



SPRING 2020

NEW TITLES *and*
FEATURED BACKLIST



newharbinger

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



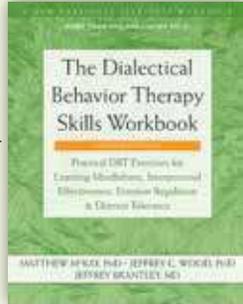
INSTANT HELP BOOKS | NON-DUALITY PRESS | REVEAL PRESS
CONTEXT PRESS | IMPACT PUBLISHERS

BEST SELLERS

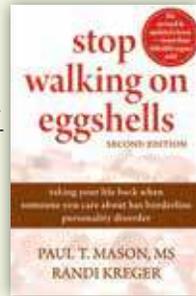
#1 NEW YORK
TIMES BESTSELLER



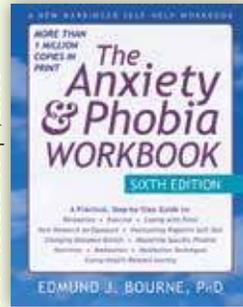
978-1572245372 | \$18.95



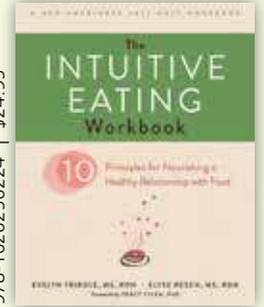
978-1684034581 | \$24.95



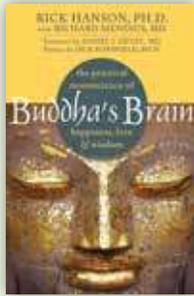
978-1572246904 | \$19.95



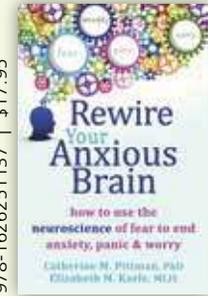
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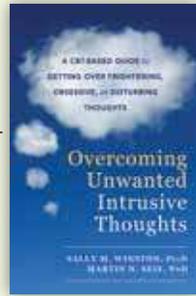
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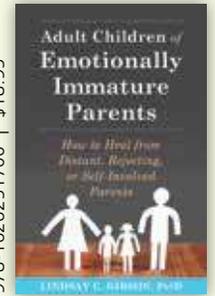
978-1626251137 | \$17.95



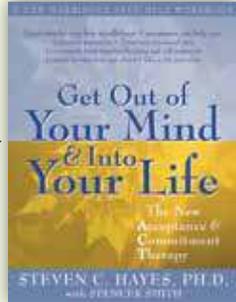
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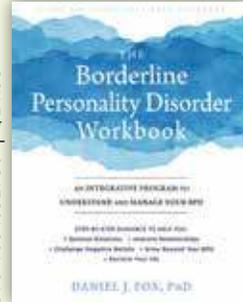
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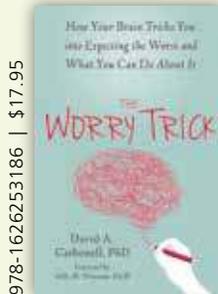
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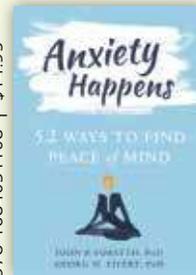
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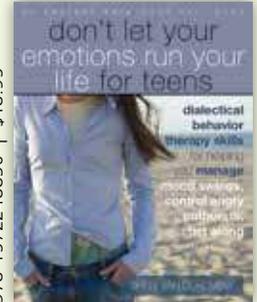
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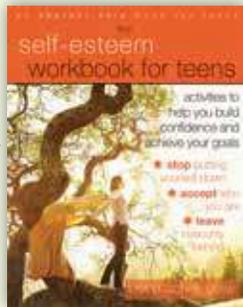
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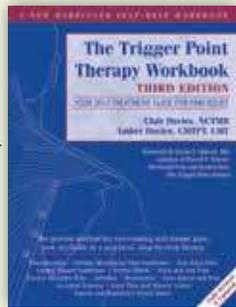
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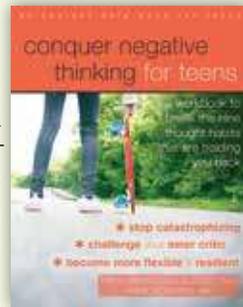
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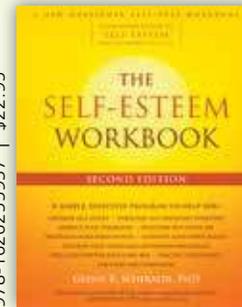
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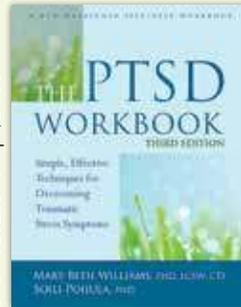
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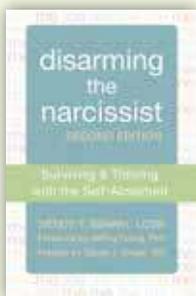
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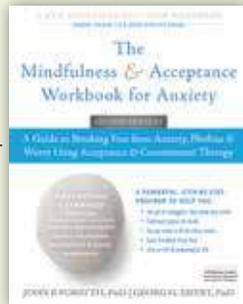
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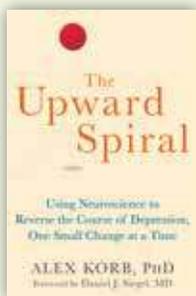
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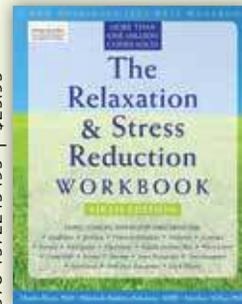
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978-1572249219 | \$25.95

Dear Friends—

In our politically charged and increasingly polarized world, many people need a little extra help managing stress and “keeping the peace” with friends, family, and coworkers. This season, New Harbinger is proud to offer several books to help readers defuse heated debates, foster a sense of community, relieve anxiety, and embrace lasting personal growth.

From the author of the popular guide, *The Art of Mingling*, we’re excited to present *Mingling with the Enemy*, an irreverent and very timely how-to for navigating conversational minefields in any social setting—without getting “blown up.” With this much-needed book, readers will learn how to be active listeners, gracefully change topics to avoid disaster, employ humor and storytelling to ease tension, and find common ground.

In the hustle and bustle of modern life, it’s easy to get stuck on autopilot and engage in mindless, unhealthy habits. That’s why we’re excited to publish *Habit Swap*—a take-anywhere guide based on the highly successful *The Here-and-Now Habit*. Using the practical tips in this book, readers will learn to make healthy lifestyle choices that nourish the mind, body, and soul.

For young people, transitioning to adulthood can be scary, stressful, and financially challenging. Following in the footsteps of the snarky self-help hit, *How to Be Miserable* by psychologist Randy J. Paterson, *How to Be Miserable in Your Twenties* is a witty and refreshingly honest road map to “adulthood.” Chock-full of fun and counterintuitive strategies, readers will learn how to tackle the common challenges of growing up—such as getting a job, living alone, and dating.

Finally, we’re pleased to offer a fully revised and updated seventh edition of *The Anxiety and Phobia Workbook*. Celebrating thirty years as a self-help classic and recommended by therapists worldwide, this workbook is an unparalleled, essential resource for people struggling with anxiety and phobias.

As always, we thank you for supporting New Harbinger’s mission to provide readers with real tools for real change.



Sincerely,

—Matthew McKay, PhD, Publisher

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new releases

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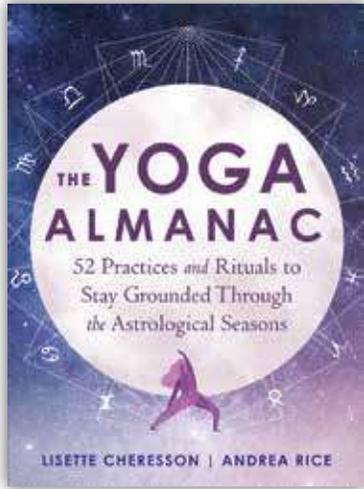
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#publisher=NH](https://www.edelweiss.plus/#publisher=NH)



■ Lisette Cheresson and Andrea Rice are renowned yogis with extensive experience. Cheresson is director of content at Wanderlust Festival, the largest yoga festival in the world.

