



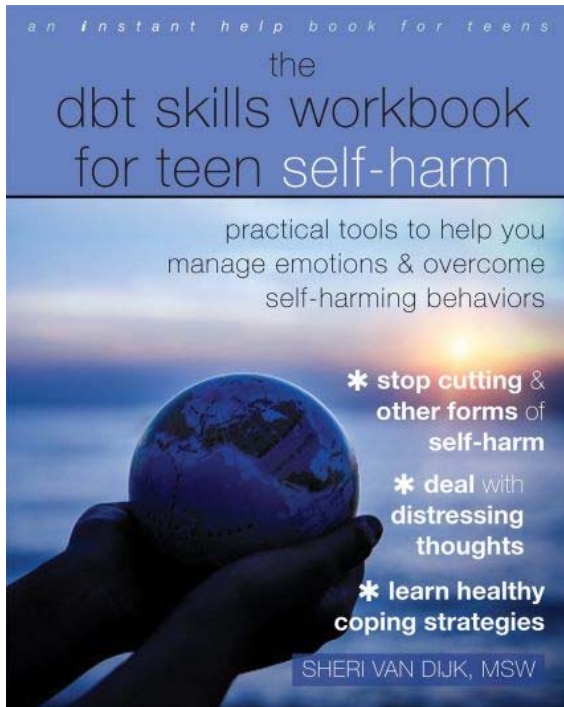
Raincoast Books

EARLY SPRING 2021

NEW HARBINGER

This edition of the catalogue was printed on August 21, 2020.

To view updates, please see the Early Spring 2021 Raincoast eCatalogue or visit www.raincoast.com



newharbingerpublications



The DBT Skills Workbook for Teen Self-Harm

Practical Tools to Help You Manage Emotions and Overcome Self-Harming Behaviors

by Sheri Van Dijk, MSW

Put an end to self-harming behaviors-once and for all.

Do you cut or self-harm? Do you feel like it gives you a sense of control in a world where we so often feel helpless and powerless? Do you do it to distract from emotional pain, or just feel *something* other than total numbness?

There's a long list of reasons why you may self-harm. But regardless of the reason or the method, the truth is that self-harm is a destructive-and potentially deadly-way to deal with emotional pain. Fortunately, there are better and safer ways to manage your emotions.

In *The DBT Skills Workbook for Teen Self-Harm*, dialectical behavior therapy (DBT) expert Sheri Van Dijk offers powerful skills to help you manage your emotions, so you won't have to rely on self-destructive behaviors. Whether you're actively engaging in self-harm by injuring your body, or participating in other self-harming behaviors such as substance abuse or disordered eating, this workbook will help you create your own action plan for change.

This workbook will guide you through four essential DBT skills:

- **Mindfulness** shows you how to experience emotion without having to act on it
- **Distress tolerance** teaches you how to deal with the urge to self-harm
- **Emotional regulation** allows you to understand and control painful feelings
- **Interpersonal effectiveness** helps you build self-respect and minimize feelings of worthlessness and hopelessness

Life can be painful, but you don't need to face this pain all on your own. With support, and the skills outlined in this workbook, you'll gain the tools (...)

Author Bio

Sheri Van Dijk, MSW, is a mental health therapist and renowned dialectical behavior therapy (DBT) expert. She is author of seven books, including *Calming the Emotional Storm*, *Don't Let Your Emotions Run Your Life for Teens*, and *Relationship Skills 101 for Teens*. Her books focus on using DBT skills to help people manage their emotions and cultivate lasting well-being. She is also the recipient of the R.O. Jones Award from the Canadian Psychiatric Association.



New Harbinger Publications

On Sale: Mar 1/21

8 x 10 • 176 pages

9781684035458 • \$24.95 • pb

YA NonFic / Social Topics / Self-Mutilation • Ages 13-19 years

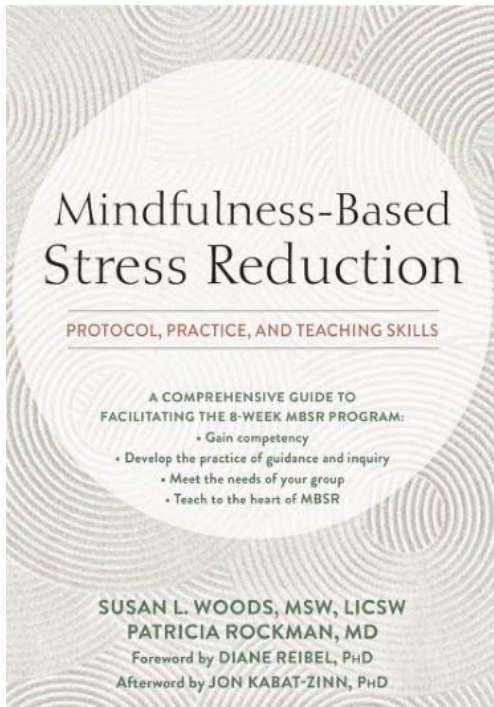
Notes

Promotion



Raincoast Books

Sales Rep



newharbingerpublications



Mindfulness-Based Stress Reduction

Protocol, Practice, and Teaching Skills

by Susan L. Woods, MSW, LICSW and Patricia Rockman, MD,
foreword by Diane Reibel, PhD

Learn the comprehensive skills and practices necessary to deliver the MBSR program confidently!

