, and *Thoughts and Feelings*. McKay resides in the Greater San Francisco Bay Area. Michael Jason Greenberg, PsyD, cofacilitated a pilot study on the hybrid acceptance and commitment therapy (ACT) and schema therapy treatment protocol for defectiveness, which was developed by Matthew McKay and Michelle Skeen. Patrick Fanning is author and coauthor of several self-help books, including *Self-Esteem* and *Thoughts and Feelings*.

PUBLICITY & PROMOTION • Advertising in the annual conference guide of the Anxiety and Depression Association of America • **WORLD RIGHTS**



JODIE ECKLEBERRY-HUNT, PhD
FOREWORD BY EMMA BYRNE, PhD

- Profanity-laden self-help has exploded in popularity, as evidenced by strong sales for books like *The Subtle Art of Not Giving a F*ck* (ISBN: 978-0062457714).

978-1684034864 | US \$16.95

6 x 8 | 168 pp
trade paper | self-help

PUB DATE: August 1, 2020

Move on Motherf*cker

*Live, Laugh, and Let Sh*t Go*

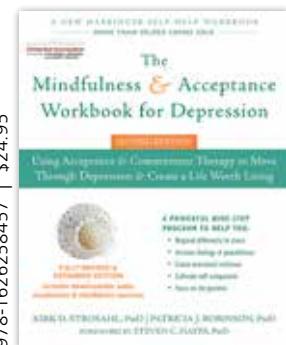
Jodie Eckleberry-Hunt, PhD

Your negative inner voice is a total ass*le. When you're anxious, stressed, or fearful, the negative voice in your head can be extremely powerful. It tells you you're not smart or attractive enough. It berates you for your mistakes. And it keeps you feeling stuck in an endless loop of worry, shame, and hopelessness. But there is a way to shut it down.

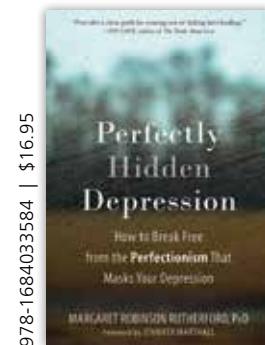
Blending evidence-based cognitive behavioral therapy (CBT), mindfulness, and profanity, this unexpected guide will show you how to respond to your negative inner voice with one very important phrase: *Move on motherf*cker* (MOMF)! So, stop letting your inner voice tear you down. This laugh-out-loud book will show you how to take control of your negative thoughts and get back to living your best life.

Jodie Eckleberry-Hunt, PhD, is a board-certified health psychologist who has been in professional practice and medical education for more than nineteen years. Eckleberry-Hunt specializes in health and wellness and executive coaching. She is a recovering people-pleaser, control freak, and worrier. Eckleberry-Hunt resides in the Greater Detroit Area, MI.

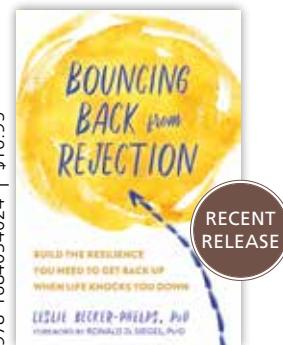
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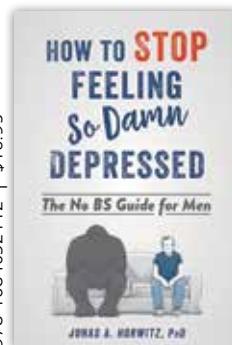


978-1684033584 | \$16.95

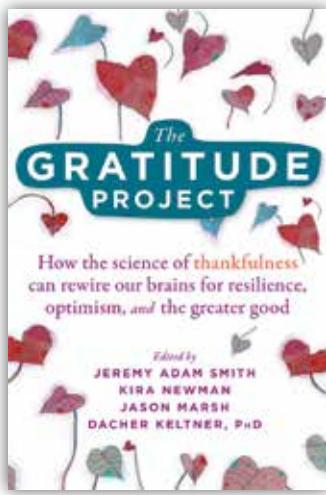


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RECENT RELEASE



978-1684032112 | \$16.95



GREAT GIFT!

- Studies have consistently shown that people who practice gratitude report fewer symptoms of illness, less depression, more optimism and happiness, and stronger relationships, among other benefits.

978-1684034611 | US \$17.95

6 x 9 | 240 pp

trade paper | self-help

PUB DATE: September 1, 2020

The Gratitude Project

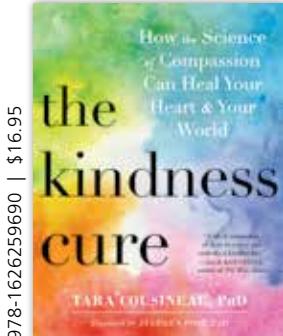
How the Science of Thankfulness Can Rewire Our Brains for Resilience, Optimism, and the Greater Good

Jeremy Adam Smith, Kira Newman, Jason Marsh & Dacher Keltner, PhD

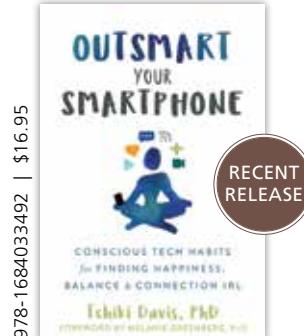
The result of a multiyear collaboration between the Greater Good Science Center and Robert Emmons of the University of California, Davis, *The Gratitude Project* explores gratitude's deep roots in human psychology. With essays by renowned positive psychologists and public figures, this book delves deeply into the neuroscience and psychology of gratitude, and explores how thankfulness can be developed and applied, both personally and in communities for the benefit of all.

Jeremy Adam Smith edits the Greater Good Science Center's online magazine, *Greater Good*. He is author of *The Daddy Shift*. Smith resides in Berkeley, CA. Kira Newman writes, edits, and produces content for all of the Greater Good Science Center's websites, from the magazine to Greater Good in Action. Jason Marsh is founding editor in chief of *Greater Good* magazine, and the Greater Good Science Center's director of programs. Dacher Keltner, PhD, is founding director of the Greater Good Science Center and professor of psychology at the University of California, Berkeley.

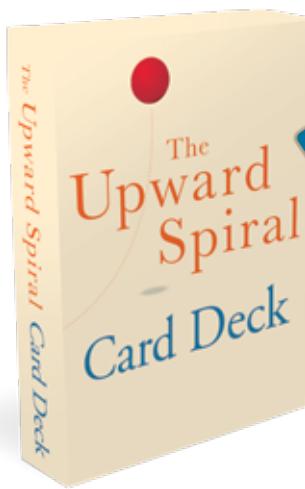
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978-1626259690 | \$16.95



978-1684033492 | \$16.95



978-1684035915 | US \$17.95

3.5 x 5 | 52 cards

card deck | self-help

PUB DATE: September 1, 2020

The Upward Spiral Card Deck

52 Ways to Reverse the Course of Depression... One Small Change at a Time

Alex Korb, PhD

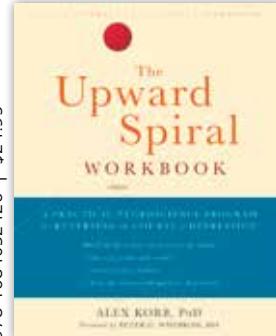
- 14.8 million American adults suffer from major depressive disorder. (National Institute of Mental Health).

Depression can feel like you're stuck in a downward spiral. But just as one small trigger can drag you down, it's also true that one small, positive change can jump-start the momentum for an *upward spiral* toward feeling good again.

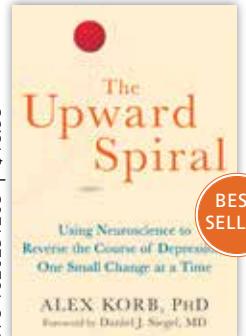
Based on neuroscientist Alex Korb's groundbreaking book, *The Upward Spiral*, this 52-card deck can help you reshape your brain and overcome depression—one card at a time. You'll gain a better understanding of how your brain works, and find easy, *doable* ways to incorporate depression-busting activities into your life—like getting outdoors, expressing gratitude, spending time with friends, and more.

Alex Korb, PhD, is a neuroscientist, writer, and coach. He has studied the brain and mental health for more than fifteen years. He is author of *The Upward Spiral* and *The Upward Spiral Workbook*. Korb resides in Los Angeles, CA.

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978-1684032426 | \$24.95



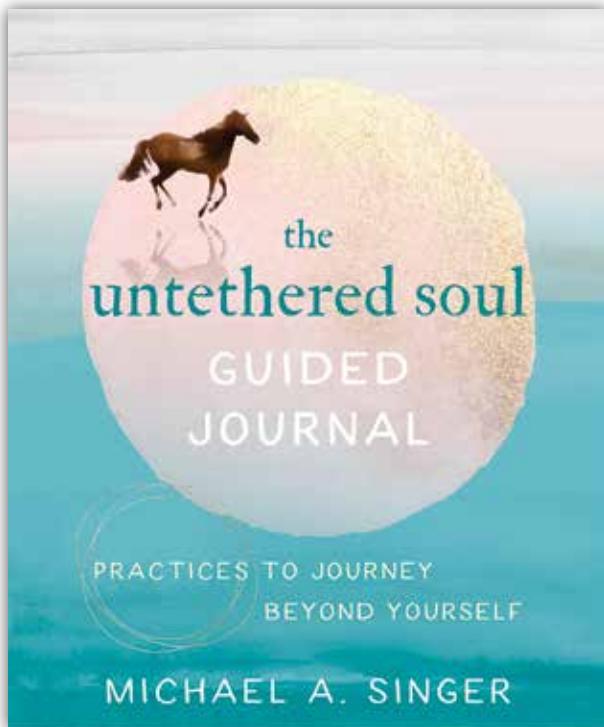
978-1626251205 | \$18.95

BEST SELLER

Using Neuroscience to Reverse the Course of Depression... One Small Change at a Time

ALEX KORB, PhD

Foreword by Daniel J. Siegel, MD



The Untethered Soul Guided Journal

Practices to Journey Beyond Yourself

Michael A. Singer

 GREAT GIFT!

- A #1 *New York Times* bestseller, *The Untethered Soul* (ISBN: 978-1572245372) has sold more than 1.3 million copies worldwide.
- Guided self-help journals have exploded in popularity, with titles such as *Start Where You Are* (ISBN: 978-0399174827), *Good Days Start With Gratitude* (ISBN: 978-1976436185), and *Zen as F*ck* (ISBN: 978-1250147707) showing strong and steady sales.