978-1684034352 | US \$16.95
6 x 8 | 224 pp
trade paper | health
PUB DATE: **March 1, 2020**

The Yoga Almanac

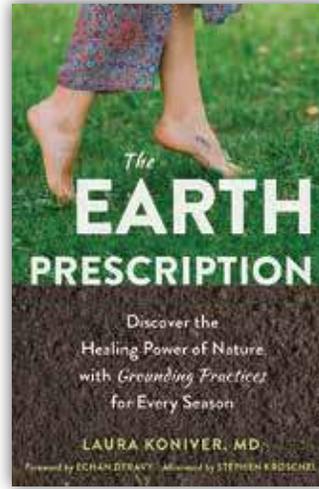
52 Practices and Rituals to Stay Grounded Through the Astrological Seasons

Lisette Cheresson and Andrea Rice

In the hustle and bustle of our hectic and busy lives, many of us forget to pause and take a much-needed moment for ourselves. *The Yoga Almanac* is a powerful guide to bringing the sacred into everyday life, with fifty-two seasonally themed yoga practices to help readers slow down; restore balance; and nourish mind, body, and spirit. Sequenced by the astrological calendar, this practical guide will help readers reintegrate with recurring cosmic rhythms and connect with the deepest parts of themselves.

Lisette Cheresson is a writer, and currently director of content at Wanderlust Festival. She is an award-winning journalist whose articles, essays, and videos have appeared in *Wanderlust Journal*, *Matador Network*, *The Huffington Post*, and more. Cheresson resides in Beacon, NY. Andrea Rice is a writer and yoga teacher. Her articles and essays have appeared in *The New York Times*, *Yoga Journal*, *Wanderlust Journal*, *MindBodyGreen*, *SONIMA*, and *INDY Week*, where she is also an editor.

PUBLICITY & PROMOTION • Advertising in *Spirituality & Health*, *Light of Consciousness*, *Mantra Wellness Magazine*, and in the annual conference guides for Science and Nonduality, the Institute of Noetic Sciences, and the International Association of Yoga Therapists • Campaign to spirituality media targets, key influencers, podcasts and radio stations, and online media outlets • Feature in New Harbinger consumer and spirituality catalog • **WORLD RIGHTS**



■ Laura Koniver has a well-established platform in the grounding community, with a weekly newsletter list of close to 20,000 people, more than 75,000 monthly website views, and a popular YouTube channel.

978-1684034895 | US \$16.95
6 x 9 | 200 pp
trade paper | health
PUB DATE: **May 1, 2020**

The Earth Prescription

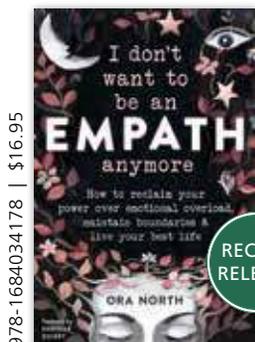
Discover the Healing Power of Nature with Grounding Practices for Every Season

Laura Koniver, MD

So many of us spend the majority of our days indoors, trapped in our own heads, addicted to our screens and online connections, and feeling more and more disconnected to our own bodies—and the planet—than ever before. Grounding, or directly touching the earth, is a way of intentionally connecting with nature to heal and energize one's whole being. From one of the world's leading experts on this radically effective and healing modality, comes *The Earth Prescription*—a fun, hands-on guide to help readers deepen their innate bond with nature and feel more centered, focused, creative, and vibrantly alive.

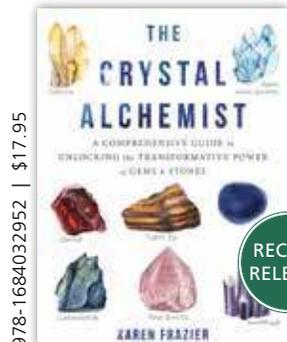
Laura Koniver, MD, received her medical doctorate degree from Jefferson Medical College in 2000 at the age of twenty-six, and has been passionately supporting her patients' natural healing ever since. She is an artist, author, holistic physician, and internationally recognized grounding advocate. Koniver resides in Charlotte, NC.

PUBLICITY & PROMOTION • Advertising in *Spirituality & Health*, *Light of Consciousness*, *Mantra Wellness Magazine*, and in the annual conference guides for Science and Nonduality, and the Institute of Noetic Sciences • Campaign targeting health, personal growth, and mindfulness publications • Campaign targeting spirituality, personal growth, and alternative health publications and blogs • Feature in New Harbinger consumer and spirituality catalogs • **WORLD RIGHTS**



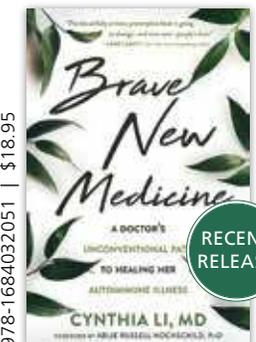
978-1684034178 | \$16.95

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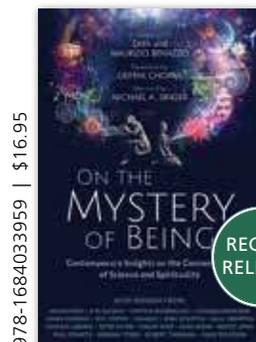
978-1684032952 | \$17.95

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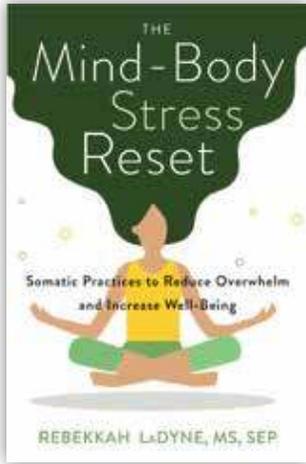
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978-1684033959 | \$16.95

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The Mind-Body Stress Reset

Somatic Practices to Reduce Overwhelm and Increase Well-Being

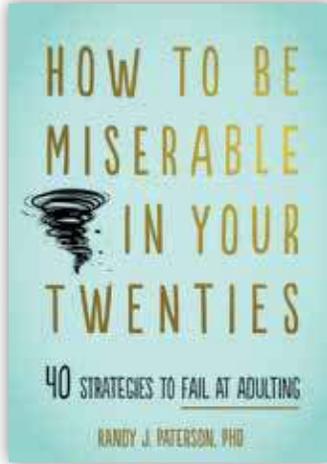
Rebekkah LaDyne, MS, SEP

- In a recent report by the American Psychological Association, 45 percent of adults surveyed said they experienced severe stress.

Stress—it’s not just in our heads! We feel it in our bodies too. Somatic or “body-based” skills are at the cutting edge of wellness and stress reduction. *The Mind-Body Stress Reset* offers readers groundbreaking do-it-yourself techniques designed to help “reset” the nervous system and beat stress. With this guide, readers will discover body-based self-regulation skills for soothing stress flare-ups in the body, reducing overwhelm, and living a more vital life.

Rebekkah LaDyne resides in the Greater San Francisco Bay Area.

978-1684034277 | US \$16.95
6 x 9 | 200 pp | trade paper | self-help
WORLD RIGHTS
PUB DATE: **March 1, 2020**



How to Be Miserable in Your Twenties

40 Strategies to Fail at Adulting

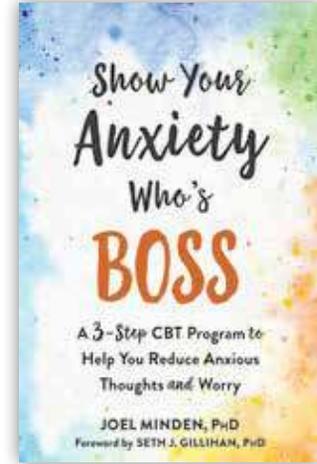
Randy J. Paterson, PhD

- 62 million people in the US are in their late teens to early thirties. This book addresses crucial issues that are common among this particular generation of young adults.

Following in the footsteps of his snarky self-help hit, *How to Be Miserable*, psychologist Randy J. Paterson uses his trademark wit and irony to help young adults tackle the most common roadblocks that stand in the way of successful “adulting.” Whether readers are living in their parents’ basement, struggling with adult relationships, or unsure of their career path, with this tongue-in-cheek guide, young people will learn to navigate everyday challenges and take control of their lives.