Developed by Jon Kabat-Zinn and first introduced in a hospital setting, mindfulness-based stress reduction (MBSR) is an evidence-based modality that has been shown to help alleviate a wide range of physical and mental health issues—such as anxiety, depression, trauma, chronic pain, stress, and more. This comprehensive learning manual for professionals provides everything you need to practice and teach MBSR.

Mindfulness-Based Stress Reduction is a timely book that focuses on structure and flexibility when delivering this seminal program. Whether you work in health care, the mental health field, social work, or education, this manual offers clear direction and a sound framework for practicing MBSR in any setting. You'll gain an understanding of the underlying principles of mindfulness, learn to establish your own personal practice, and discover how you can embody that practice. You'll also find tips to help you guide meditations, engage in inquiry, and to convey the content of the program to others.

If you're looking for a clear protocol and curriculum for delivering MBSR, this book has everything you need to get started today.

New Harbinger Publications

On Sale: Mar 1/21

7 x 10 • 264 pages

9781684035601 • \$87.95 • pb

Psychology / Psychotherapy / General

Notes

Promotion

Author Bio

Susan Woods, MSW, LICSW, is a clinical social worker and was in clinical practice for many years. She is a senior mindfulness-based stress reduction and mindfulness-based cognitive therapy (MBSR/MBCT) consultant, mentor, trainer, and supervisor, and a professional advisor on various MBCT clinical trials. Susan developed the MBSR and MBCT professional certification programs for the Mindfulness-Based Professional Training Institute at the University of California, San Diego, where she was principal curriculum consultant and senior guiding teacher. Susan has been teaching MBSR and MBCT for many years. She is a certified MBSR teacher through the Center of Mindfulness and the University of Massachusetts Medical School, where she was a teacher. Since 2005, Susan has been leading professional training programs in MBSR and MBCT, and has taught at venues worldwide. She has presented on the clinical application of mindfulness at numerous conferences, and is a published author on the training of health professionals in mindfulness-based skills. Susan is a graduate of the two-year Community Dharma Leaders Program at Spirit Rock Meditation Center in Woodacre, CA. She is a certified yoga teacher.



9 781684 035601



Raincoast Books

Sales Rep



Stop Avoiding and Start Living

A Workbook to Break the Cycle of Avoidance and Isolation and Reclaim Your Life from Anxiety, Depression, or PTSD

by Daniel F. Gros, PhD

Stop avoiding and start living!

Do you cope with anxiety by avoiding people, places, and situations that make you feel anxious? Do you deal with depression by isolating yourself from the people and activities that used to bring you joy? Do you avoid talking or thinking about the events that caused your post-traumatic stress disorder (PTSD)? If so, you're not alone. Changing behavior in an attempt to avoid thinking or confronting things that are uncomfortable is a common symptom of anxiety, depression, PTSD, and related conditions.

With this guide, you'll develop skills based in transdiagnostic behavior therapy (TBT), an evidence-based protocol designed to help you identify and overcome the avoidance and isolation issues associated with depression, anxiety, and PTSD. You'll also learn how to safely and gradually implement therapeutic techniques that will result in reduced symptoms and improved confidence.

If you're tired of hiding from difficult thoughts, emotions, and situations, this book will help you break the avoidance cycle at the heart of your disorder. It's time to stop running from the life you want and start developing the effective coping skills you need to face life's challenges with courage and confidence.

Author Bio

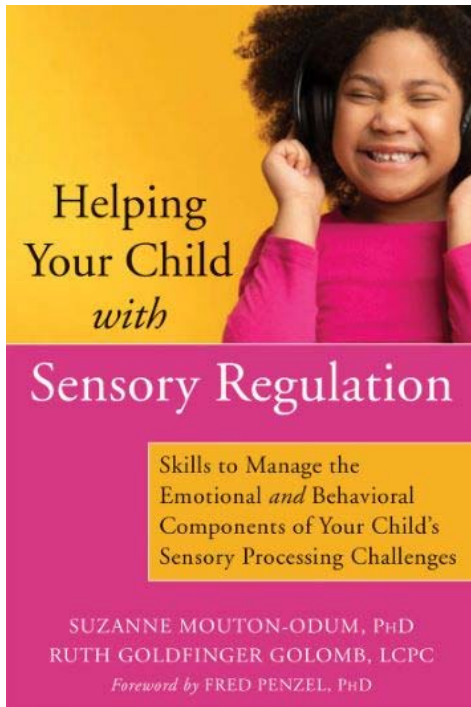
Daniel F. Gros, PhD, is associate professor of psychiatry and behavioral sciences at the Medical University of South Carolina, and psychology program manager and research and development principal investigator at the Ralph H. Johnson VA Medical Center in Charleston, SC. He has published more than one hundred research articles, completed more than fifty conference presentations and workshops, and received more than \$10 million in federal grant money to complete research for the VA and US Department of Defense on a number of topics, including transdiagnostic and evidence-based psychotherapies for individuals with depression, anxiety, and post-traumatic stress disorder (PTSD)

New Harbinger Publications
On Sale: Mar 1/21
8 x 10 • 192 pages
9781684035663 • \$32.95 • pb
Self-Help / Anxieties & Phobias