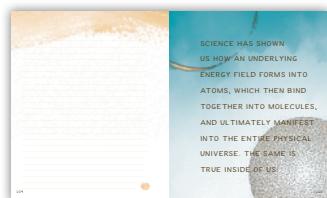
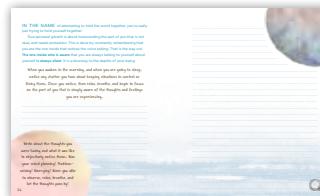
978-1684036561 | US \$17.95
7.5 x 9 | 208 pp | trade paper | self-help
PUB DATE: September 1, 2020

What would it be like to free yourself from the limitations of your mind and soar beyond your boundaries? What can you do each day to discover inner peace and serenity? Based on the #1 *New York Times* bestseller *The Untethered Soul*, this guided journal offers simple yet profound writing exercises to help you witness and observe your thoughts, uncover your inner source of boundless energy, let go of habitual ways of thinking that keep you stuck, and live a life of unconditional happiness.

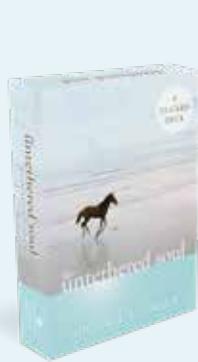
With this journal, you'll find daily exercises and prompts paired with original passages from *The Untethered Soul*, allowing you to go deeper into the teachings to transform your relationship with yourself and the world around you. You'll also discover what you can do to put an end to the habitual thoughts and emotions that limit your potential. If you're ready to open the door to limitless possibilities, this journal can help guide you on your path.

Michael A. Singer is author of the #1 *New York Times* bestseller, *The Untethered Soul*, and the *New York Times* bestseller, *The Surrender Experiment*, which have both been published worldwide. In 1975, he founded Temple of the Universe, a now long-established yoga and meditation center where people of any religion or set of beliefs can come together to experience inner peace. Singer resides in Alachua, FL.

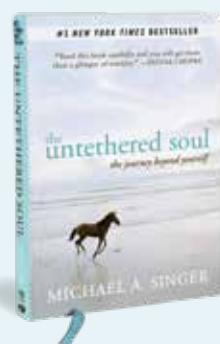
Fully Illustrated Interior



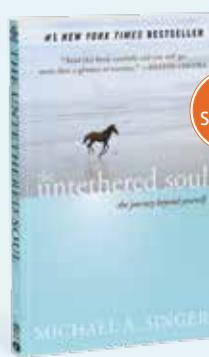
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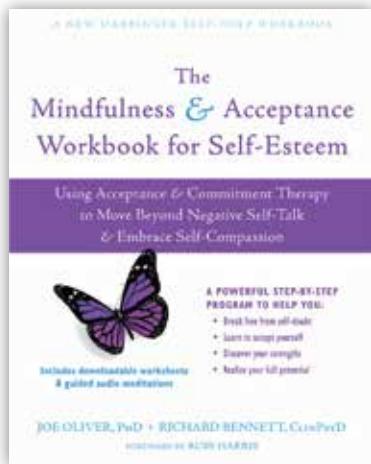


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BEST
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The Mindfulness and Acceptance Workbook for Self-Esteem

Using Acceptance and Commitment Therapy to Move Beyond Negative Self-Talk and Embrace Self-Compassion

Joseph Oliver, PhD, & Richard Bennett, ClinPsyD

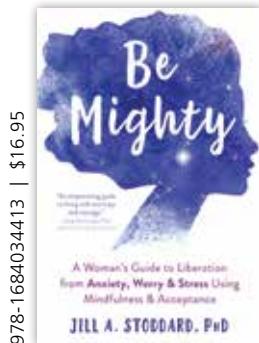
- This book marks a new addition to the New Harbinger *Mindfulness and Acceptance Workbook* series. Books in this series have sold more than 275,000 copies combined.

It's time to break free from the self-critical stories you've created about yourself, and develop the self-compassion and self-acceptance you need to reach your full potential. Grounded in evidence-based acceptance and commitment therapy (ACT), this workbook will help you move toward the life you truly want, and see yourself in all your complexity, with kindness and compassion.

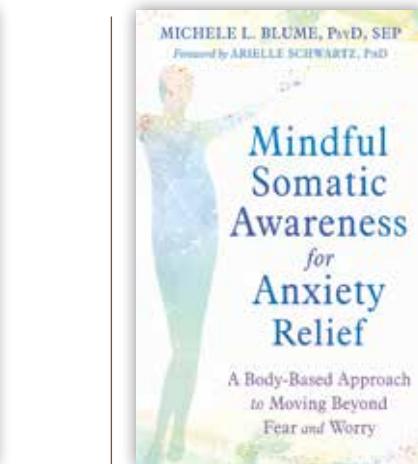
Joseph Oliver resides in London, UK.

978-1684033041 | US \$24.95
8 x 10 | 224 pp | trade paper | self-help
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PUB DATE: September 1, 2020



978-1684034413 | \$16.95



Mindful Somatic Awareness for Anxiety Relief

A Body-Based Approach to Moving Beyond Fear and Worry

Michele L. Blume, PsyD, SEP

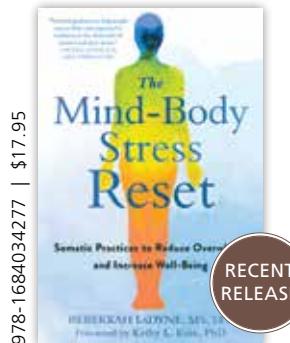
- Anxiety disorders affect approximately 42 million people in the US (National Institute of Mental Health).

Written by a psychologist and Reiki practitioner, and based on cutting-edge research, this book shines a much-needed spotlight on the role our bodies play in generating and perpetuating anxiety. Using the SOAR model—Sense, Observe, Articulate, Reflect—you'll learn to connect more deeply with your body, observe your senses, and articulate and reflect on what you observe. By quieting the fear in your body before it hijacks your mind, you'll cultivate lasting resilience and vitality.

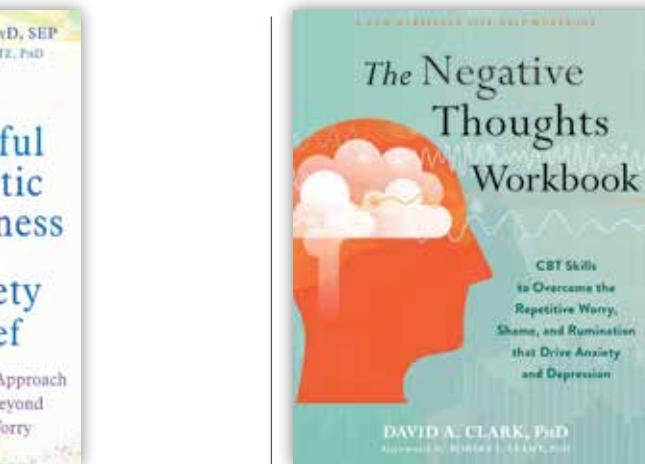
Michele L. Blume resides in Redondo Beach, CA.

978-1684035243 | US \$16.95
6 x 9 | 200 pp | trade paper | self-help
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PUB DATE: October 1, 2020



978-1684034277 | \$17.95



The Negative Thoughts Workbook

CBT Skills to Overcome the Repetitive Worry, Shame, and Rumination that Drive Anxiety and Depression

David A. Clark, PhD

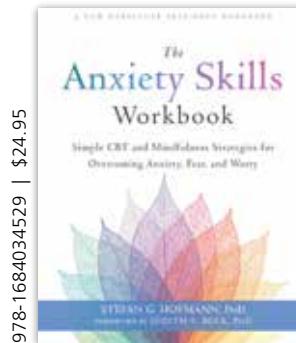
- 60 million Americans are diagnosed annually with an anxiety or depressive disorder. In addition, 50 to 70 million people are currently living with obsessive-compulsive disorder (OCD).

You are not condemned to a life of constant, chaotic, or disturbing thoughts. This workbook offers a step-by-step, proven-effective cognitive behavioral therapy (CBT) program to help you target your overwhelming negative thoughts, and develop skills to effectively cope with harmful thinking. Using the easy-to-follow instructions and activities, you'll learn to break the cycle of addictive thinking so you can finally experience some peace and relief.

David A. Clark resides in eastern Canada.

978-1684035052 | US \$21.95
8 x 10 | 200 pp | trade paper | self-help
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PUB DATE: October 1, 2020

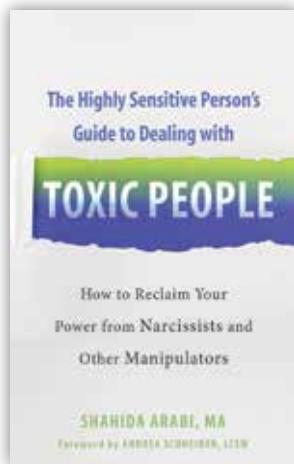


978-1684034529 | \$24.95



978-1684034802 | \$21.95

RECENT RELEASE



The Highly Sensitive Person's Guide to Dealing with Toxic People

How to Reclaim Your Power from Narcissists and Other Manipulators

Shahida Arabi, MA

- Highly sensitive people (HSPs) make up 20 percent of the population, and are more likely to be attached to someone with a personality disorder.

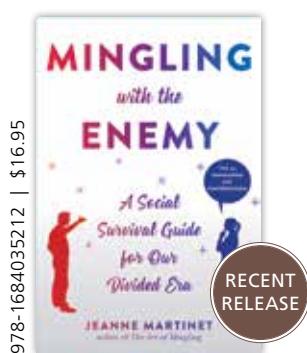
This guide offers evidence-based skills grounded in cognitive-behavioral therapy (CBT) and dialectical behavior therapy (DBT) to help you recognize and shut down the common manipulation tactics used by toxic people, such as gaslighting, stonewalling, projection, covert put-downs, and love bombing. You'll also discover targeted tips to protect yourself from the five main types of toxic people, heal from toxic abuse, and establish healthy boundaries and a strong sense of self.

Shahida Arabi resides in New York, NY.

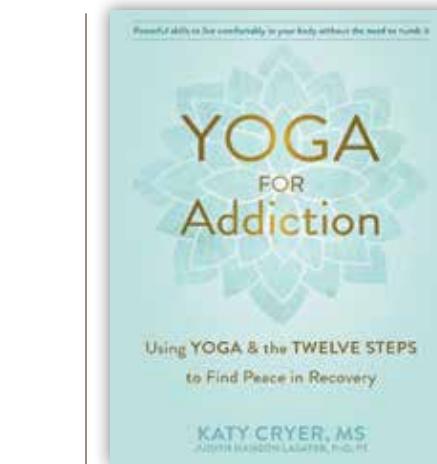
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PUB DATE: October 1, 2020



978-1684035212 | \$16.95



Yoga for Addiction *Using Yoga and the Twelve Steps to Find Peace in Recovery*

Katy Cryer, MS

- 21.5 million Americans report having a substance abuse disorder (United States Department of Health and Human Services).