Randy J. Paterson resides in Vancouver, BC, Canada.

978-1684034710 | US \$16.95
5 x 7 | 248 pp | trade paper | self-help
WORLD RIGHTS
PUB DATE: **March 1, 2020**



Show Your Anxiety Who's Boss

A 3-Step CBT Program to Help You Reduce Anxious Thoughts and Worry

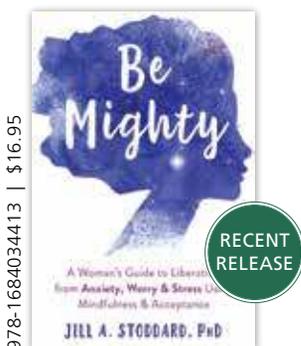
Joel Minden, PhD

- Grounded in proven-effective cognitive behavioral therapy (CBT), this book helps readers alleviate anxiety using a simple and direct three-step approach.

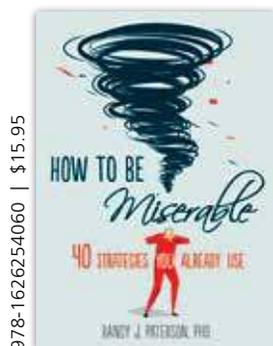
Anxiety can happen anytime, anywhere—that’s why readers need simple, in-the-moment skills to stay grounded when fear and worry take hold. In *Show Your Anxiety Who's Boss*, readers will find an easy-to-use three-step approach grounded in evidence-based cognitive behavioral therapy (CBT) to make peace with uncertainty, stop avoiding, and accept and redirect anxious thoughts—so they can gain control of their anxiety and start living a happier, more fulfilling life.

Joel Minden resides in Chico, CA.

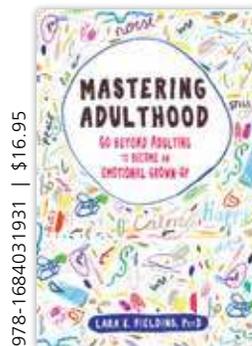
978-1684034055 | US \$16.95
6 x 9 | 192 pp | trade paper | self-help
WORLD RIGHTS
PUB DATE: **March 1, 2020**



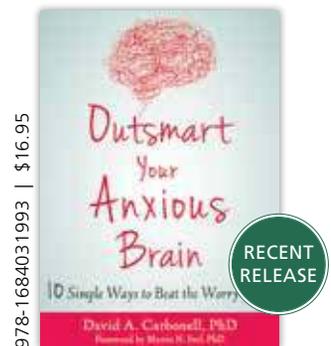
978-1684034413 | \$16.95



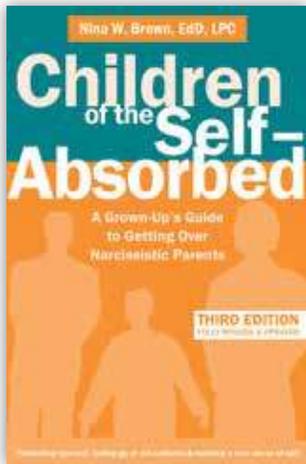
978-1626254060 | \$15.95



978-1684031931 | \$16.95



978-1684031993 | \$16.95



Children of the Self-Absorbed, Third Edition

A Grown-Up's Guide to Getting Over Narcissistic Parents

Nina W. Brown, EdD, LPC

- Now in its third edition, *Children of the Self-Absorbed* (ISBN: 978-1572245617) is a pioneering self-help classic, with more than 160,000 copies sold worldwide.

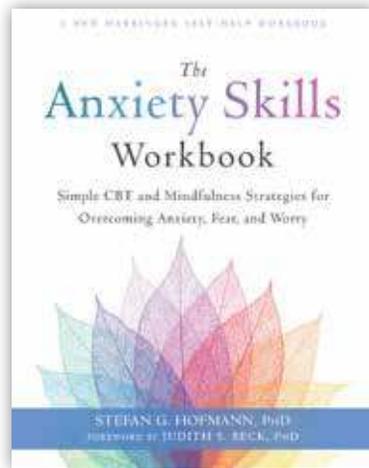
A fully revised and updated edition of a self-help classic, *Children of the Self-Absorbed* offers adult children of narcissistic parents practical tools to understand and cope with the behaviors and attitudes of their parent while still meeting their own needs. With this third edition, readers will learn to set boundaries, employ strategies for maintaining a less destructive relationship, and take steps toward emotional healing.

Nina W. Brown resides in Virginia Beach, VA.

978-1684034208 | US \$17.95

6 x 9 | 264 pp | trade paper
family & relationships
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PUB DATE: April 1, 2020



The Anxiety Skills Workbook

Simple CBT and Mindfulness Strategies for Overcoming Anxiety, Fear, and Worry

Stefan G. Hofmann, PhD

- This book offers a new approach developed at the Center for Anxiety and Related Disorders at Boston University to help readers manage anxiety.

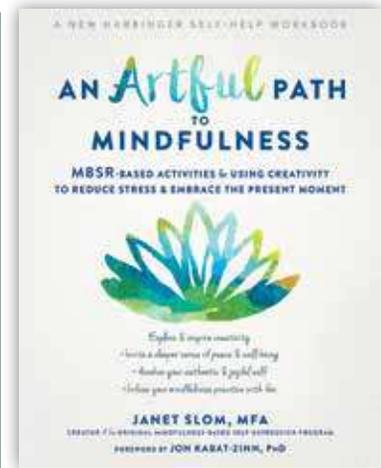
Anxiety is at epidemic levels in our society. In this workbook, psychologist and cognitive behavioral therapy (CBT) expert Stefan Hofmann offers readers a comprehensive approach to transforming anxiety using simple evidence-based strategies from CBT and mindfulness. With this easy-to-use guide, readers will learn to break free from anxiety, worry, and fear, and start focusing on living the life they want.

Stefan G. Hofmann resides in Boston, MA.

978-1684034529 | US \$24.95

8 x 10 | 216 pp | trade paper | self-help
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PUB DATE: April 1, 2020



An Artful Path to Mindfulness

MBSR-Based Activities for Using Creativity to Reduce Stress and Embrace the Present Moment

Janet Slom, MFA

- The creativity self-help genre is flourishing. Strong sales for *Start Where You Are* (ISBN: 978-0399174827) demonstrate an ongoing interest in using creativity for positive change.

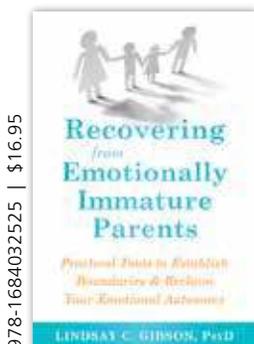
Tapping into creative self-expression empowers us to embrace our authentic selves and live the life we truly want. In this workbook—which includes a foreword by Jon Kabat-Zinn—readers will find a unique program drawing on mindfulness-based stress reduction (MBSR) to break free from the fear that stands in the way of living a meaningful life.

Janet Slom resides in Hollywood, FL.

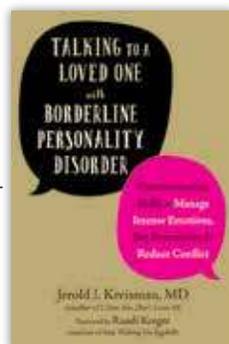
978-1684034932 | US \$24.95

8 x 10 | 208 pp | trade paper | self-help
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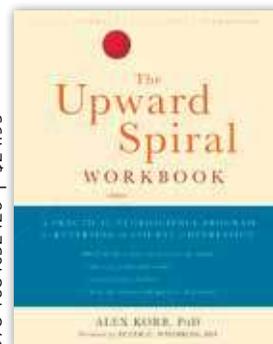
PUB DATE: April 1, 2020



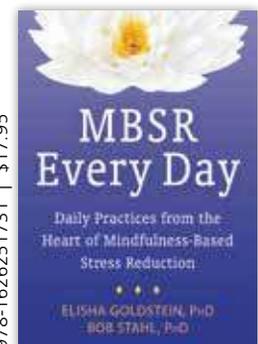
978-1684032525 | \$16.95



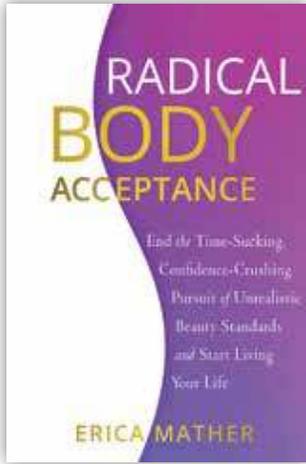
978-1684030460 | \$16.95



978-1684032426 | \$24.95



978-1626251731 | \$17.95



Radical Body Acceptance

End the Time-Sucking, Confidence-Crushing Pursuit of Unrealistic Beauty Standards and Start Living Your Life

Erica Mather

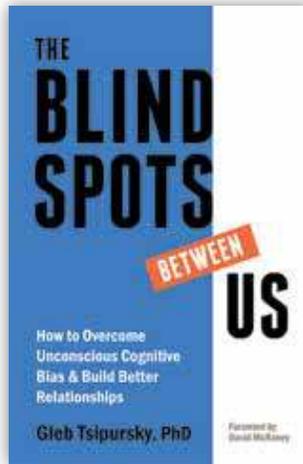
- Author Erica Mather is a well-known body image expert and yoga teacher, as well as founder of the Adore Your Body system for overcoming body image challenges.