Notes

Promotion





newharbingerpublications

Helping Your Child with Sensory Regulation

Skills to Manage the Emotional and Behavioral Components of Your Child's Sensory Processing Challenges

by Suzanne Mouton-Odum, PhD and Ruth Goldfinger Golomb, LCPC, foreword by Fred Penzel, PhD

A groundbreaking guide to managing the emotional and behavioral components of your child's sensory processing challenges

Imagine having the flu, while lying in a bed of ants, listening to heavy metal at high volume, and trying to do calculus. Now consider living in that body all the time. It becomes easy to understand how kids with difficulties processing and controlling sensory information can become avoidant, anxious, impatient, irritable, or oppositional. If you have a child who has a sensory regulation issue, you may find yourself confused or frustrated by their behavior. This book will help you understand your child's behavior, as well as the root cause of their emotional outbursts, and provides an arsenal of tools to help your child self-regulate.

This book addresses the often-overlooked connection between sensory sensitivity and emotional and behavioral issues, which can often lead to a diagnosis of attention deficit/hyperactivity disorder (ADHD), an anxiety disorder, or a host of other disorders of childhood. You'll gain a better understanding of how your child's sensory sensitivity affects how they feel and act, and also learn powerful sensory regulation skills to help your child manage their emotions and improve relationships with family and friends. Whether your child has been diagnosed with sensory processing disorder (SPD), ADHD, obsessive-compulsive disorder (OCD), oppositional defiant disorder (ODD), generalized anxiety disorder (GAD), or autism spectrum disorder (ASD), you'll find proven-effective tips and strategies for dealing with the sensory sensitivity that drives your child's emotions and behavior, and discover ways to ease tension in your home caused by your child's disorganization, oppositional behavior, refusal to eat, disruptive behavior, and anxiety.

Parenting can be challenging even when behavior (...)

Author Bio

Suzanne Mouton-Odum, PhD, is a licensed psychologist and expert in treating children with anxiety disorders, behavioral disorders, and sensory-based issues since 1995. She holds faculty positions at both Baylor College of Medicine and the University of Houston. She is author of four other books, and director of Psychology Houston, PC: The Center for Cognitive Behavioral Treatment.

Ruth Goldfinger Golomb, LCPC, is a senior clinician, supervisor, and codirector of the training program at the Behavior Therapy Center of Greater Washington, where she has worked for more than thirty years. Golomb



New Harbinger Publications

On Sale: Mar 1/21

6 x 9 • 224 pages

9781684036264 • \$28.95 • pb

Family & Relationships / Children With Special Needs

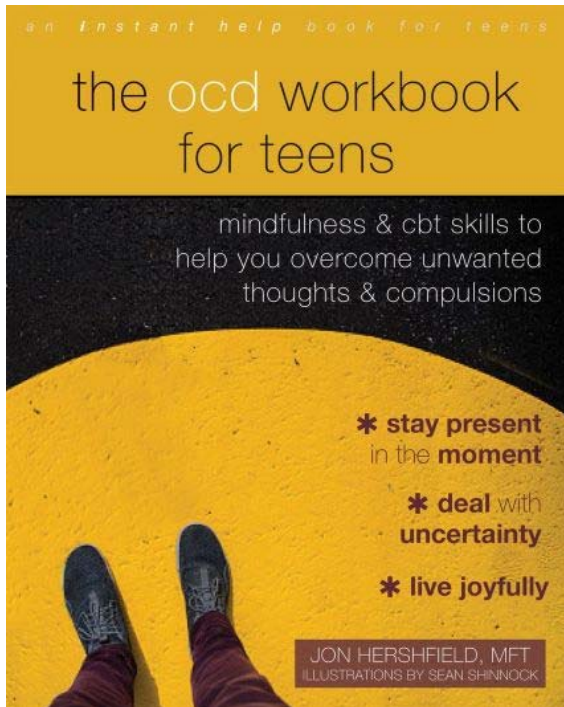
Notes

Promotion



Raincoast Books

Sales Rep



newharbingerpublications

The OCD Workbook for Teens

Mindfulness and CBT Skills to Help You Overcome Unwanted Thoughts and Compulsions

by Jon Hershfield, MFT, illustrated by Sean Shinnock

Don't let OCD symptoms stand in the way of living your life!

If you're a teen with obsessive-compulsive disorder (OCD), you may have intense, unwanted thoughts and behaviors that interfere with school, your social life, and just having fun. The good news is there are ways you can minimize these thoughts and behaviors, so you can get back to being a teen. This workbook will show you how!

In *The OCD Workbook for Teens*, therapist and OCD expert Jon Hershfield offers proven-effective mindfulness and cognitive behavioral therapy (CBT) skills to help you deal with your worst OCD symptoms. You'll learn how to stay present in the moment, manage obsessive thoughts, make peace with uncertainty, and live your life joyfully-without being slowed down by compulsions.

This isn't just a workbook to help you survive OCD. It's a workbook to help you thrive-in all aspects of life.

Author Bio

Jon Hershfield, MFT, is director of The OCD and Anxiety Center of Greater Baltimore in Hunt Valley, MD. He specializes in the use of mindfulness and cognitive behavioral therapy (CBT) for obsessive-compulsive disorder (OCD) and related disorders. He is author of *When a Family Member Has OCD*, and coauthor of *The Mindfulness Workbook for OCD* and *Everyday Mindfulness For OCD*.