Discover how yoga and the twelve steps can help you find freedom from addiction, exist peacefully in your body, and create a truly joyful life. Yoga teacher Katy Cryer offers a gentle yoga practice that supports and complements the twelve steps, so you can stay firmly on the path to recovery. You'll also find breathing and relaxation techniques to help you manage stress, and tips for dealing with cravings when they seem overwhelming.

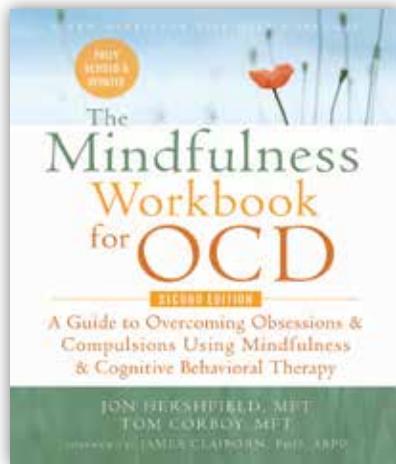
Katy Cryer resides in Berkeley, CA.

978-1684035953 | US \$17.95

7 x 10 | 192 pp | trade paper | self-help

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PUB DATE: November 1, 2020



The Mindfulness Workbook for OCD, Second Edition

A Guide to Overcoming Obsessions & Compulsions Using Mindfulness & Cognitive Behavioral Therapy

Jon Hershfield, MFT, & Tom Corboy, MFT

- 50 to 70 million people are currently living with obsessive-compulsive disorder (OCD).

Combining mindfulness practices with cognitive-behavioral therapy (CBT), this workbook offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated with OCD. You will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts. This fully revised second edition also includes information about contamination obsessions, harm obsessions, sexual obsessions, health-related obsessions, and more.

Jon Hershfield resides in Hunt Valley, MD.

978-1684035632 | US \$22.95

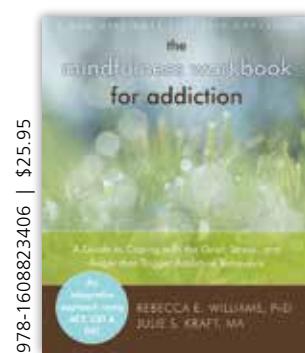
8 x 10 | 248 pp | trade paper | self-help

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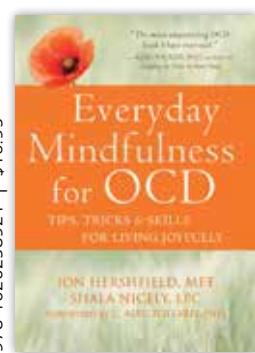
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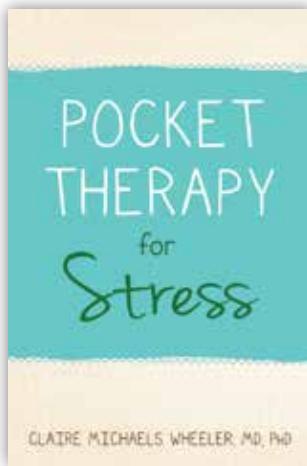
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Pocket Therapy for Stress

Quick Mind-Body Skills to Find Peace

Claire Michaels Wheeler, MD, PhD

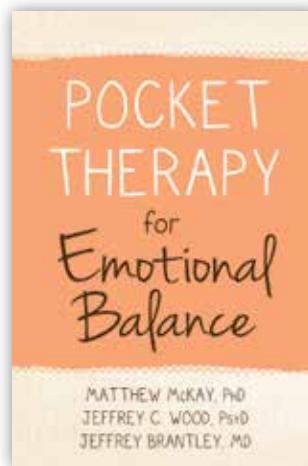
- 77 percent of the population periodically suffers from significant stress (American Psychological Association). This pocket-sized guide offers quick interventions readers can use anytime stress takes hold.

Stress—it can happen anytime and anywhere, from your morning commute to the moment you settle in for bed at night. Drawing on the self-help success, *10 Simple Solutions to Stress*, the effective strategies in this little book are a powerful antidote to stress. You can keep the book in your pocket, purse, on your nightstand, or anywhere to help you feel better when stress starts to overwhelm you. Think of it as your portable peace finder!

Claire Michaels Wheeler resides in Portland, OR.

978-1684037643 | US \$14.95
4 x 6 | 184 pp | trade paper | self-help
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PUB DATE: November 1, 2020



Pocket Therapy for Emotional Balance

Quick DBT Skills to Manage Intense Emotions

Matthew McKay, PhD, Jeffrey C. Wood, PsyD, & Jeffrey Brantley, MD

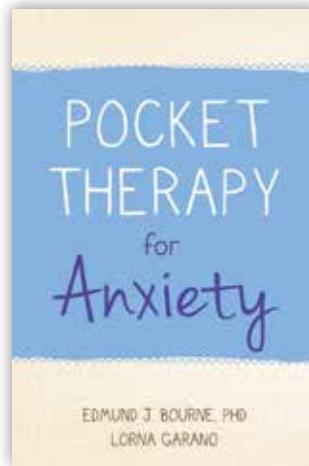
- This guide distills the powerful skills found in *The Dialectical Behavior Therapy Skills Workbook* (ISBN: 978-1572245136), a New Harbinger self-help classic that has sold more than one million copies.

Sometimes emotions can feel like a big, powerful tidal wave that will sweep you away. And the more you try to suppress or put a lid on these emotions, the more overwhelming they get. In this take-anywhere pocket guide, three clinical psychologists offer bite-sized, evidence based tips and tools for managing intense emotions in the moment. You'll discover a sense of lasting calm, improve your relationships, and feel more at peace in the world.

Matthew McKay resides in the San Francisco Bay Area.

978-1684037674 | US \$14.95
4 x 6 | 184 pp | trade paper | self-help
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PUB DATE: November 1, 2020



Pocket Therapy for Anxiety

Quick CBT Skills to Find Calm

Edmund J. Bourne, PhD, & Lorna Garano

- Ed Bourne is author of *The Anxiety and Phobia Workbook* (ISBN: 978-157224-8915), which has sold more than one million copies, and is recommended by therapists and clinicians around the world.

If you suffer from anxiety, you may try to avoid the situations that cause you to feel uneasy. But avoidance isn't the answer—and letting your fears and worries constantly hold you back will ultimately keep you from living the life you truly want. From the author of *The Anxiety and Phobia Workbook*, this guide provides quick, simple, and effective anxiety relief that fits right in your pocket—so you can manage your symptoms anytime, anywhere.

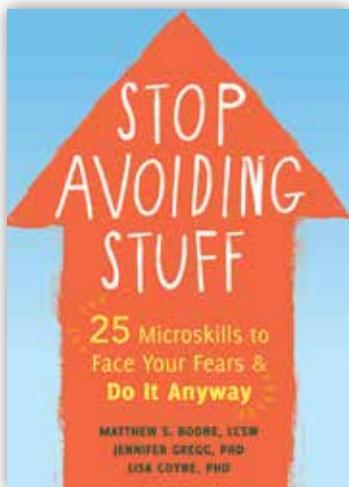
Edmund Bourne resides in California and Florida.

978-1684037612 | US \$14.95
4 x 6 | 184 pp | trade paper | self-help
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PUB DATE: November 1, 2020

New Harbinger Pocket Therapy Series

Grounded in evidence-based psychology and written by leading professionals in the field, *New Harbinger Pocket Therapy* guides offer portable, on-the-go tips and tools for coping with mental health and emotional challenges—including stress, anxiety, and intense emotions—anytime, anywhere.



GREAT GIFT!

- Fear and avoidance keep people from taking chances that can lead to a better life. This book offers doable tips for overcoming avoidance.

978-1684036059 | US \$14.95

5 x 7 | 200 pp
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PUB DATE: November 1, 2020

Stop Avoiding Stuff

25 Microskills to Face Your Fears and Do It Anyway

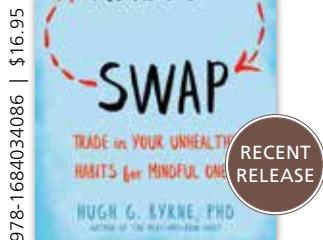
Matthew S. Boone, LCSW, Jennifer Gregg, PhD,
& Lisa Coyne, PhD

To fear is to be human. But fear can also keep us stuck living lives that are stale, stagnant, or downright miserable. Fear leads us down paths that feel more safe, but that deep down we know are wrong for us. The good news is that you can stand up to your fears and change your life for the better.

Written by three psychologists, and drawing on evidence-based acceptance and commitment therapy (ACT), this accessible guide offers twenty-five microskills to help you face your fears so you can live a truly courageous and meaningful life.

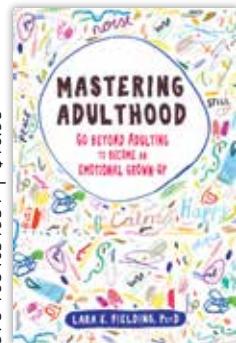
Matthew S. Boone, LCSW, teaches ACT at the School of Social Work at the University of Arkansas at Little Rock, and practices at the Central Arkansas Veterans Healthcare System. Boone resides in Little Rock, AR. Jennifer Gregg, PhD, is associate professor of psychology at San Jose State University, a clinical psychologist at California Cancer Care, and a peer-reviewed ACT trainer. Lisa W. Coyne, PhD, is founder and senior clinical consultant of the McLean OCD Institute for Children and Adolescents at Harvard Medical School, and assistant professor of psychiatry at Harvard Medical School.

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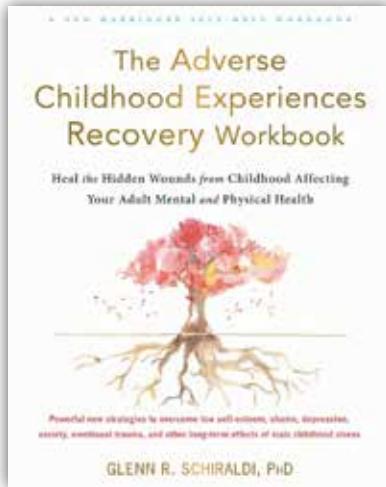


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RECENT RELEASE



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- Adverse childhood experiences (ACEs) are the greatest unaddressed public health problem facing our nation, underlying scores of psychological and medical problems.