For women who've learned to be their own worst enemies, this in-your-face guide offers powerful tools to break free from the cultural messages that feed negative body image. Using a unique blend of wisdom—from yoga to Buddhism and Taoism to shamanism and more—readers will discover that their body is capable, strong, and worthy of compassion and celebration, as well as the key to unleashing their most radiant selves.

Erica Mather resides in New York, NY.

978-1684033430 | US \$16.95
6 x 9 | 192 pp | trade paper | self-help
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PUB DATE: April 1, 2020



The Blindspots Between Us

How to Overcome Unconscious Cognitive Bias and Build Better Relationships

Gleb Tsipursky, PhD

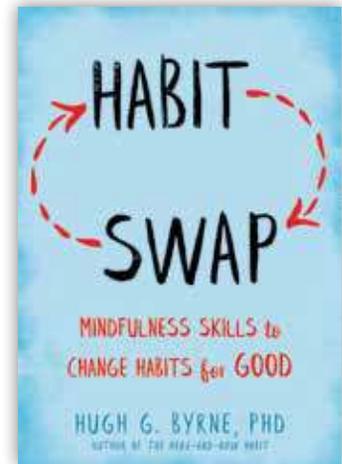
- Research shows that cognitive biases are devastating for our mental and physical health, our relationships, our finances, our jobs, and our society.

Grounded in evidence-based cognitive behavioral therapy (CBT), *The Blindspots Between Us* reveals the most common “hidden” biases that blind us to the truth, keep us from growing as people, and which lead to misunderstandings and damaged relationships. Using this guide, readers will learn to identify their own blindspots, challenge their own assumptions, and move beyond them for better relationships—and a better world.

Gleb Tsipursky resides in Columbus, OH.

978-1684035083 | US \$16.95
6 x 9 | 216 pp | trade paper | self-help
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PUB DATE: April 1, 2020



Habit Swap

Mindfulness Skills to Change Habits for Good

Hugh G. Byrne, PhD

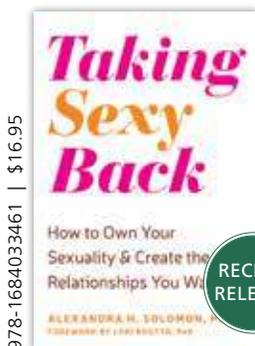
- From the author of the highly successful *The Here-and-Now Habit* comes a pocket-sized, take-anywhere guide for breaking bad habits.

Bad habits are hard to break, because many of us do them without thinking. But what if we could get off autopilot and start being more mindful of our choices? Now, from author Hugh G. Byrne, comes a powerful and practical guide with simple, everyday practices for replacing unhealthy habits with healthier ones. With this easy-to-use book, readers will learn to break free from the most common and challenging harmful behaviors—such as overeating, excessive drinking, procrastination, or compulsive texting—and discover the peace and freedom that come with living a more conscious life.

Hugh G. Byrne resides in Silver Spring, MD.

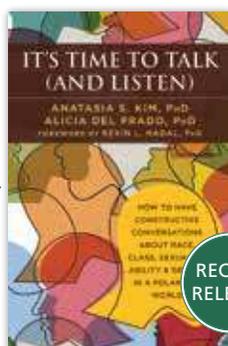
978-1684034086 | US \$16.95
5 x 7 | 216 pp | trade paper | self-help
WORLD RIGHTS

PUB DATE: April 1, 2020



978-1684033461 | \$16.95

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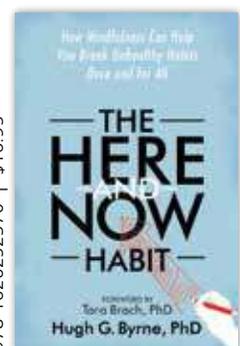


978-1684032679 | \$16.95

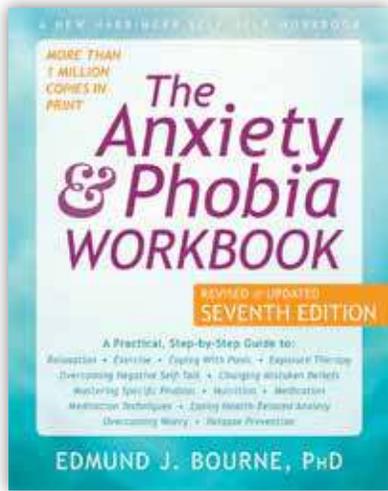
RECENT RELEASE



978-1626252301 | \$16.95



978-1626252370 | \$16.95



■ Recommended by thousands of therapists worldwide, *The Anxiety and Phobia Workbook* (ISBN: 978-1572248915) has sold more than 1 million copies. It remains the gold standard for treating anxiety.

978-1684034833 | US \$25.95
8 x 10 | 488 pp
trade paper | self-help
PUB DATE: **May 1, 2020**

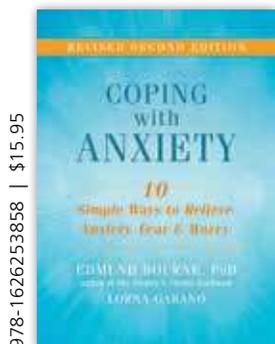
The Anxiety and Phobia Workbook, Seventh Edition

Edmund J. Bourne, PhD

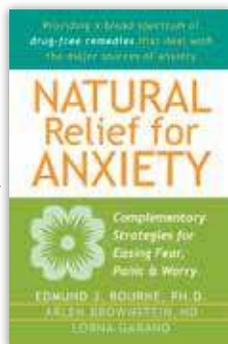
Celebrating thirty years as a classic in its field, *The Anxiety and Phobia Workbook* is an unparalleled, essential resource for people struggling with anxiety and phobias. This fully revised and updated seventh edition of the best-seller offers powerful, step-by-step treatment strategies for panic disorders, agoraphobia, generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), worry, and fear. Readers will also find new information on relapse prevention after successful treatment, and updates on medication, marijuana derivatives, exposure, nutrition, spirituality, the latest research in neurobiology, and more.

Edmund J. Bourne, PhD, has specialized in the treatment of anxiety, phobias, and other stress-related disorders for over two decades. His self-help books have helped more than a million people, and have been translated into numerous languages. Bourne resides in Novato, CA (Greater San Francisco Bay Area).

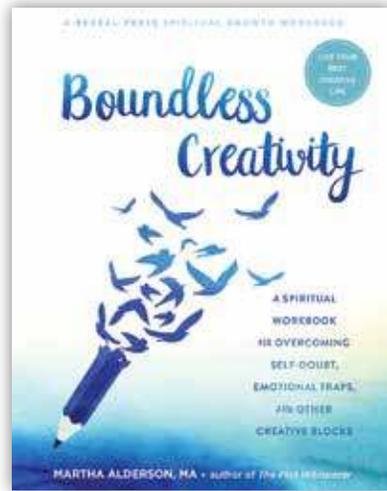
PUBLICITY & PROMOTION • Advertising in *the Behavior Therapist*, and in the annual conference guides of the Association for Behavioral and Cognitive Therapies, the Association for Contextual Behavioral Science, the Anxiety and Depression Association of America, the American Psychological Association, and the International OCD Foundation • Campaign to top core psych media targets • Campaign to podcasts and radio stations • Features in New Harbinger consumer and professional catalogs • **WORLD RIGHTS**



978-1626253858 | \$15.95



978-1572243729 | \$22.95



■ Martha Alderson is author of the popular guide, *The Plot Whisperer*, and has been helping bestselling writers and artists get “unstuck” from creative ruts for more than 30 years.