Sean Shinnock develops and coordinates advocacy programming and produces creative educational outreach projects for McLean Hospital. Additionally, he sits on the Board of Directors for OCD Massachusetts. Shinnock is a freelance artist/illustrator, and a designer of mental health expressive art initiatives.

New Harbinger Publications

On Sale: Mar 1/21

8 x 10 • 160 pages

9781684036363 • \$24.95 • pb

YA NonFic / Social Topics / Depression & Mental Illness • Ages 13-19 years

Notes

Promotion



Raincoast Books

Sales Rep


 newharbingerpublications

LEAD

Trust Your Truth

Move Beyond Self-Doubt, Awaken to Your Soul's Purpose, and Live Your Badass Life

by Shannon Algeo

It's time to wake up and become the person you are here to be. In *Trust Your Truth*, Shannon Algeo invites you on a profound journey to move beyond self-doubt and live the badass life you are meant to live.

Self-doubt intensifies whenever we give our power away to people and things outside of us. But your self-worth is always sourced from within you.

Organized by the seven chakras-the energetic centers of the body- *Trust Your Truth* invites you to discover your truth on every level of YOU: to awaken to your true calling, accept yourself wholeheartedly, honor your emotions, trust your intuition, and measure success based on how true you can be to yourself-rather than the expectations of others.

When you learn to trust your truth, you open yourself up to becoming the most empowered, present, and alive version of yourself. The powerful practices throughout this book are interwoven with raw, personal stories from Algeo's own healing journey-showing you how aligning with your purpose and being the True You benefits everyone around you and your collective community as a whole. As Algeo says, One of the bravest journeys is the journey inward."

Get ready for a journey from head to heart and beyond. This book will be your step forward onto a new path of deeper courage, rich insights, and profound wisdom as you uncover the power of who you truly are.

Author Bio

Named one of the 35 Under 35 in Wellness to Watch" by Wanderlust, **Shannon Algeo** is a celebrated speaker, writer, life coach, Yoga Nidra and meditation teacher. His popular podcast, SoulFeed features interviews with iconic cultural and spiritual leaders like Deepak Chopra, Gabrielle Bernstein, Marianne Williamson, Tim Gunn, and many more. In his coaching practice, Algeo works with clients to heal old patterns of trauma so they can show up in the world with power, presence, and purpose.

Algeo is known around the world for his gift of processing his own life experience into words that can be heard or read in service of greater learning, deeper resonance, and profound healing.

Algeo was rated as one of the "nicest instructors in New York City" by RateYourBurn for his work as a yoga and meditation teacher, and he leads meditation programs for companies like the global non-profit (RED) founded by Bono and The Museum of Contemporary Art. In addition to giving presentations for Lululemon and the Wanderlust Festival, Algeo was a featured guest speaker at the United Nations "Yoga and the UN Culture of Peace" event.

New Harbinger Publications
On Sale: Mar 1/21
6 x 9 • 192 pages
9781684036998 • \$24.95 • pb
Self-Help / Spiritual

Notes

Promotion

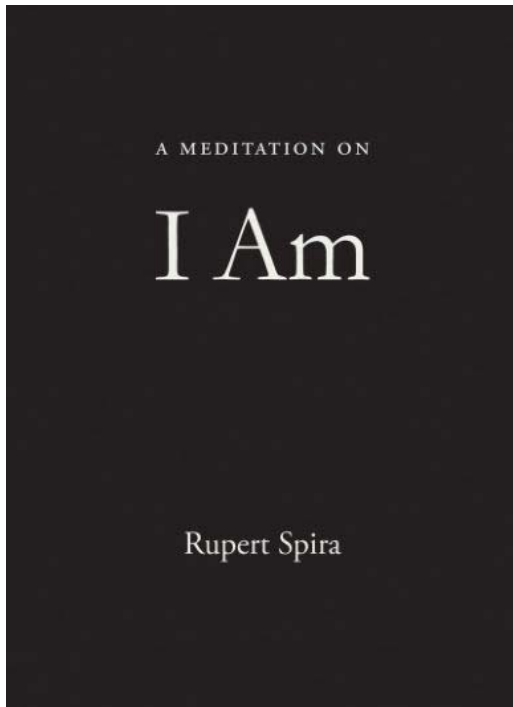


9 781684 036998



Raincoast Books

Sales Rep



newharbingerpublications

A Meditation on I Am

by Rupert Spira

A poetic volume that captures the heart of what it means to be .

In *A Meditation on I Am*, spiritual teacher Rupert Spira offers rich, contemplative verse to help you reach an experiential understanding of your own essential being. Spira's essential teachings shine through each passage, revealing how your mental and emotional patterns are not in fact your true self, and how this realization can bring lasting inner peace.

For seasoned spiritual seekers and newcomers alike, this meditative poem celebrates the truth of what we essentially are: our essential being that we all refer to as "I," which shines in each of our minds as the knowledge "I am," and which is temporarily colored by experience but is never, in any way, modified, changed or harmed by it.