978-1684036646 | US \$24.95

8 x 10 | 232 pp
trade paper | self-help

PUB DATE: December 1, 2020

The Adverse Childhood Experiences Recovery Workbook

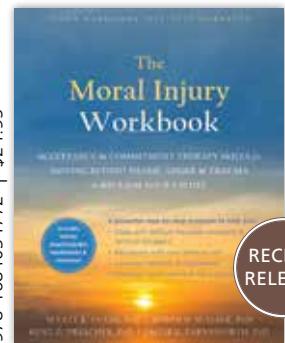
Heal the Hidden Wounds from Childhood Affecting Your Adult Mental and Physical Health

Glenn R. Schiraldi, PhD

Adverse childhood experiences (ACEs) are at the root of nearly all mental health disorders, including depression, anxiety, panic disorder, post-traumatic stress disorder (PTSD), and more. Memories associated with ACEs imprint on a child's brain, and can manifest themselves mentally and physically throughout adulthood—even decades after the traumatic incident. In this innovative workbook, trauma specialist Glenn Schiraldi presents practical, evidence-based skills to help you heal from ACEs. In addition to dealing with the symptoms, you'll learn to address the root cause of your suffering, change the way your brain responds to stress and the outside world, and soothe troubling memories.

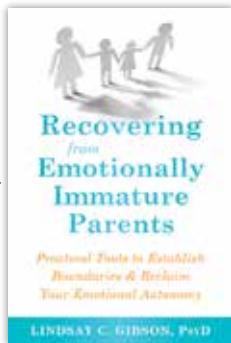
Glenn R. Schiraldi, PhD, has served on the stress management faculties at The Pentagon, the International Critical Incident Stress Foundation, and the University of Maryland, where he received the Outstanding Teaching Award. Schiraldi resides in Ashburn, VA.

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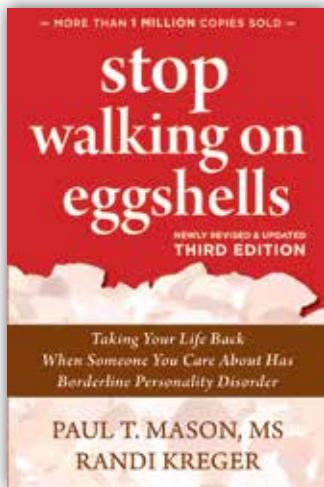


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RECENT RELEASE



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NEW EDITION

- *Stop Walking on Eggshells* (ISBN: 978-1572246904) is a New Harbinger best-seller, and has sold more than 1.5 million copies worldwide.

978-1684036899 | US \$19.95

6 x 9 | 296 pp

trade paper | self-help

PUB DATE: December 1, 2020

Stop Walking on Eggshells, Third Edition

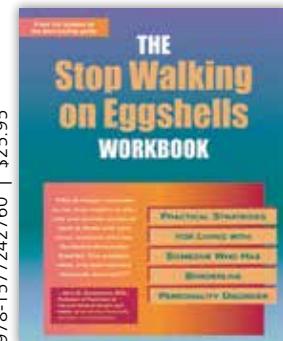
Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder

Paul T. Mason, MS, & Randi Kreger

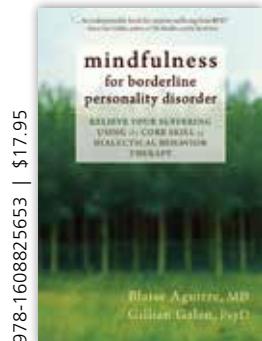
Stop Walking on Eggshells has already helped more than a million people with friends and family members suffering from borderline personality disorder (BPD) understand this difficult disorder, set boundaries, and help their loved ones stop relying on dangerous BPD behaviors. This newly revised third edition has been updated with the very latest BPD research on comorbidity, extensive new information about narcissistic personality disorder (NPD), the effectiveness of schema therapy, and coping and communication skills you can use to stabilize your relationship with the BPD or NPD sufferer in your life.

Paul T. Mason, MS, is vice president of clinical services at Wheaton Franciscan Healthcare in Racine, WI. His research on BPD has been published in the *Journal of Clinical Psychology*. Mason resides in Racine, WI. Randi Kreger is creator of the website www.bpdcentral.com and the Welcome to Oz online support community. She speaks and gives workshops about BPD internationally. Kreger resides in Wauwatosa, WI.

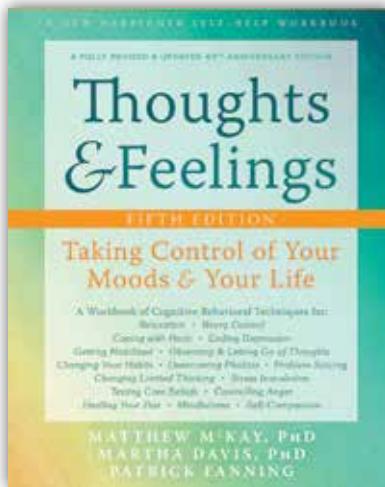
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978-1577242760 | \$25.95



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NEW EDITION

- A self-help classic that is recommended by therapists worldwide, *Thoughts and Feelings* has sold more than 250,000 copies worldwide.

978-1684035489 | US \$25.95

8 x 10 | 320 pp

trade paper | self-help

PUB DATE: January 2, 2021

Thoughts and Feelings, Fifth Edition

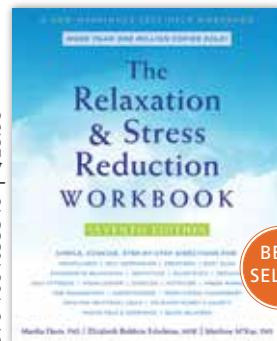
Taking Control of Your Moods and Your Life

Matthew McKay, PhD, Martha Davis, PhD, & Patrick Fanning

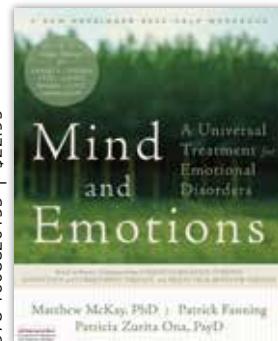
This fully revised and updated fifth edition of *Thoughts and Feelings* outlines twenty evidence-based techniques you can mix and match to create your own personal treatment plan for overcoming a range of mental health concerns—including worry, panic attacks, depression, low self-esteem, anger, and emotional and behavioral challenges of any kind. Used and recommended by the most renowned and respected therapists, this comprehensive mental health workbook offers all of the best psychological tools for quickly regaining mastery over your moods and emotions.

Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, California. He has authored and coauthored numerous books, including *The Dialectical Behavior Skills Workbook*. McKay resides in the Greater San Francisco Bay Area. Martha Davis, PhD, was a psychologist in the department of psychiatry at Kaiser Permanente Medical Center in Santa Clara, CA. She is coauthor of *The Relaxation and Stress Reduction Workbook*. Patrick Fanning is a professional writer in the mental health field. He is coauthor of many self-help books, including *Self-Esteem*.

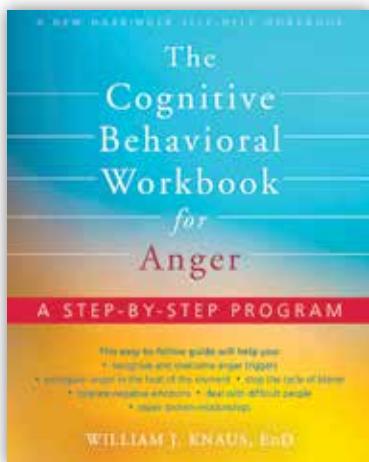
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978-1684033348 | \$25.95



978-1608820153 | \$22.95



The Cognitive Behavioral Workbook for Anger

A Step-by-Step Program

William J. Knaus, EdD

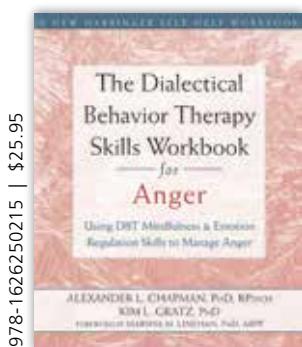
- William J. Knaus has more than four decades of experience as a clinical psychologist. He has appeared on numerous regional and national television shows, including *The Today Show*.

We are living in an age of anger. We see more frustration and intolerance for people with different political views, beliefs, and lifestyles. So, how can you break free from painful, self-defeating, and dangerous anger traps? Drawing on the gold standard treatment for anger—cognitive behavioral therapy (CBT)—and informed by the no-nonsense approach of rational emotive behavior therapy (REBT), this workbook offers powerful tools, exercises, and self-assessments to help you overcome destructive anger.

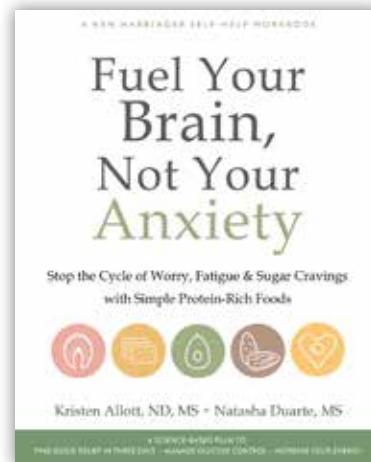
William J. Knaus resides in Spofford, NH.

978-1684034321 | US \$24.95
8 x 10 | 224 pp | trade paper | self-help
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PUB DATE: January 2, 2021



978-1626250215 | \$25.95



Fuel Your Brain, Not Your Anxiety

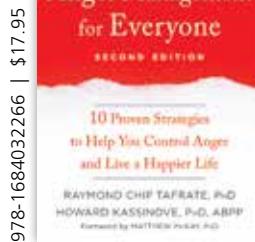
Stop the Cycle of Worry, Fatigue & Sugar Cravings with Simple Protein-Rich Foods



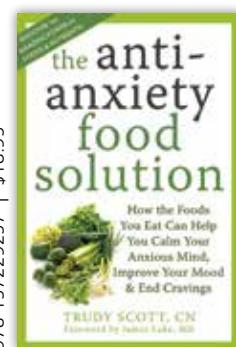
Kristen Allott, ND, MS & Natasha Duarte, MS

978-1684034311 | US \$19.95
8 x 10 | 168 pp | trade paper | self-help
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PUB DATE: February 1, 2021

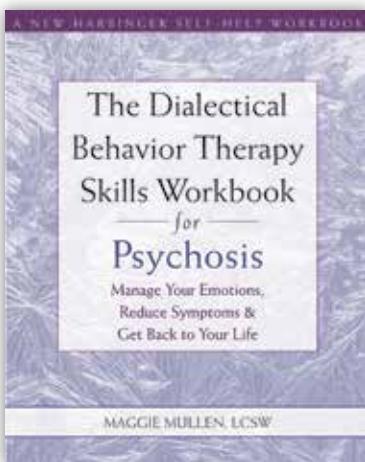


978-1684032266 | \$17.95



978-1572292571 | \$18.95

Illustrated by Debbie Lake, RD



The Dialectical Behavior Skills Workbook for Psychosis

Manage Your Emotions, Reduce Symptoms, and Get Back to Your Life

Maggie Mullen, LCSW

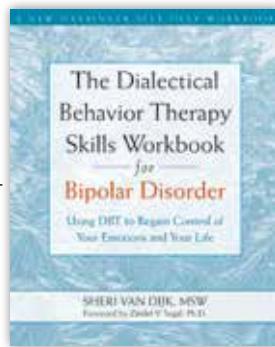
- 1 in 100 people will suffer from psychosis during their lives, and 3 million people in the US have schizophrenia (National Alliance on Mental Illness).