978-1684034994 | US \$24.95
8 x 10 | 216 pp
trade paper | spirituality
PUB DATE: **May 1, 2020**

Boundless Creativity

A Spiritual Workbook for Overcoming Self-Doubt, Emotional Traps, and Other Creative Blocks

Martha Alderson, MA

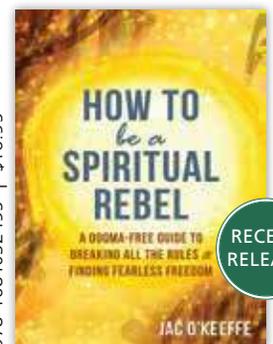
Creativity engages our imagination and opens us up to thinking differently. It frees us from the constraints of everyday life, allowing us to access a part of ourselves that is not ruled by time, pressures, or conditions. From the author of *The Plot Whisperer*, this transformational artists' guide helps readers identify their creative blocks and examine how their emotional states can affect creativity. With this book, readers will learn to get unstuck from uninspiring ruts, realize their true spiritual and artistic ambitions, and live their best, most creative lives.

Martha Alderson, MA, has been exploring and writing about plot and creativity for more than thirty years, and helping writers explore plot and structure, character transformation and change, and pin down universal elements and dynamics in stories and life for nearly a decade. Author of *The Plot Whisperer*, along with several other books of fiction and nonfiction, Alderson works with best-selling authors, New York editors, Hollywood directors, artists, and performers from all over the world. Alderson resides in Santa Cruz, CA.

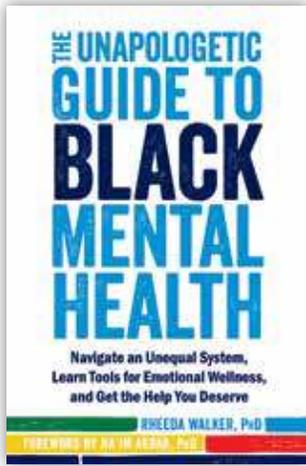
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978-1684032389 | \$19.95



978-1684032495 | \$16.95



The Unapologetic Guide to Black Mental Health

Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve

Rheeda Walker, PhD

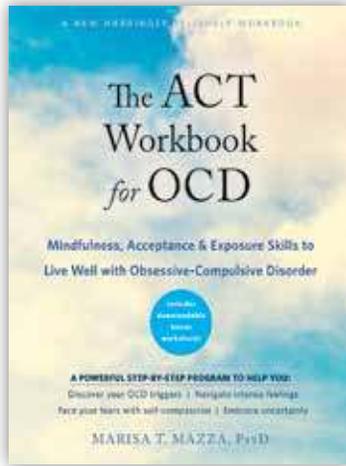
- This book tackles the urgent problem of inequality in mental health care and offers real tools to navigate an unequal system.

There is an unaddressed Black mental health crisis in our world today. Black people die at disproportionately high rates due to chronic illness, suffer from poverty, under-education, and the effects of racism. In this important guide, psychologist Rheeda Walker offers a comprehensive approach to help African Americans combat stigma, increase awareness around mental illness, practice emotional wellness, and get the best care possible in an unequal system

Rheeda Walker resides in Houston, TX.

978-1684034147 | US \$16.95
6 x 9 | 232 pp | trade paper | self-help
WORLD RIGHTS

PUB DATE: **May 1, 2020**



The ACT Workbook for OCD

Mindfulness, Acceptance, and Exposure Skills to Live Well with Obsessive-Compulsive Disorder

Marisa T. Mazza, PsyD

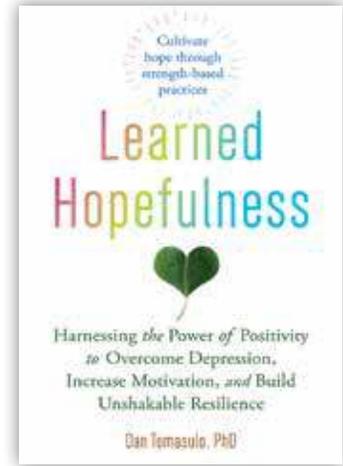
- Exposure therapy is the most effective treatment for OCD, but many suffers struggle to commit to therapy. This book offers a gentle introduction to exposures.

This workbook combines evidence-based acceptance and commitment therapy (ACT) with exposure and response prevention (ERP) for the most up-to-date, effective treatment for obsessive-compulsive disorder (OCD). Readers who struggle with OCD will learn to navigate triggering incidents and commit to behaviors that will ultimately allow them to lead full, rewarding lives.

Marisa T. Mazza resides in San Francisco, CA.

978-1684032891 | US \$24.95
8 x 10 | 232 pp | trade paper | self-help
WORLD RIGHTS

PUB DATE: **June 1, 2020**



Learned Hopefulness

Harnessing the Power of Positivity to Overcome Depression, Increase Motivation, and Build Unshakable Resilience

Dan Tomasulo, PhD

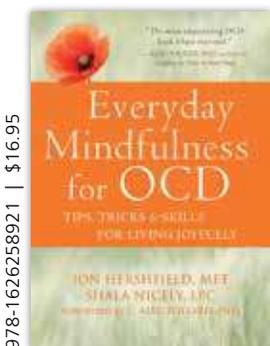
- 14.8 million Americans suffer from depression. Cultivating hope can be a powerful antidote.

People who suffer from low mood or depression often lose hope—in themselves and the world—and, as a result, they spiral deeper and deeper into major depression. In *Learned Hopefulness*, psychologist Dan Tomasulo offers powerful strengths-based practices grounded in positive psychology to help readers break the cycle of depression, improve resiliency and motivation, and move past feelings of hopelessness. With this life-affirming guide, readers will find the tools needed to live a life of happiness and vitality.

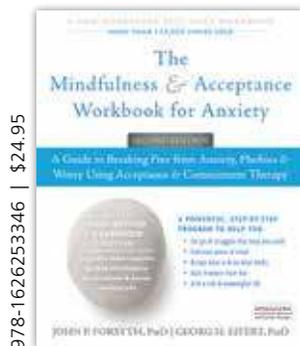
Dan Tomasulo resides in Asbury Park, NJ.

978-1684034680 | US \$16.95
6 x 9 | 200 pp | trade paper | self-help
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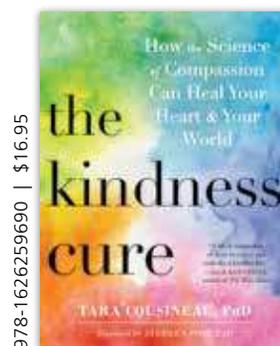
PUB DATE: **June 1, 2020**



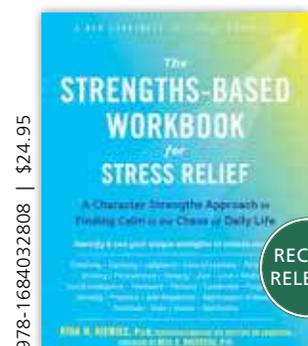
978-1626258921 | \$16.95



978-1626253346 | \$24.95

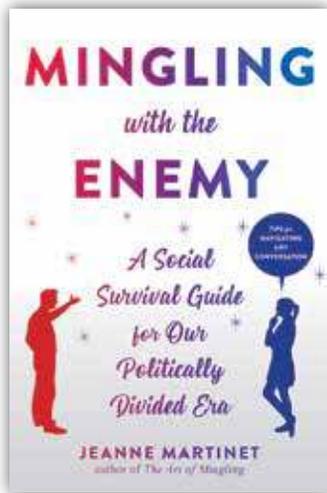


978-1626259690 | \$16.95



978-1684032808 | \$24.95

RECENT RELEASE



■ Our society is more divided than ever on issues relating to politics, religion, and even parenting. In a recent PBS poll, 47 percent of people experience stress when confronted with differing opinions.