Author Bio

From an early age, **Rupert Spira** was deeply interested in the nature of reality. At the age of seventeen he learnt to meditate, and began a twenty-year period of study and practice in the classical Advaita Vedanta tradition under the guidance of Dr. Francis Roles and Shantananda Saraswati, the Shankaracharya of the north of India. During this time he immersed himself in the teachings of P. D. Ouspensky, Krishnamurti, Rumi, Ramana Maharshi, Nisargadatta and Robert Adams, until he met his teacher, Francis Lucille, in 1997. Francis introduced Rupert to the Direct Path teachings of Atmananda Krishnamenon, the Tantric tradition of Kashmir Shaivism (which he had received from his teacher, Jean Klein), and, more importantly, directly indicated to him the true nature of experience. Rupert lives in the UK and holds regular meetings and retreats in Europe and the USA.
www.rupertspira.com.

New Harbinger Publications
On Sale: Mar 1/21
4 x 5.5 • 120 pages
9781684037940 • \$24.95 • pb
Self-Help / Spiritual

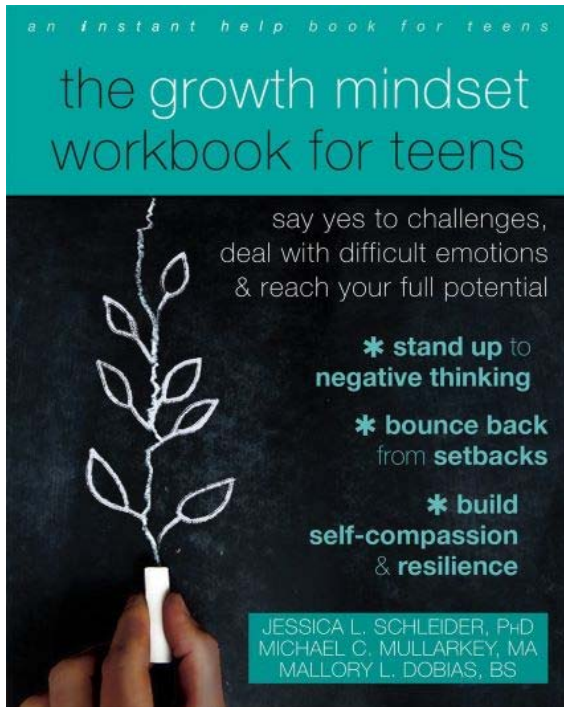
Notes

Promotion



Raincoast Books

Sales Rep



newharbingerpublications

The Growth Mindset Workbook for Teens

Say Yes to Challenges, Deal with Difficult Emotions, and Reach Your Full Potential

by Jessica L. Schleider, PhD, Michael C. Mullarkey, MA and Mallory L. Dobias, BS

Learn how changing your mindset can change your life!

Do you ever give up when things are difficult? Sometimes we all say things like, *"I'm bad at math, so there's no point in studying"* or *"I can't change-so why bother trying."* This is called having a *fixed mindset*. When you have a fixed mindset, you take failure as evidence that you're not good at something. On the other hand, a *growth mindset* is a way of viewing yourself and the world that says, *"I may not know how to do this now, but with effort, I can learn."* People with a growth mindset believe they can learn from challenges and setbacks-that they have constant potential for growth, change, and improvement. So, how can you develop a growth mindset?

Written by experts in growth mindset and neuroscience, this easy-to-use workbook will show you how to change the way you think, so you can change your life. You'll learn powerful, proven-effective skills for coping with difficult feelings-including sadness, worry, and anger. And, most importantly, you'll find the tools you need to transform a fixed mindset into a growth mindset, make change happen, and reach your highest aspirations.

If you want to go from *"No, I can't do it,"* to *"Yes, bring it on!"* this workbook will show you how to build a growth mindset and boost your confidence, so you can be your very best. Look out, world!

Author Bio

Jessica L. Schleider, PhD, is assistant professor of psychology at Stony Brook University, where she directs the Lab for Scalable Mental Health. Schleider completed her PhD in clinical psychology at Harvard University, her doctoral internship in clinical and community psychology at Yale School of Medicine, and her BA in psychology at Swarthmore College. Her research on brief, scalable interventions for youth depression and anxiety has been recognized via numerous awards, including a National Institutes of Health Director's Early Independence Award; the Association of Behavioral and Cognitive Therapies' President's New Researcher Award; and Forbes' 30 under 30 in Healthcare."

Michael C. Mullarkey, MA, is a clinical psychology PhD candidate at the University of Texas at Austin. He previously completed a BA/MA in psychology at American University. Mullarkey has been recognized as a Bridging Barriers Fellow and the Top Student Researcher of the Mindfulness Special Interest Group of the Association for Behavioral and Cognitive Therapies, he has partnered with nine high schools and colleges to test and disseminate single