Based in dialectical behavior therapy (DBT), this first-of-its-kind workbook offers real skills to help you balance your emotions and stay grounded in reality. You'll find self-assessments, worksheets, and guided activities to help you understand your symptoms and manage them in day-to-day life. You'll also gain self-awareness, learn to navigate difficult or stressful situations, and discover healthier ways of interacting with others.

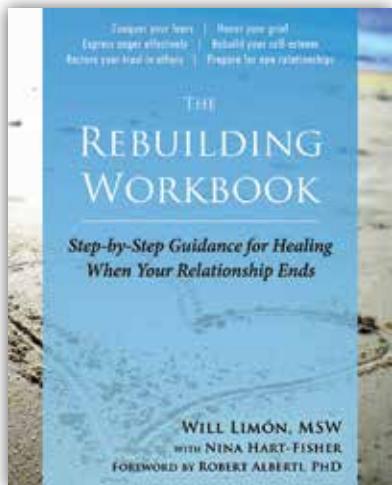
Maggie Mullen resides in Oakland, CA.

978-1684036431 | US \$19.95
8 x 10 | 168 pp | trade paper | self-help
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PUB DATE: February 1, 2021



978-1572246287 | \$22.95



■ This workbook is based on the self-help classic, *Rebuilding* (ISBN: 978-1886230699), which has sold more than 1 million copies worldwide.

978-1684035397 | US \$24.95
8 x 10 | 256 pp
trade paper | relationships
PUB DATE: November 1, 2020

The Rebuilding Workbook

Step-by-Step Guidance for Healing When Your Relationship Ends

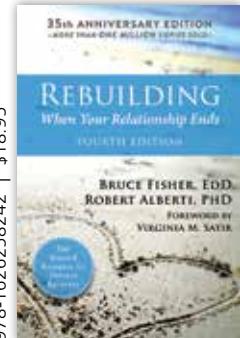
Will Limón, MSW, with Nina Hart-Fisher

Are you ready to rebuild? Based on the #1 trusted resource on divorce recovery, *Rebuilding*, this highly anticipated workbook offers step-by-step guidance to help you put your life back together when a relationship ends.

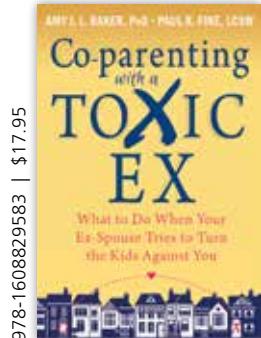
In this workbook, you'll learn about the nineteen most common emotions, feelings, and attitudes that one experiences after the loss of a relationship, and discover a proven-effective approach for healing called "the divorce process rebuilding blocks." Now the most widely used approach for divorce recovery, this model makes the process healthier and less traumatic for you, your partner, and your kids.

Will Limón, MSW, is an educator, counselor, and author who worked directly with Bruce Fisher, coauthor of *Rebuilding*. For more than twenty years, he presented the Rebuilding Seminar on divorce recovery. Limón resides in the Greater Denver Area, CO. Nina Hart-Fisher is a relationships educator in Maui, HI. She and Bruce Fisher led educational seminars on relationships for more than fifteen years. Professionals frequently seek her advice on relationship communication.

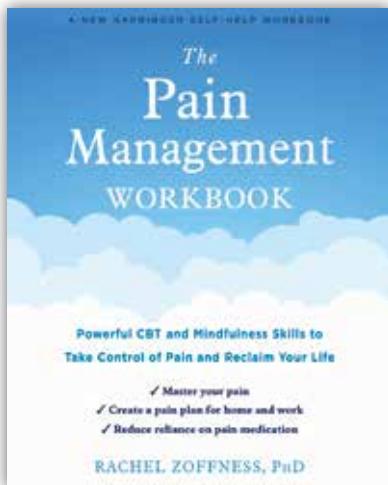
PUBLICITY & PROMOTION • Advertising in *the Behavior Therapist* and in the annual conference guides of the Association for Behavioral and Cognitive Therapies, the American Association of Marriage and Family Therapy, the National Association of Social Workers, and Psychotherapy Networker • Features in New Harbinger email programs • **WORLD RIGHTS**



978-1626258242 | \$18.95



978-1608829583 | \$17.95



■ More than 100 million Americans currently live with chronic pain. Yet, despite its prevalence, pain is not well understood. In addition, the US is now facing an opioid crisis.

978-1684036448 | US \$24.95
8 x 10 | 224 pp
trade paper | health
PUB DATE: October 1, 2020

The Pain Management Workbook

Powerful CBT and Mindfulness Skills to Take Control of Pain and Reclaim Your Life

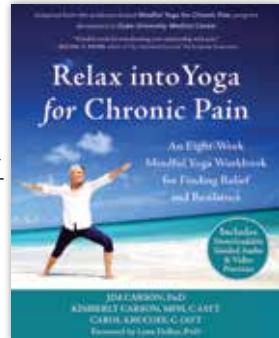
Rachel Zoffness, PhD

Change your brain, change your pain with this powerful and evidence-based workbook. You'll find a comprehensive outline of this effective biopsychosocial approach, as well as proven-effective interventions based in cognitive-behavioral therapy (CBT), mindfulness, and neuroscience to help you take control of your pain—and your life.

You'll also learn to create a pain plan for home and work, reduce your reliance on medication, and break the pain cycle for good. Finally, you'll discover relaxation strategies such as belly breathing and body scan, healthy lifestyle tips, and more.

Rachel Zoffness, PhD, is a clinical child psychologist specializing in pediatric chronic pain, illness, and injury. She provides cognitive behavioral therapy (CBT) to youths and families, provides lectures and trainings, and serves as a consultant to hospitals and health professionals. Zoffness resides in Oakland, CA.

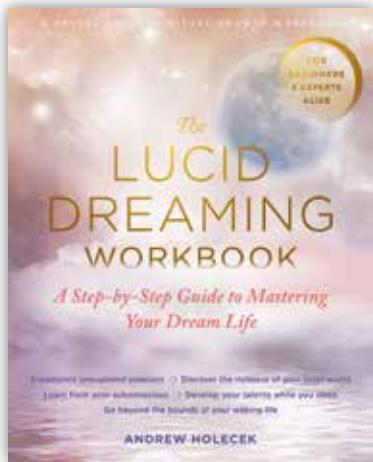
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978-1684033287 | \$24.95



978-5772245815 | \$18.95



The Lucid Dreaming Workbook

A Step-by-Step Guide to Mastering Your Dream Life

Andrew Holecek

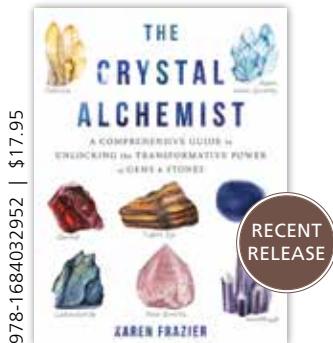
- This workbook offers practical ways to induce lucid dreams, and includes a log for readers to record their progress.

Awaken to the transformative power of your dreams, travel to the most exotic locations free of charge, and bring back a treasure trove of insights to benefit yourself and others in your waking life! In this guide, a lucid dreaming expert offers a step-by-step approach for developing and honing the skills necessary to awaken to these dazzling dreamscapes—and the amazing truths to be discovered there.

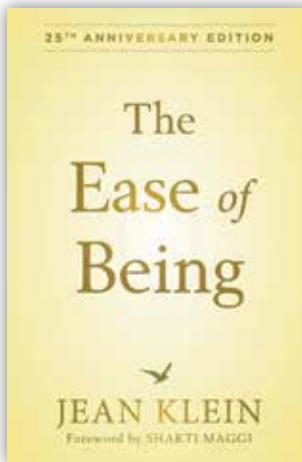
Andrew Holecek resides in Denver, CO.

978-1684035021 | US \$21.95
8 x 10 | 200 pp | trade paper | spirituality
WORLD RIGHTS

PUB DATE: September 1, 2020



978-1684032952 | \$17.95



The Ease of Being

25th Anniversary Edition

Jean Klein

- Author Jean Klein (now deceased) is a luminary in the world of spiritual literature, and a pioneering writer on the subject of non-duality.

Celebrating twenty-five years as a classic among spiritual seekers, *The Ease of Being* is an accessible and captivating introduction to the concept of Advaita Vedanta (or non-dualism) from world-renowned author, mystic, and teacher Jean Klein.

This beautiful anniversary edition includes seven of Klein's famous lectures, and includes dialogues on the nature of reality and the root of our felt experience, such as: *What is memory? What is fear? What is pain?*

978-1684034963 | US \$16.95
6 x 9 | 120 pp | trade paper | spirituality
WORLD RIGHTS

PUB DATE: November 1, 2020



978-1626258808 | \$19.95



GREAT GIFT!

A Moment for Me

52 Simple Mindfulness Practices to Slow Down, Relieve Stress, and Nourish the Spirit

Catherine Polan Orzech, MA, LMFT

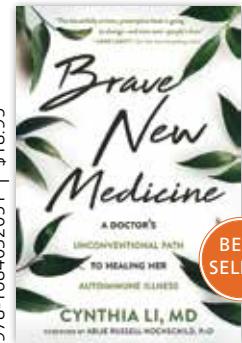
- 18 million adults in the United States practice meditation (National Institutes of Health).

If you could do one thing for yourself today, why not do a quick mindfulness ritual? In *A Moment for Me*, you'll learn to create a personal and well-rounded mindfulness practice to last you all year long. Featuring fifty-two satisfying and easy rituals, you'll find quick inspiration to help you make mindfulness a regular part of your routine. The best part? You can use this book as a weekly dose of spiritual insight, or use each chapter as a standalone ritual.

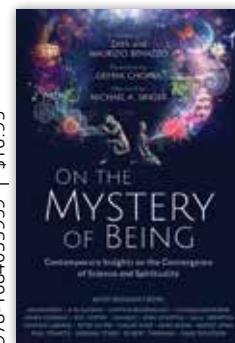
Catherine Polan Orzech resides in Corvallis, OR (Benton County).