978-1684035212 | US \$16.95
6 x 9 | 216 pp
trade paper | self-help
PUB DATE: **June 1, 2020**

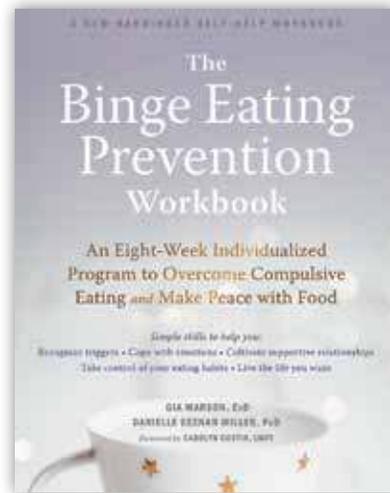
Mingling with the Enemy

A Social Survival Guide for Our Politically Divided Era
Jeanne Martinet

We are living in a new social era: The Powder Keg Era. These days almost every subject leads straight to politics, and then the conversation goes straight to hell. In a nation that is completely polarized, with most of us continually pummeled by social media and the 24/7 news cycle, our social lives are taking a hit. We desperately need help navigating conversational minefields such as politics and religion—without getting blown up. *Mingling with the Enemy* is a vital guide for “surviving” contentious arguments, promoting civil discourse, and finding common ground in any social setting—from cocktail parties to PTA meetings. With this go-to guide, readers will learn how to successfully intermingle, listen, and diffuse heated arguments or disagreements while remaining respectful.

Jeanne Martinet is author of eight books, including *The Art of Mingling*, which has sold more than 150,000 copies in the US. She has been featured in *The New York Times*, *Salon*, *The Boston Globe*, *The Chicago Tribune*, *The Washington Post*, and more. Martinet resides in New York, NY.

PUBLICITY & PROMOTION • Advertising in the annual conference guides of the American Association of Marriage and Family Therapy, and the National Association of Social Workers • Author video, website, email, and social media promotion • Online advertising on Greater Good Science Center and Shelf Awareness • Feature in New Harbinger consumer catalog • **WORLD RIGHTS**



■ Six and a half million Americans have binge-eating disorder, and even greater numbers suffer from subclinical forms of overeating, bingeing, or emotional eating.

978-1684033614 | US \$24.95
8 x 10 | 232 pp
trade paper | self-help
PUB DATE: **July 1, 2020**

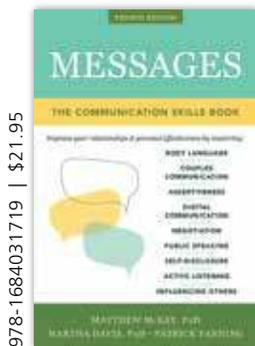
The Binge Eating Prevention Workbook

An Eight-Week Individualized Program to Overcome Compulsive Eating and Make Peace with Food
Gia Marson, EdD, and Danielle Keenan-Miller, PhD

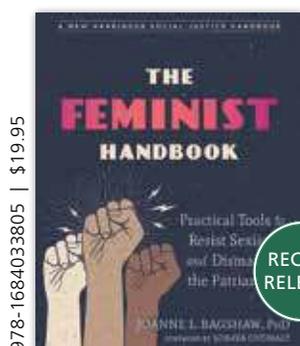
Every person who suffers from binge-eating disorder is unique—and what may help one person overcome compulsive eating may not work for another. That’s why *The Binge Eating Prevention Workbook* offers a wide range of evidence-based tools to help readers of all ages and backgrounds take control of their eating habits. Using the eight-week protocol in this book, readers will learn how to recognize their triggers, cope with difficult emotions, improve relationships, and stay healthy.

Gia Marson, EdD, is a licensed psychologist with private practices in Santa Monica and Calabasas, CA. Marson is the psychologist consultant to the University of California, Los Angeles (UCLA) Adolescent and Young Adult Medicine’s Nourish for Life Eating Disorders Program. Marson resides in Calabasas, CA (Greater Los Angeles Area). Danielle Keenan-Miller, PhD, is a psychological scientist, teacher, and therapist. She is director of the UCLA Psychology Clinic, and associate adjunct professor of psychology at UCLA.

PUBLICITY & PROMOTION • Advertising in *the Behavior Therapist* and in the annual conference guides for the International Association of Eating Disorder Professionals, the International Conference on Eating Disorders, and the Association for Behavioral and Cognitive Therapies • Campaign to mental health professionals • Features in New Harbinger consumer and professional catalogs • **WORLD RIGHTS**



978-1684031719 | \$21.95



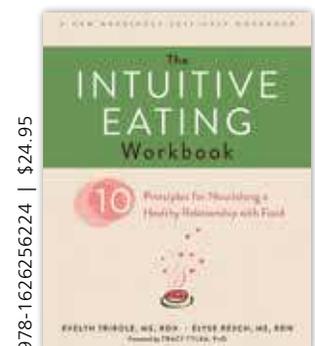
978-1684033805 | \$19.95

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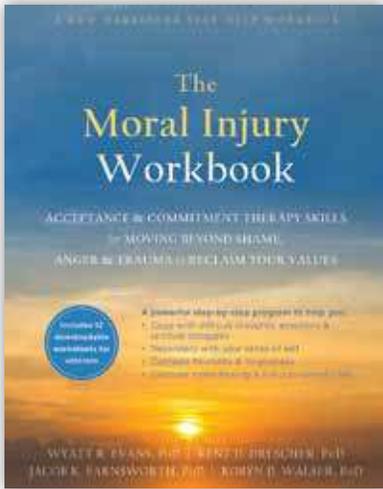


978-1684032839 | \$16.95

RECENT RELEASE



978-1626256224 | \$24.95



■ Those suffering from moral injury include people who have witnessed or engaged in an act that profoundly violates their deepest values.

978-1684034772 | US \$24.95
8 x 10 | 224 pp
trade paper | self-help
WORLD RIGHTS
PUB DATE: July 1, 2020

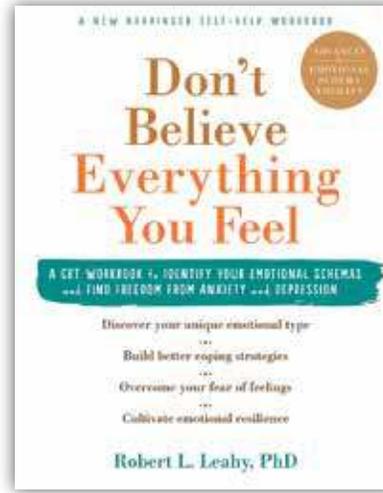
The Moral Injury Workbook

Acceptance and Commitment Therapy Skills for Moving Beyond Shame, Anger, and Trauma to Reclaim Your Values

Wyatt R. Evans, PhD, Kent D. Drescher, PhD,
Jacob K. Farnsworth, PhD, and Robyn D. Walser, PhD

Moral injury refers to the enduring psychological, spiritual, and social impact of perpetrating, failing to prevent, or witnessing acts that transgress deeply held moral values. This workbook offers an evidence-based approach grounded in acceptance and commitment therapy (ACT) to help readers manage the trauma, anger, and depression associated with moral injury. With this guide, readers—including military veterans, police officers, paramedics, medical professionals, those who have injured others in car crashes, and more—will learn powerful mindfulness skills for moving beyond moral pain to embrace a values-based life. In order to begin healing, readers need to reconnect with their values and what really matters to them as a human being. Written by a renowned team of PTSD and trauma professionals, this workbook can help.

Wyatt R. Evans, PhD, is a fellow with UT Health San Antonio, and clinical research therapist for STRONG STAR and the Consortium to Alleviate PTSD. Evans resides in Houston, TX. Kent D. Drescher, PhD, is a retired clinical psychologist who provided clinical services, education, and research as a staff member with the National Center for PTSD for more than twenty-seven years. Jacob K. Farnsworth, PhD, is a licensed clinical psychologist with the Veteran Affairs Eastern Colorado Health Care System. Robyn D. Walser, PhD, is director of TL Consultation Services, codirector of the Bay Area Trauma Recovery Center, staff at the National Center for PTSD, and associate clinical professor at the University of California, Berkeley.



■ Robert Leahy is a renowned cognitive behavioral therapy (CBT) expert, and author of the bestseller, *The Worry Cure* (ISBN: 978-1400097654).