New Harbinger Publications

On Sale: Apr 1/21

8 x 10 • 192 pages

9781684035571 • \$26.95 • pb

YA NonFic / Social Topics / Emotions & Feelings •

Ages 13-19 years

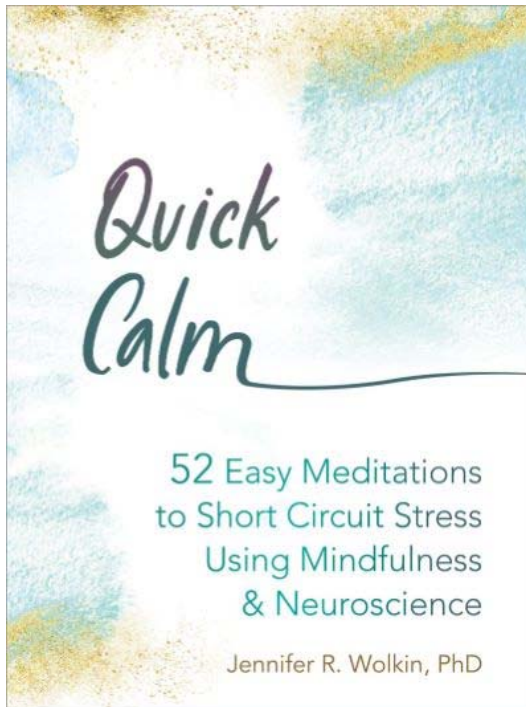
Notes

Promotion



Raincoast Books

Sales Rep



newharbingerpublications

Quick Calm

52 Easy Meditations to Short Circuit Stress Using Mindfulness and Neuroscience

by Jennifer R. Wolkin, PhD

Calm the chaos and rewire your brain in just five minutes a day!

Do you ever feel like your stress levels are off the charts? You aren't alone. Every day it feels like there's something new to juggle or a fresh crisis to avert. And just keeping everything in the air requires an exhausting amount of attention and a dizzying amount of responsibilities. The more chaotic life becomes, the more we tend to forget what we truly value—from family and friends to mental and physical health. Fortunately, there *are* things you can do to stay grounded that won't eat away at your increasingly precious time. *Quick Calm* is a practical and fun guidebook designed to fit perfectly into a fast-paced lifestyle. You'll discover the what, why, and how of developing your own mindfulness practice. You'll learn all about the essential, life-affirming benefits of this ancient practice, including mindfulness meditation's positive effects on both mind and body. And, most importantly, you'll find daily practices you can do in just five minutes a day!

So, if you're ready to discover the gift of mindfulness, but you don't have the time to attend a meditation retreat, set aside five minutes a day with this handy little guide. You'll be hard pressed to find a better return on your time investment!

Author Bio

Jennifer R. Wolkin, PhD, is a licensed clinical health and neuropsychologist, writer, speaker, and mental health advocate. She founded a private practice with an appreciation that our mind, body, spirit, and brain are intimately intertwined and impacted by one another. She draws heavily on tools such as cognitive behavioral therapy (CBT) and mindfulness-based techniques. She is currently pursuing her master's degree in creative writing with a poetry focus.

New Harbinger Publications
On Sale: Apr 1/21
6 x 8 • 208 pages
9781684036080 • \$24.95 • pb
Body, Mind & Spirit / Meditation

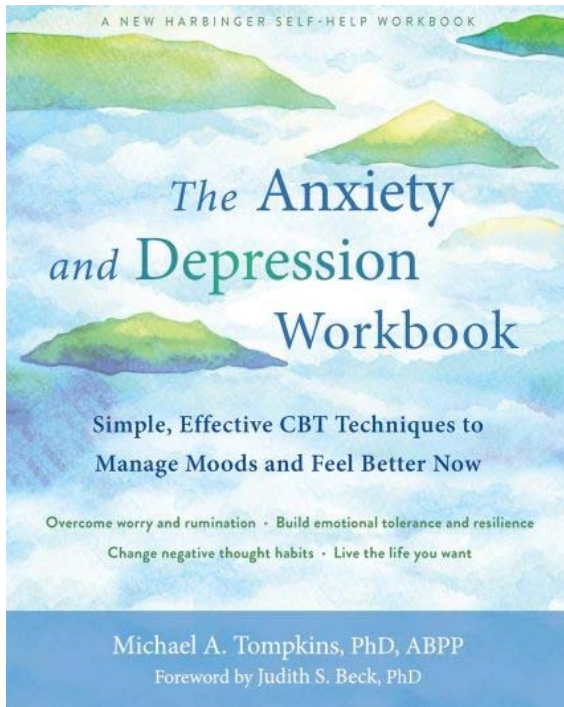
Notes

Promotion



Raincoast Books

Sales Rep



newharbingerpublications

The Anxiety and Depression Workbook

Simple, Effective CBT Techniques to Manage Moods and Feel Better Now

by Michael A. Tompkins, PhD, ABPP, foreword by Judith S. Beck, PhD

Don't let anxiety and depression keep you from living life to the fullest.

If you suffer from co-occurring anxiety and depression, you may experience an overwhelming urge to avoid difficult emotions and emotional experiences. The last thing you want to do is kick the hornet's nest you carry around with you. However, the latest research in psychology emphasizes the importance of approaching—rather than avoiding—your emotions. Avoiding emotions works in the short term, but in the long term it only teaches you to believe you can't handle your feelings. What you need is a solid set of tools that will allow you to feel a full range of emotions with confidence. This book will provide just the tool set you require.

In this workbook, psychologist Michael Tompkins offers evidence-based cognitive-behavioral therapy (CBT) skills to help you target and tear down the emotional avoidance barriers that drive your anxiety and depression. By engaging with the emotions you've been seeking to avoid, you'll learn, "I can handle this feeling." You'll also find strategies to help you stay calm during emotional situations; and discover relaxation and mindfulness techniques to deal effectively with difficult thoughts and feelings, and improve your mood and well-being.