978-1684035182 | US \$18.95
5 x 7 | 208 pp | trade paper | spirituality
WORLD RIGHTS

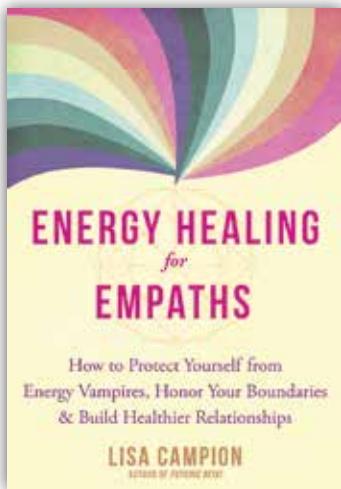
PUB DATE: January 2, 2021



978-1684032051 | \$18.95



978-1684033959 | \$16.95



- There is a growing interest in the media surrounding "empaths" and "energy vampires," as is illustrated by books such as *The Empath Survival Guide* (ISBN: 978-1683642114) and *Dodging Energy Vampires* (ISBN: 978-1401954796).

978-1684035922 | US \$21.95

7 x 10 | 216 pp

trade paper | spirituality

PUB DATE: February 1, 2021

Energy Healing for Empaths

How to Protect Yourself from Energy Vampires, Honor Your Boundaries, and Build Healthier Relationships

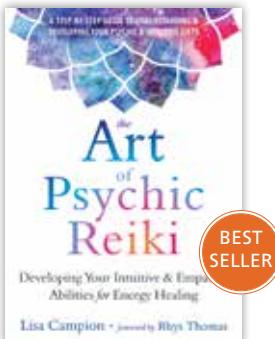
Lisa Campion

From energy healer and psychic trainer Lisa Campion, this healing guide will help you cultivate the energy management skills you need to cope with energy vampires and narcissists, increase your own vitality, and fully embrace your unique gifts.

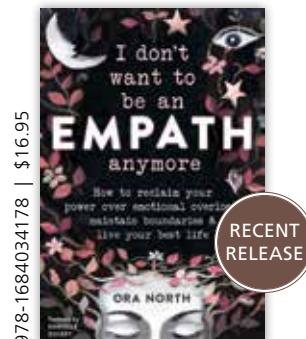
If you're empathic or highly sensitive, it's almost second nature to put others needs before yourself or take on the problems of the world. But what about your happiness? *Energy Healing for Empaths* offers everything you need to heal your energy and maintain healthy boundaries with others—so you can be happy, healthy, and in control of you.

Lisa Campion is a psychic counselor and Reiki master teacher with more than twenty-five years of experience. She has trained more than one thousand practitioners in the hands-on, energy-healing practice of Reiki. Campion resides in the Greater Boston Area, MA.

PUBLICITY & PROMOTION • Advertising in *Spirituality & Health*, *Light of Consciousness*, *Mantra Wellness Magazine*, *Sage Woman*, and in the annual conference guide for Science and Nonduality • Author website, email, and social media promotion • Online advertising on spiritualityhealth.com and consciouslifenews.com • Feature in New Harbinger consumer catalog • **WORLD RIGHTS**



978-1684031214 | \$19.95



978-1684034178 | \$16.95



GREAT GIFT!

- Research shows that highly successful people have one thing in common: a daily ritual—one that's usually practiced in the morning right after they wake up.

978-1684035724 | US \$18.95

6 x 8 | 200 pp

trade paper | spirituality

PUB DATE: February 1, 2021

Good Morning Intentions

Sacred Rituals to Raise Your Vibration, Find Your Bliss, and Stay Energized All Day

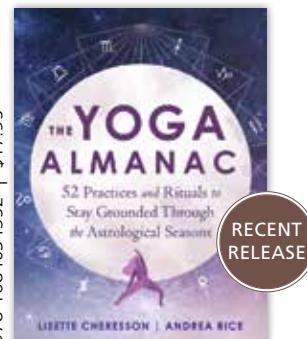
Britt Deanda & Tara Schulenberg

What can you do each morning to raise your vibration and jump-start your bliss? Maybe you should try what famous and highly successful people—from Benjamin Franklin and Jane Austen to Steve Jobs and Oprah Winfrey—have been doing throughout history: adopt a morning ritual, and stick to it!

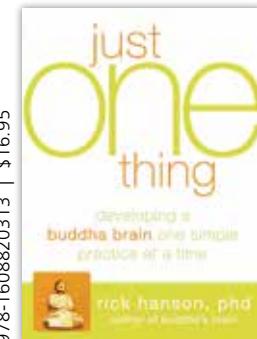
Good Morning Intentions reveals twenty-five rituals to help you make each morning matter, setting you up for daily success. In guide, you'll find a powerful blend of energy-boosting exercises, breathwork, simple meditations, and intention-setting practices to help you start your day with a deep sense of joy, vitality, and radiance.

Britt Deanda and Tara Schulenberg are cofounders of Elevate The Globe, a worldwide community of spiritual seekers who want to change the world for the better. They are Kundalini yoga and meditation instructors, high-vibrational living experts and healers channeling the light. Britt Deanda resides in the Greater Los Angeles Area, CA.

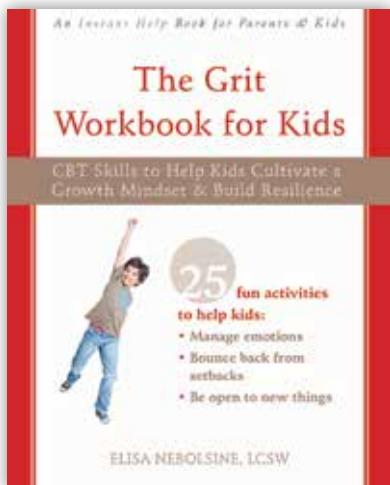
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978-1684034352 | \$17.95



978-1608820313 | \$16.95



■ Grit as a trait embodies tenacity, stamina, and resilience. Angela Duckworth's research and TED Talk made "grit" a household word, and a very desirable characteristic.

978-1684035984 | US \$16.95
8 x 10 | 136 pp
trade paper | parenting
WORLD RIGHTS

PUB DATE: November 1, 2020

The Grit Workbook for Kids

CBT Skills to Help Kids Cultivate a Growth Mindset and Build Resilience

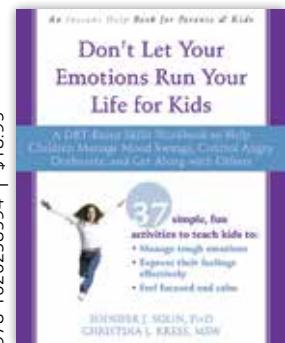
Elisa Nebolsine, LCSW

As a parent, you want to give your child a solid foundation for living a happy, successful life. But if you have a child who is easily sidelined by obstacles, you may worry about their ability to succeed in our competitive, high-pressure world. So, how can you help your child develop *grit*—a trait that embodies tenacity and self-control?

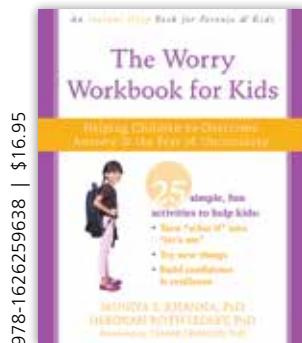
Fortunately, grit can be learned. Written in a kid-friendly tone and grounded in cognitive behavioral therapy (CBT), *The Grit Workbook for Kids* offers a unique approach for learning and practicing the tools, strategies, and skills that make up grit and a growth mindset.

Elisa Nebolsine, LCSW, is owner and clinician at CBT for Kids, a private practice in Falls Church, VA. She is also adjunct faculty at the Beck Institute, adjunct faculty at Catholic University, and diplomate of the Academy of Cognitive Therapy. Nebolsine resides in Alexandria, VA.

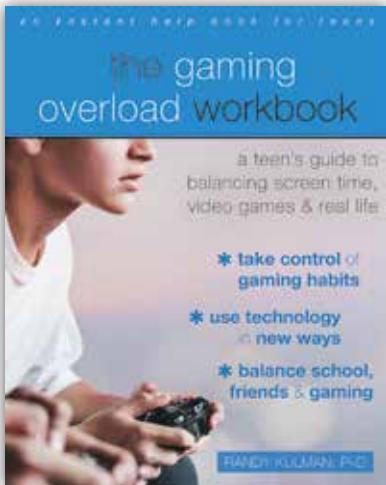
PUBLICITY & PROMOTION • Advertising in *the Behavior Therapist*, the ASCA School Counselor magazine, *ADDitude Magazine*, and in the annual conference guide of the Association for Behavioral and Cognitive Therapies • Author video, website, email, and social media promotion • Online advertising in the Greater Good Science Center and Shelf Awareness e-newsletters • Features in New Harbinger consumer and professional catalogs • **WORLD RIGHTS**



978-1626258594 | \$18.95



978-1626259638 | \$16.95



■ Excessive screen time is one of the most pressing health concerns for their teens, and parents struggle with how to talk to their kids about it.

978-1684035519 | US \$17.95
8 x 10 | 160 pp
trade paper | teen self-help
WORLD RIGHTS

PUB DATE: August 1, 2020

The Gaming Overload Workbook

A Teen's Guide to Balancing Screen Time, Video Games, and Real Life

Randy Kulman, PhD

With essential skills and strategies for managing gameplay and creating a well-balanced life, *The Gaming Overload Workbook* will help you explore your use of video games in a nonjudgmental way. You'll learn to set your own limits on screen time, and apply your interest and enthusiasm for gaming to a wider variety of activities, like connecting with friends and family, excelling in school or sports, and just spending more time outdoors.

If you're ready for some healthy balance between gaming, school, family, physical activity, and social relationships, this book will provide the key to winning at the game of life!

Randy Kulman, PhD, is a child clinical psychologist who has worked with kids and families for the past thirty years. He is founder and president of the technology website, LearningWorks for Kids, and is author of *Train Your Brain for Success* and *Playing Smarter in a Digital World*. Kulman resides in Providence, RI.

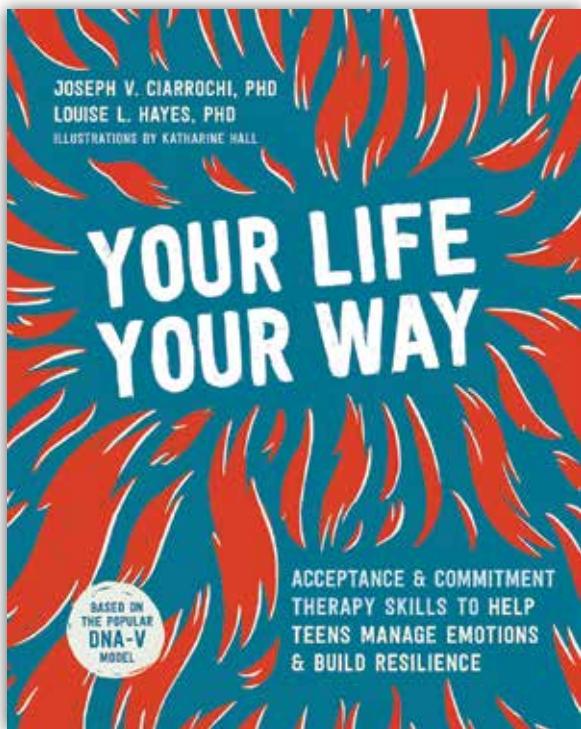
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978-1684031740 | \$19.95



978-1684030330 | \$17.95



Your Life, Your Way

Acceptance and Commitment Therapy Skills to Help Teens Manage Emotions and Build Resilience

Joseph V. Ciarrochi, PhD, & Louise L. Hayes, PhD

- Joseph Ciarrochi and Louise Hayes are renowned experts in acceptance and commitment therapy (ACT) and teen psychology. Together, they authored *Get Out of Your Mind and Into Your Life for Teens* (ISBN: 978-1608821938).
- This playfully illustrated workbook incorporates a treatment model designed especially for teens.