978-1684034802 | US \$21.95
8 x 10 | 200 pp
trade paper | self-help
PUB DATE: July 1, 2020

Don't Believe Everything You Feel

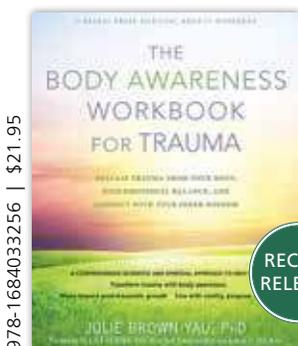
A CBT Workbook to Identify Your Emotional Schemas and Find Freedom from Anxiety and Depression

Robert L. Leahy, PhD

This book will help readers find lasting freedom from difficult emotions with skills grounded in cognitive behavioral therapy (CBT) and emotional schema therapy. Many people struggle with difficult emotions, whether as a result of depression, anxiety, or simply dealing with the common struggles of daily life. Based on the groundbreaking theory of emotional schema, this workbook helps readers explore their own deeply held personal beliefs about emotions, determine if these beliefs are helpful or harmful, and find the motivation to adopt alternative coping strategies. With this guide, readers will learn to increase their capacity to feel the full range of life's emotions at the center of a meaningful life.

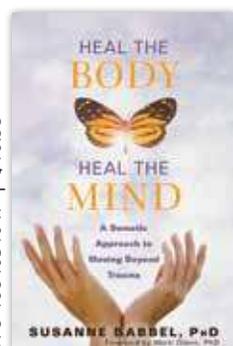
Robert L. Leahy, PhD, is author or editor of twenty-seven books, including *The Worry Cure*. He has led or been heavily involved with many national and international cognitive behavioral therapy (CBT) organizations. He writes a regular blog for *Psychology Today*, and has written for *The Huffington Post*. Leahy resides in New York, NY.

PUBLICITY & PROMOTION • Advertising in *the Behavior Therapist* and in the annual conference guides of the Association for Behavioral and Cognitive Therapies, the Anxiety and Depression Association of America, and the American Psychological Association • Campaign to psychology and mental health publications and communities • Features in New Harbinger consumer and professional catalogs • **WORLD RIGHTS**

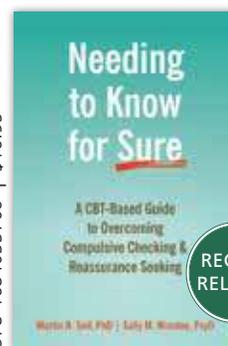


978-1684033256 | \$21.95

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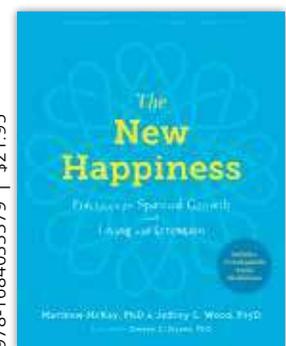


978-1684031047 | \$16.95



978-1684033706 | \$16.95

RECENT RELEASE



978-1684033379 | \$21.95



The Stress Reduction Card Deck for Teens

52 Essential Mindfulness Skills

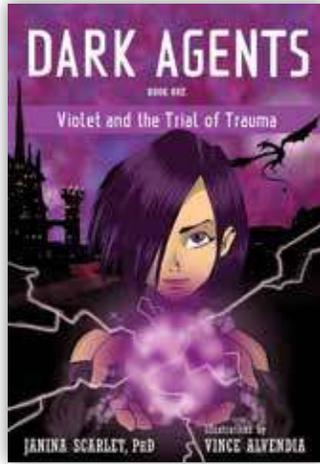
Gina M. Biegel, MA, LMFT

- Based on the successful *The Stress Reduction Workbook for Teens*, this card deck offers the same mindfulness-based stress reduction (MBSR) approach for soothing stress in a fun and portable format.

Between school, friends, dating, and planning for the future, it's easy for teens to feel stressed out. Fortunately, if teens learn a few strategies for getting stress under control now, they'll build the skills they need to deal with problems and difficult feelings in the future. Using these stress-busting cards, teen readers can find lasting relief from stress—anytime, anywhere.

Gina M. Biegel resides in Campbell, CA (Greater San Francisco Bay Area).

978-1684034925 | US \$16.95
3.5 x 5 | 52 cards | card deck
teen self-help | WORLD RIGHTS
PUB DATE: **March 1, 2020**



Dark Agents, Book One

Violet and the Trial of Trauma

Janina Scarlet, PhD

- Dark Agents* presents the skills of acceptance and commitment therapy (ACT) in a narrative and graphic way.

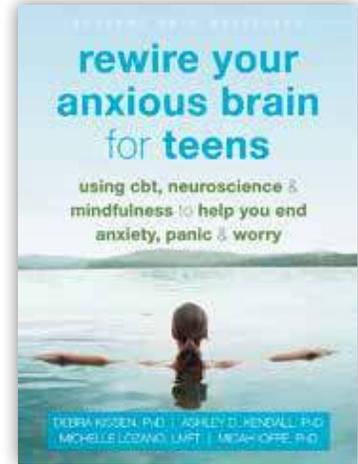
This spellbinding graphic novel follows the adventures of Violet—a young witch whose parents were murdered when she was a child. As she wages war against necromancers and demons, Violet learns to overcome her internal monsters as well. *Dark Agents* seamlessly weaves together evidence-based ACT skills into a comic book format to help teach teens and young adults about mindfulness, acceptance, and self-compassion.

Janina Scarlet resides in San Diego, CA.

FULLY ILLUSTRATED INTERIOR



978-1684031740 | US \$19.95
7 x 10 | 120 pp | trade paper
young adult nonfiction | WORLD RIGHTS
PUB DATE: **March 1, 2020**



Rewire Your Anxious Brain for Teens

Using CBT, Neuroscience, and Mindfulness to Help You End Anxiety, Panic, and Worry

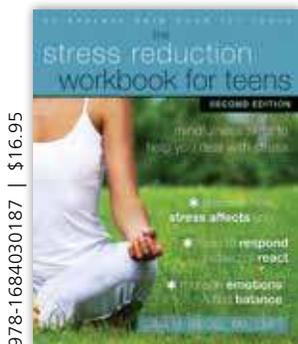
Debra Kissen, PhD, Ashley Kendall, PhD, Michelle Lozano, LMFT, and Micah Ioffe, PhD

- 6.3 million teens are affected by anxiety disorders (National Institute of Mental Health, 2017).

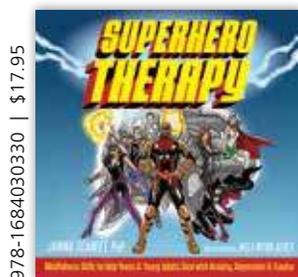
Anxiety is a huge problem among today's teens—that's why teens need tangible tips and tools they can use every day to manage fears, stress, and worry. In *Rewire Your Anxious Brain for Teens*, four anxiety specialists offer practical and essential skills grounded in cognitive behavioral therapy (CBT), neuroscience, and mindfulness to help teen readers "rewire" their anxious brain and get back to living their best lives.

Debra Kissen resides in Chicago, IL.

978-1684033768 | US \$16.95
6 x 8 | 192 pp | trade paper
teen self-help | WORLD RIGHTS
PUB DATE: **April 1, 2020**



978-1684030187 | \$16.95



978-1684030330 | \$17.95



978-1572246034 | \$17.95

BEST SELLER



978-1572248830 | \$18.95

BEST SELLER



Stuff That's Loud

A Teen's Guide to Unspiraling When OCD Gets Noisy

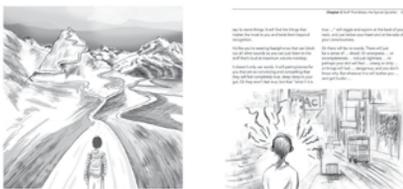
Ben Sedley, PhD, and Lisa Coyne, PhD

- From the authors of *Stuff That Sucks* (ISBN: 978-1626258655) comes a guide to breaking free from “noisy” OCD symptoms.