The tools in this workbook help you learn this important lesson: You can handle emotions, even unpleasant ones. When you believe you can handle feeling anxious and depressed, you're less likely to avoid those feelings, creating space for you to be more willing to do the things that you want to do in your life.

Author Bio

Michael A. Tompkins, PhD, ABPP, is a licensed psychologist who is board certified in behavioral and cognitive psychology. He is codirector of the San Francisco Bay Area Center for Cognitive Therapy; assistant clinical professor at the University of California, Berkeley; Diplomate and Founding Fellow of the Academy of Cognitive Therapy; and trainer and consultant for the Beck Institute for Cognitive Behavior Therapy. He is author or coauthor of numerous scholarly articles and chapters on cognitive behavioral therapy (CBT) and related topics, as well as seven books. **Judith S. Beck, PhD**, is director of the Beck Institute for Cognitive Behavior Therapy and past president of the Academy of Cognitive Therapy. Daughter of influential founder of cognitive therapy, Aaron T. Beck, Beck is author of *The Beck Diet Solution*.



9 781684 036141

New Harbinger Publications
On Sale: Apr 1/21
8 x 10 • 232 pages
9781684036141 • \$35.95 • pb
Self-Help / Anxieties & Phobias

Notes

Promotion



Raincoast Books

Sales Rep



The Healing Otherness Handbook

Overcome the Trauma of Identity-Based Bullying and Find Power in Your Difference

by Stacey L. Reicherzer, PhD

Rewrite your story-and this time, *you* make the rules.

Were you the victim of childhood bullying based on your identity? Do you carry those scars into adulthood in the form of anxiety, depression, post-traumatic stress disorder (PTSD), dysfunctional relationships, substance abuse, or suicidal thoughts? If so, you're not alone. Our cultural and political climate has reopened old wounds for many people who have felt "othered" at different points in their life, starting with childhood bullying. This breakthrough book will guide you as you learn to identify your deeply rooted fears, and help you heal the invisible wounds of identity-based childhood rejection, bullying, and belittling.

In *The Healing Otherness Handbook*, Stacey Reicherzer—a nationally known transgender psychotherapist and expert on trauma, otherness, and self-sabotage—shares her own personal story of childhood bullying, and how it inspired her to help others heal from the same wounds. Drawing from mindfulness-based cognitive behavioral therapy (CBT), Reicherzer will help you gain a better understanding of how past trauma has limited your life, and show you the keys to freeing yourself from self-defeating, destructive beliefs. If you're ready to heal from the past, find power in your difference, and live an authentic life full of confidence—this handbook will help guide you, step by step.

New Harbinger Publications
On Sale: Apr 1/21
6 x 9 • 192 pages
9781684036479 • \$24.95 • pb
Family & Relationships / Bullying
Series: Social Justice Handbook

Notes

Promotion

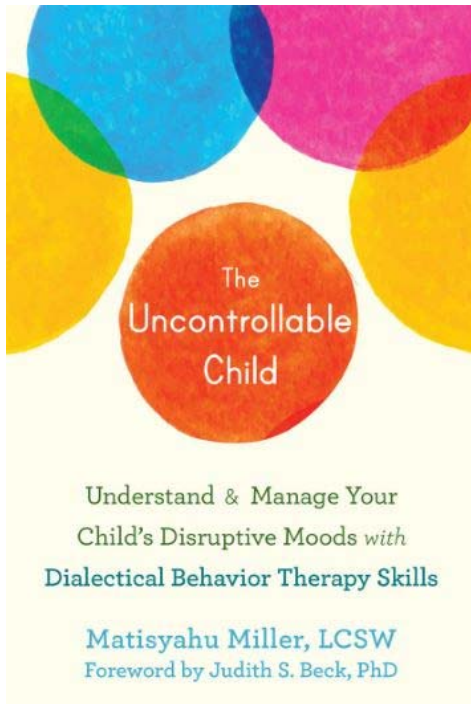
Author Bio

Stacey Reicherzer, PhD, is a Chicago, IL-based transgender counselor, educator, and public speaker for the stories of the bullied, forgotten, and oppressed. The San Antonio, TX, native serves as clinical faculty of counseling at Southern New Hampshire University, where she received the distinguished faculty award in 2018. She travels the globe to teach and engage audiences around diverse topics of otherness, self-sabotage, and imposter phenomenon.



9 781684 036479





newharbingerpublications

The Uncontrollable Child

Understand and Manage Your Child's Disruptive Moods with Dialectical Behavior Therapy Skills

by Matisyahu Miller, LCSW, foreword by Judith S. Beck, PhD

Evidence-based skills, insight, and methods drawn from dialectical behavior therapy (DBT) to help you gain a greater understanding of your child's behavior, parent them with compassion and confidence, and restore peace to your home.

Is your child extremely irritable most of the time? Do they have difficulty interpreting social cues? Are they impulsive and prone to outbursts or explosive rages? Parenting a child who has emotional dysregulation can be a bumpy ride. You've probably received advice—some of it unsolicited—from friends, teachers, and family members. But strategies and techniques that work for other kids are usually ineffective when it comes to your unique child, and can even lead to *more* stress for everyone in your family. *The Uncontrollable Child* is here to help.