978-1684034659 | US \$17.95
8 x 10 | 168 pp | trade paper | teen self-help
WORLD RIGHTS

PUB DATE: September 1, 2020

Being a teen in today's world is tough. Sometimes it feels like you're being pulled in a dozen different directions, and none of them are your way. So, how can you cultivate the strength to face life's challenges and reach your full potential?

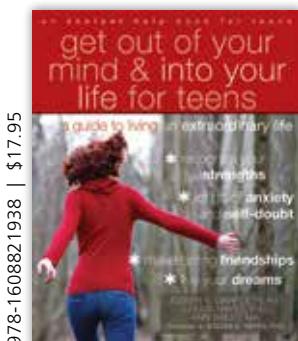
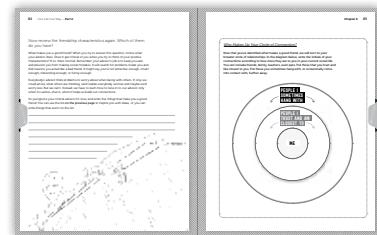
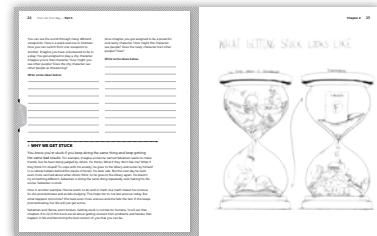
In *Your Life, Your Way*, you'll learn how to deal with all the changes of the teen years—and be the person you want to be. You'll find skills grounded in mindfulness, acceptance and commitment therapy (ACT), and positive psychology to help you form positive friendships, manage difficult emotions, and get unstuck from bad habits.

Once you identify your own personal struggles, you can decide how you want to face them—as strong, assertive, kind, honorable, caring, fun, supportive, friendly, agreeable, bold, persistent, or giving. Why not get started today?

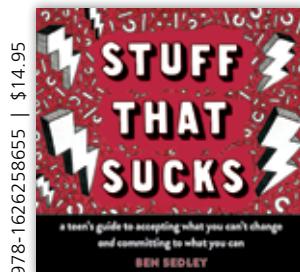
Joseph V. Ciarrochi, PhD, is professor at the Institute of Positive Psychology and Education at the Australian Catholic University, and coauthor of *Get Out of Your Mind and Into Your Life for Teens*. Ciarrochi resides in Austinmer, Australia. Louise L. Hayes, PhD, is an international ACT trainer and speaker; she is also a clinical psychologist, and researcher with the University of Melbourne and Orygen, The National Centre of Excellence in Youth Mental Health in Australia.

PUBLICITY & PROMOTION • Advertising in the ASCA School Counselor magazine and in the annual conference guides of the Association for Contextual Behavioral Science, the National Association of School Psychologists, and the American Association of Marriage and Family Therapy • Author video, website, email, and social media promotion • Listserv campaign to mental health professionals community • **WORLD RIGHTS**

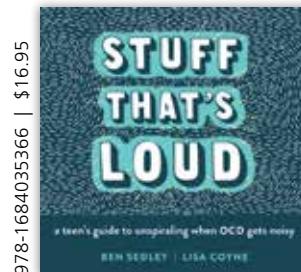
Illustrated Interior



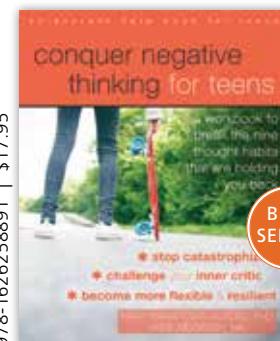
978-1608821938 | \$17.95



978-1626258655 | \$14.95

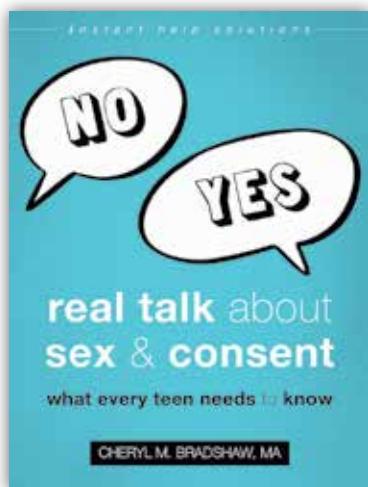


978-1684035366 | \$16.95



978-1626258891 | \$17.95

BEST SELLER



Cheryl Bradshaw is a renowned teen expert who has been featured on various television shows, radio shows, and podcasts, including *Breakfast Television*, CBC Radio, and *Today's Parent*.

978-1684034499 | US \$17.95

6 x 8 | 216 pp

trade paper | teen self-help

PUB DATE: September 1, 2020

Real Talk About Sex and Consent

What Every Teen Needs to Know

Cheryl M. Bradshaw, MA

Let's get real: Sex is complicated. Like, really complicated. And as a teen, you need trusted resources to help you navigate sexual issues without shame, guilt, or judgment. It's time to get informed—you deserve clear, accurate information about sexual consent.

Real Talk About Sex and Consent is a comprehensive guide with essential information about setting boundaries, coercion, reciprocity, and communication. You'll also find hard facts about sex and trauma, the effects of pornography and cultural expectations, and much more. With this book, you'll learn how to make sexual decisions that honor your sense of values and cultivate rewarding and emotionally supportive relationships throughout your life.

Cheryl M. Bradshaw, MA, is a registered psychotherapist working in private practice, and author of *How to Like Yourself*—a self-esteem guide for teens. She has been featured on various television shows, radio shows, and podcasts, including *Breakfast Television*, Global's *The Morning Show*, CBC Radio, and *Today's Parent*. Bradshaw resides in Hamilton, ON, Canada.

PUBLICITY & PROMOTION • Advertising in the ASCA *School Counselor* magazine and in the annual conference guides of the Association for Contextual Behavioral Science, the National Association of School Psychologists, and the American Association of Marriage and Family Therapy
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Problems with executive functioning are a major component of ADHD, which affects roughly 10 percent of adolescents (CDC.gov). However, all teens can benefit from the skills outlined in this book.

978-1684035335 | US \$16.95

6 x 8 | 192 pp

trade paper | teen self-help

PUB DATE: October 1, 2020

Six Super Skills for Executive Functioning

Tools to Help Teens Improve Focus, Stay Organized, and Reach Their Goals

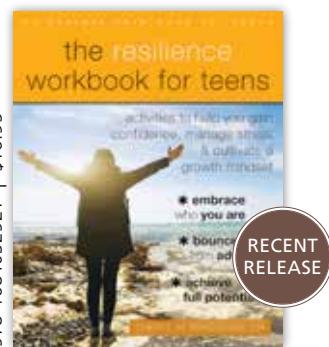
Lara Honos-Webb, PhD

All teens need a little extra help staying focused—in school and in life. This is especially true if you have attention deficit/hyperactivity disorder (ADHD), autism spectrum disorder, sensory processing disorders, a mood disorder, or have experienced traumatic brain injury. The good news is that there are skills you can learn to help you stay on track.

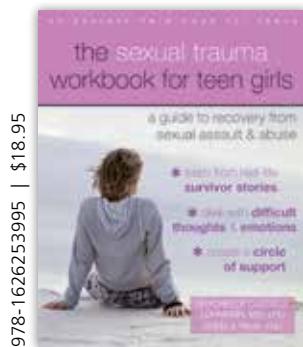
In this friendly guide, psychologist and ADHD expert Lara Honos-Webb offers six powerful “super skills” to help you pay attention, increase productivity, and get organized so you can achieve your goals and live your best life.

Lara Honos-Webb, PhD, is a worldwide attention deficit/hyperactivity disorder (ADHD) expert, and offers ADHD coaching. She is a clinical psychologist, and author of *The Gift of ADHD*, *The Gift of ADHD Activity Book*, *The Gift of Adult ADD*, *The ADHD Workbook for Teens*, and *Listening to Depression*. Honos-Webb resides in the Greater San Francisco Bay Area.

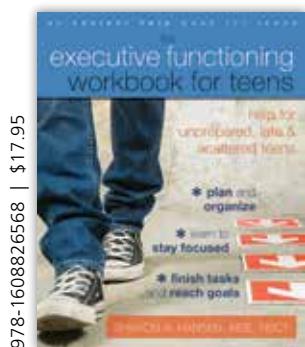
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 • Author website, email, and social media promotion • Listserv campaign to mental health professionals community • **WORLD RIGHTS**



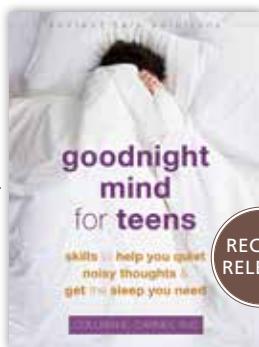
978-1684032921 | \$16.95



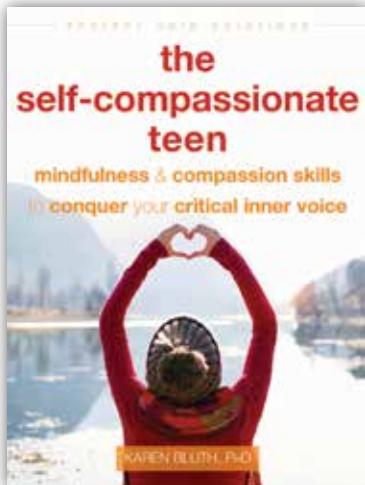
978-1626253995 | \$18.95



978-1608826568 | \$17.95



978-1684034383 | \$16.95



■ Based on practices adapted from foreword author Kristin Neff and Christopher Germer's Mindful Self-Compassion program, this book offers teen readers fun and hands-on exercises to overcome self-criticism.

978-1684035274 | US \$16.95
6 x 8 | 184 pp
trade paper | teen self-help

PUB DATE: October 1, 2020

The Self-Compassionate Teen

Mindfulness and Compassion Skills to Conquer Your Critical Inner Voice

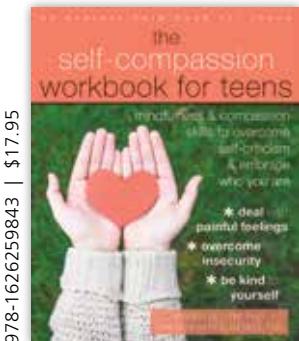
Karen Bluth, PhD

Are you kind to everyone but yourself? Do you ever feel like you're just not good enough? This book will help you find the strength and courage to just be you.