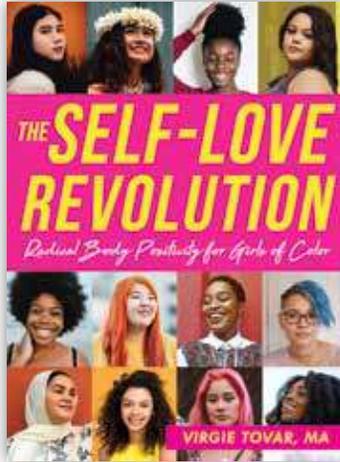
For teens with obsessive-compulsive disorder (OCD), it's easy to get caught up in a spiral of loud thoughts. From the authors of the highly successful teen self-help guide *Stuff That Sucks*, comes *Stuff That's Loud*—a fun and unique book filled with engaging illustrations to help teens break free from the intrusive thoughts and behaviors that accompany OCD.

Ben Sedley resides in Wellington, New Zealand.

FULLY ILLUSTRATED INTERIOR



978-1684035366 | US \$16.95
7 x 7 | 120 pp | trade paper
teen self-help | WORLD RIGHTS
PUB DATE: **May 1, 2020**



The Self-Love Revolution

Radical Body Positivity for Girls of Color

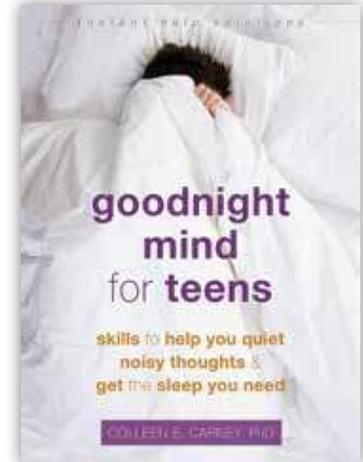
Virgie Tovar, MA

- This book upends white-focused beauty standards, and reveals how negative body image manifests in communities of color.

Every day teens see movies, magazines, and social media that make them feel self-conscious about their looks. And while many teens struggle with negative body image, teen girls of color are at heightened risk due to the compounded realities of racism, sexism, and fatphobia. In *The Self-Love Revolution*, leading body image expert and fat activist Virgie Tovar offers a radical guide to help teen girls of color cultivate unapologetic body positivity. With this groundbreaking and fun-to-read book, readers will learn to ditch harmful, outdated, and white-centric beauty standards while building real, lasting confidence and body love.

Virgie Tovar resides in San Francisco, CA.

978-1684034116 | US \$16.95
6 x 8 | 176 pp | trade paper
teen self-help | WORLD RIGHTS
PUB DATE: **May 1, 2020**



Goodnight Mind for Teens

Skills to Help You Quiet Noisy Thoughts and Get the Sleep You Need

Colleen E. Carney, PhD

- This book addresses the unique sleep problems teens face, and helps them regulate their internal clock.

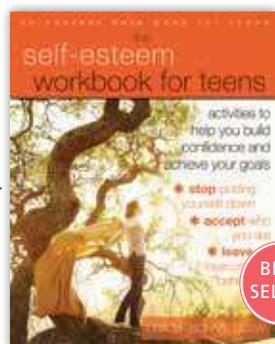
Millions of teens struggle with sleep, and feel exhausted as a result. *Goodnight Mind for Teens* will help teens cope with the anxious and overstimulating thoughts and ruminations that can lead to insomnia, identify and work with their own circadian rhythm, and set up a new sleep schedule so they can improve their alertness, feel more energetic and be in a better mood throughout the day. Teens will also learn to balance screen time and phone use, so they can get their Zzzs and be their best!

Colleen E. Carney resides in Toronto, ONT, Canada.

978-1684034383 | US \$16.95
6 x 8 | 200 pp | trade paper
teen self-help | WORLD RIGHTS
PUB DATE: **June 1, 2020**



978-1626258655 | \$14.95



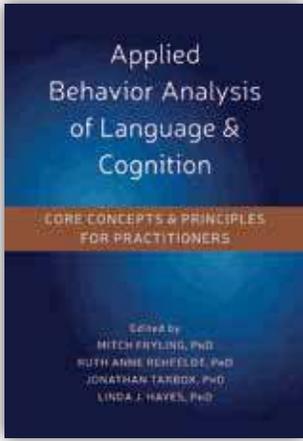
978-1608825820 | \$17.95



978-1684032143 | \$16.95



978-1684034239 | \$16.95



978-1684031375 | US \$54.95
7 x 10 | 360 pp | trade paper
psychology | WORLD RIGHTS
PUB DATE: **March 1, 2020**

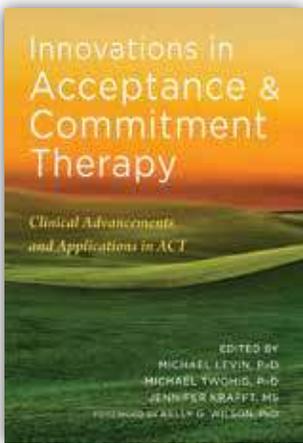
Applied Behavior Analysis of Language and Cognition

Core Concepts and Principles for Practitioners

Edited by Mitch Fryling, PhD, Ruth Anne Rehfeldt, PhD, Jonathan Tarbox, PhD, and Linda J. Hayes, PhD

This book offers students and clinicians in the field of applied behavior analysis the theoretical foundation they need to effectively serve the increasingly diverse clients seeking their services.

Mitch Fryling resides in Los Angeles, CA.



978-1684033102 | US \$69.95
7 x 10 | 304 pp | trade paper
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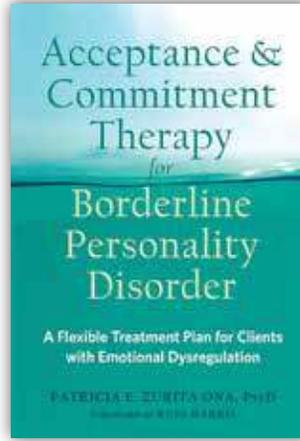
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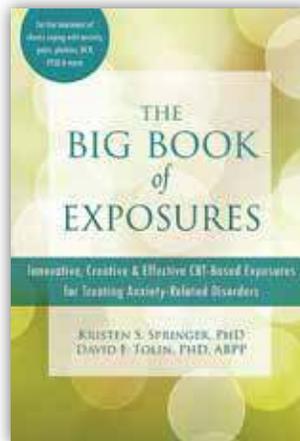
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Patricia E. Zurita Ona, PsyD

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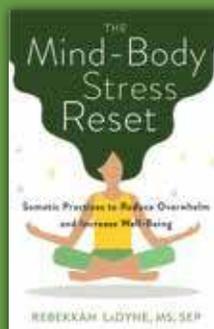
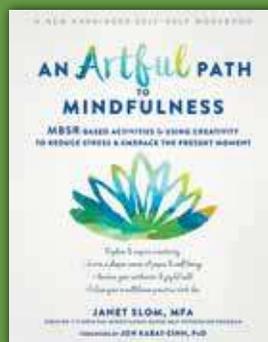
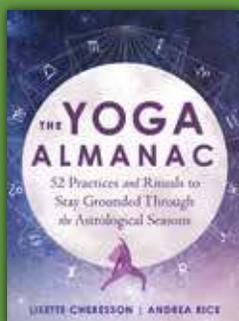
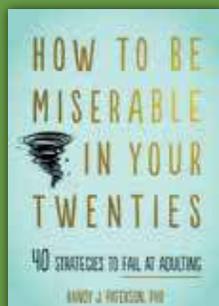
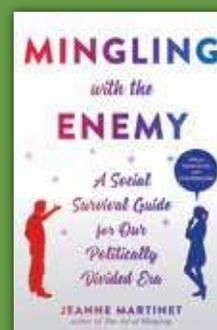
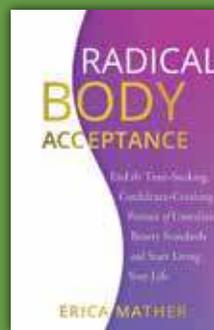
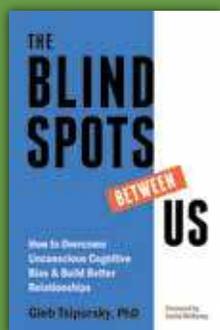
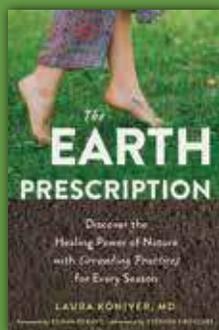
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