Written for parents of children with emotion dysregulation disorders, including disruptive mood dysregulation disorder (DMDD), *The Uncontrollable Child* is a lifeline. It contains a powerful set of skills based in dialectical behavior therapy (DBT)—including mindfulness, validation, limit-setting, and behavior-shaping—to help you better understand your child and their behavior, and successfully find balance between acceptance and change, flexibility and consistency, and limits and love.

As a parent, you want the very best for your child, but if you have a child with explosive emotions, you need extra help. Let this book guide you toward creating a nurturing, healthy, and loving environment in which your whole family can thrive.

Author Bio

Matisyahu Miller, LCSW, is a licensed clinical social worker and certified cognitive and dialectical behavioral therapist with fifteen years of experience. He is founder, director, and supervisor of The Center for Cognitive & Behavioral Therapy of New Jersey. His educational and training background includes certification in cognitive behavioral therapy (CBT) from the Academy of Cognitive Therapy, and intensive training at the Beck Institute for Cognitive Behavioral Therapy. Miller has also been awarded certification from the DBT-Linehan Board of Certification in dialectical behavior therapy (DBT). He is a seasoned lecturer on CBT- and DBT-related topics, addressing parents, clients, and professionals, and is presently focused primarily on supervision, education, and consultations.

Judith S. Beck, PhD, is director of the Beck Institute for Cognitive Behavior Therapy and past president of the Academy of Cognitive Therapy. Daughter of



New Harbinger Publications

On Sale: Apr 1/21

6 x 9 • 200 pages

9781684036868 • \$25.95 • pb

Family & Relationships / Children With Special Needs

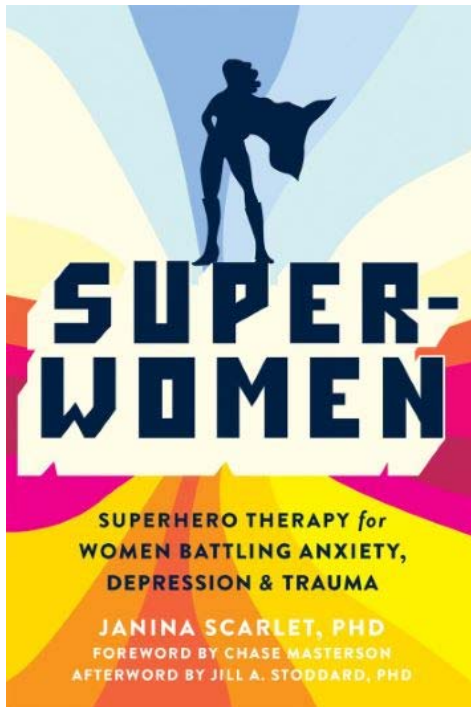
Notes

Promotion



Raincoast Books

Sales Rep



newharbingerpublications

Super-Women

Superhero Therapy for Women Battling Anxiety, Depression, and Trauma

by Janina Scarlet, PhD, afterword by Jill A. Stoddard, PhD, foreword by Chase Masterson

Discover your own superpowers, and be the hero you were meant to be!

Do you suffer from depression, anxiety, or trauma? Have you experienced sexism, marginalization, or even sexual assault? If so, each day can feel like a battle. But you *do* have the strength within you to rise above life's challenges. Using a unique blend of acceptance and commitment therapy (ACT) and superhero therapy," this one-of-a-kind guide will help you get started. In *Super-Women*, you'll find tools to help you explore and process painful experiences, accept difficult thoughts and feelings, and use mindfulness and self-compassion to tap into your own unique superpowers. Alongside seven other heroic women, you'll learn how to re-write your "origin story" and find compassionate tips and strategies to help you define your own heroic purpose.

Joining you will be notable women from all around the world, who've submitted their stories and words of encouragement. These women include writers, such as Anne Wheaton, Felicia Day, and Jane Espenson; actors such as Chase Masterson and Ruth Connell; and comedians, activists, and other women who like you understand first-hand how difficult-yet empowering-it can be to be female in a patriarchal society.

So, if you're ready to rise from the ashes and join the leagues of super-women everywhere, read this book. You may discover powers you never even knew you had!

Author Bio

Janina Scarlet, PhD, is a licensed clinical psychologist, an award-winning author, and a full-time geek. A Ukrainian-born refugee, she survived Chernobyl radiation and persecution. Scarlet immigrated to the United States at the age of twelve with her family, and later, inspired by the X-Men, developed Superhero Therapy to help patients with anxiety, depression, and post-traumatic stress disorder (PTSD). She has been awarded the United Nations Association Eleanor Roosevelt Human Rights Award for her book, *Superhero Therapy*. Her other books include *Harry Potter Therapy*, *Therapy Quest*, and *Super-Women*.

Jill A. Stoddard, PhD, is founder and director of The Center for Stress and Anxiety Management, a multisite outpatient clinic in San Diego, CA. She specializes in acceptance and commitment therapy (ACT) and cognitive behavioral therapy (CBT) for anxiety and related issues. Stoddard received her PhD in clinical psychology from Boston University in 2007. She is an



New Harbinger Publications
On Sale: Apr 1/21
6 x 9 • 192 pages
Black & white illustrations throughout
9781684037520 • \$25.95 • pb
Self-Help / Personal Growth / General

Notes

Promotion



Raincoast Books

Sales Rep