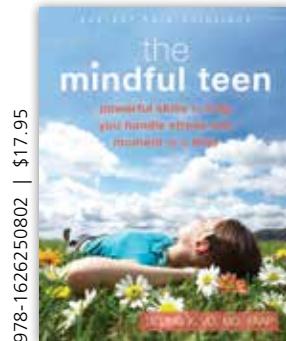
Written by psychologist Karen Bluth, and based on practices adapted from foreword author Kristin Neff and Christopher Germer's Mindful Self-Compassion program, this book offers fun, everyday exercises grounded in mindfulness and self-compassion to help you overcome self-criticism and self-doubt. You'll find real tools to help you work through difficult thoughts and feelings, navigate life's emotional ups and downs, and be as accepting of yourself as you are of others.

Karen Bluth, PhD, earned her doctoral degree in child and family studies at the University of Tennessee. She is currently research faculty in the program on integrative medicine in the department of physical medicine and rehabilitation at the University of North Carolina School of Medicine. Bluth resides in Carrboro, NC.

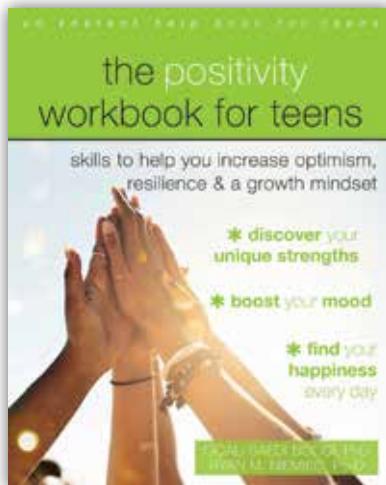
PUBLICITY & PROMOTION • Advertising in the ASCA School Counselor magazine and in the annual conference guides of the National Association of School Psychologists, the American Association of Marriage and Family Therapy, and Psychotherapy Networker • Author website, email, and social media promotion • Listserv campaign to mental health professionals community • **WORLD RIGHTS**



978-1626259843 | \$17.95



978-1626250802 | \$17.95



■ Authors Goalie Saedi Bocci and Ryan Niemiec are renowned experts in positive psychology and teen mental health.

978-1684036028 | US \$17.95
8 x 10 | 152 pp
trade paper | teen self-help

PUB DATE: December 1, 2020

The Positivity Workbook for Teens

Skills to Help You Increase Optimism, Resilience, and a Growth Mindset

Goalie Saedi Bocci, PhD, & Ryan M. Niemiec, PsyD

As a teen, your brain is changing every day. You're more aware of the challenges and difficulties of life. You're questioning everything. And these sudden realizations can be overwhelming, and as a result, you may fall into a "negativity trap."

In this unique workbook, you'll learn to tap into the power of your own character strengths—such as bravery, creativity, being a good friend, perseverance, honesty, and more—in order to build self-confidence, boost a positive attitude, and cope with the inevitable stress of life.

Goalie Saedi Bocci, PhD, is a licensed clinical psychologist in private practice, published author, millennial expert, TEDx speaker, and media personality. Bocci is a columnist for *Psychology Today*. Bocci resides in Wilsonville, OR. Ryan M. Niemiec, PsyD, is a leading figure in the education, research, and practice of character strengths that are found in all human beings.

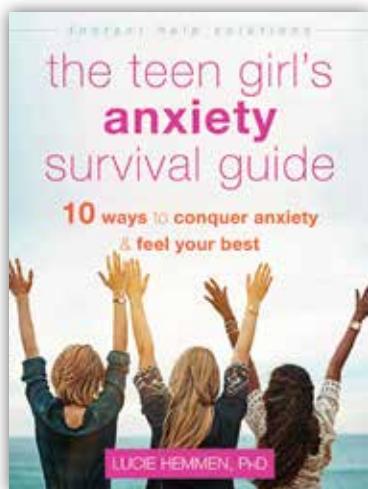
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Recent studies show that anxiety disorders have skyrocketed in teen girls. By mid-adolescence, girls are twice as likely to develop anxiety disorders as boys (ADAA.org).

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The Teen Girl's Anxiety Survival Guide

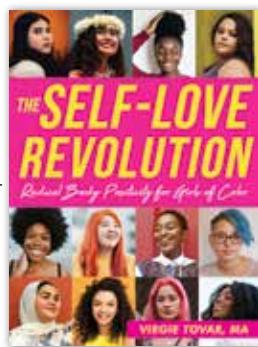
Ten Ways to Conquer Anxiety and Feel Your Best

Lucie Hemmen, PhD

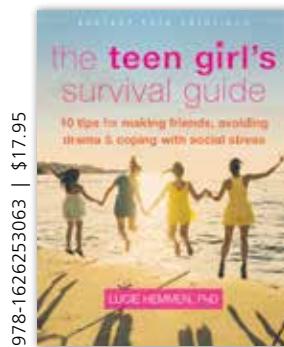
Being a teen girl isn't easy—even without an anxiety disorder. In *The Teen Girl's Anxiety Survival Guide*, you'll find ten strategies to help you cope with anxious thoughts and feelings in healthy ways. You'll learn all about how anxiety works, and why you feel it; how to overcome negative thinking; mindfulness skills for calming your mind and body; and how self-compassion can help you cultivate a more positive outlook on life. You'll also discover how to balance screen time and social media use; and strengthen relationships with family and friends, so you can get the support you need to be your best.

Lucie Hemmen, PhD, is a licensed clinical psychologist who specializes in working with teens and their parents in private practice. She is author of *Parenting a Teen Girl* and *The Teen Girl's Survival Guide*. Hemmen resides in Santa Cruz, CA.

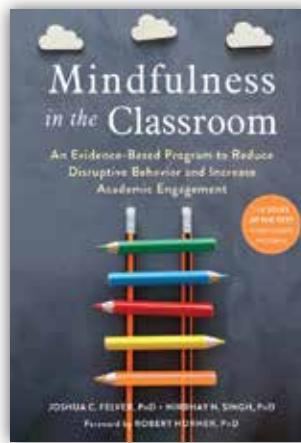
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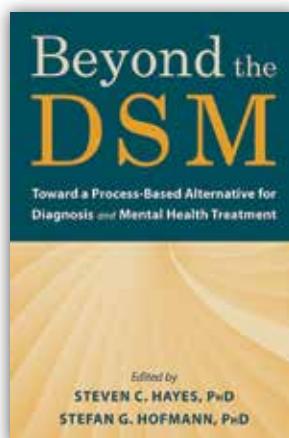
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Joshua C. Felver resides in Syracuse, NY.



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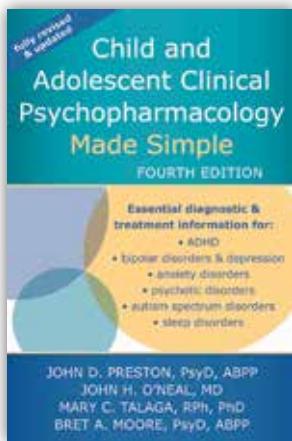
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Steven C. Hayes resides in Reno, NV.



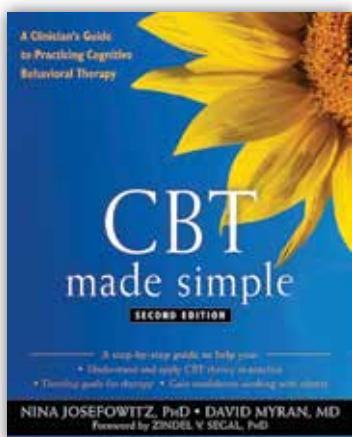
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John D. Preston resides in Shingle Springs, CA.



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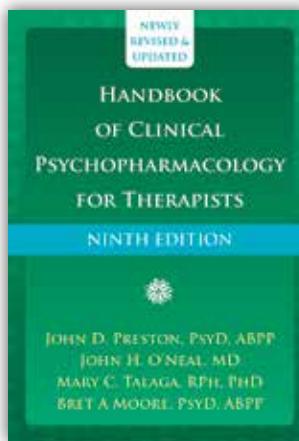
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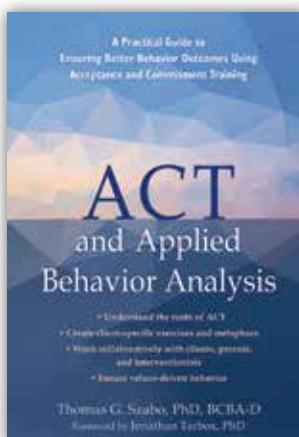
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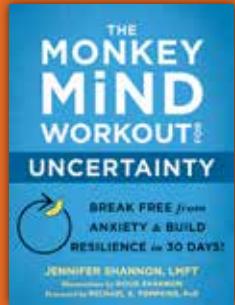
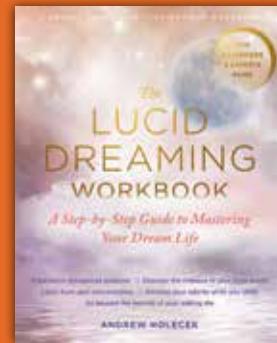
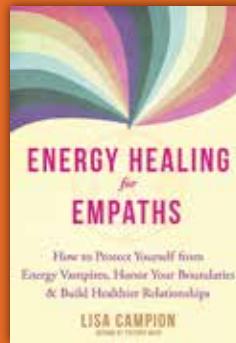
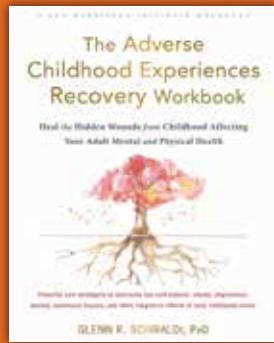
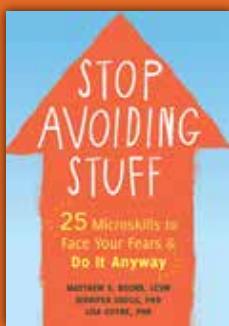
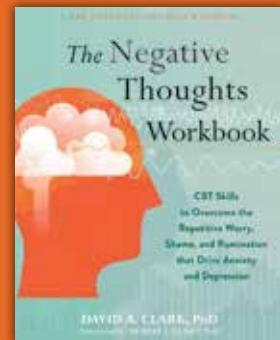
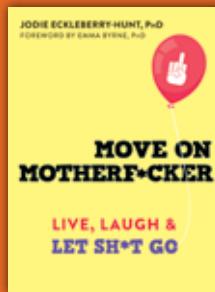
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