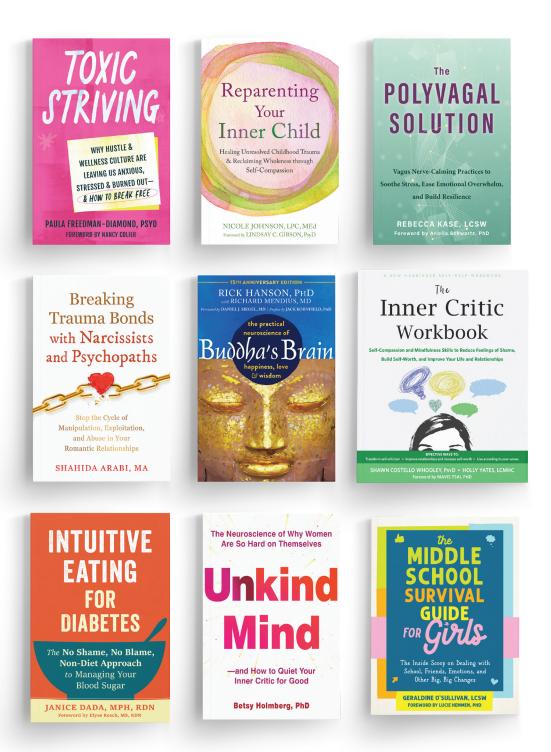
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#### Taking small steps to boost your well-being

Dear Friends,

These days, it's easy to feel overwhelmed. If you're struggling with painful thoughts and emotions, anxiety about the future, or feelings of sadness, stress, or anger—you're *not* alone. New Harbinger has many new books to help you find resilience, focus on your well-being, and go forward in an increasingly uncertain world.

Whether you're wanting to **move past negative thoughts**, **cultivate self-compassion, or simply improve your mood and find a little joy,** our evidence-based tools can help light the way. In addition to our trusted books, we also offer online courses by some of our leading authors to help boost your mental health. (Be sure to check out page 19 of this catalog for details.)

New Harbinger is proud to be an employee-owned company, and our mission has always been to provide tools to help people live healthier, happier lives. From all of us at New Harbinger, we wish you the very best as you take steps—no matter how small to create *your* change.



Warmly,

Contrain Meyers

Catharine Meyers Publisher



#### Listen to our podcast!

**Evidence-Based** is the official podcast of New Harbinger Publications. In each episode, we join leading mental health experts to explore the latest psychological interventions, as well as topics related to mental health and personal growth.

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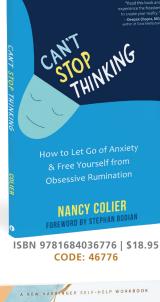
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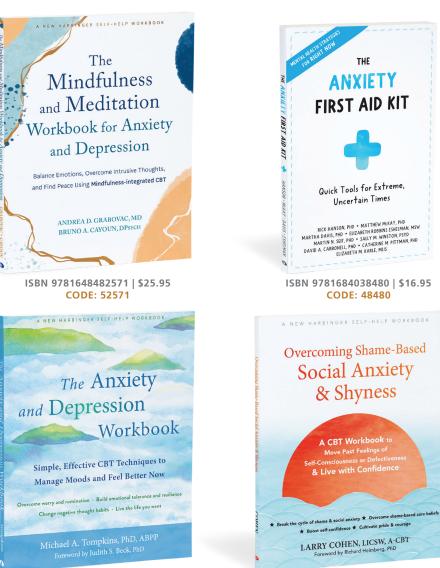
## What brings you joy?

#### **Antidotes for Anxiety**



#### Reframing uncertainty

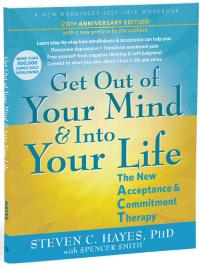
"What is helpful in the face of the unknown, in the unwritten story, is to show up with grace, try our very best, be the person we want to be, and have the courage to live directly in the discomfort." From Can't Stop Thinking



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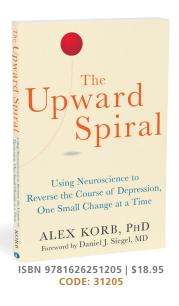
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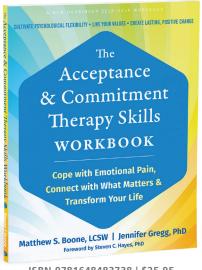


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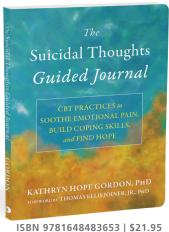
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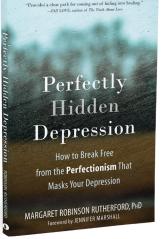




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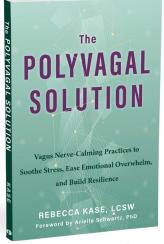


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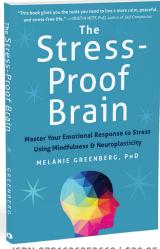


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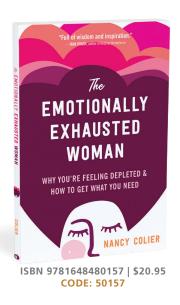
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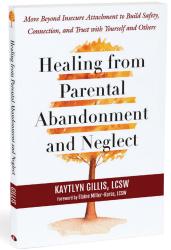


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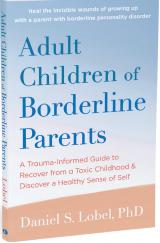




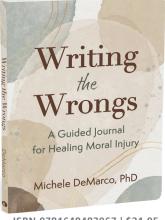
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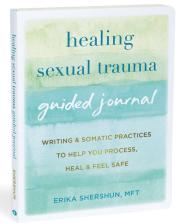
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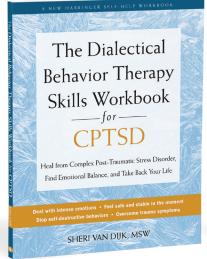
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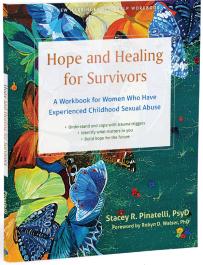
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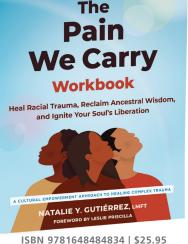


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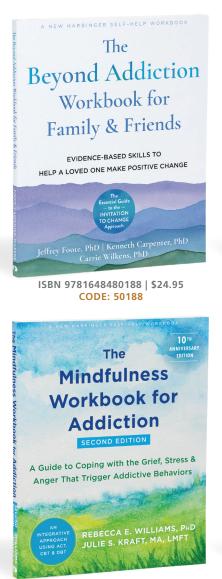
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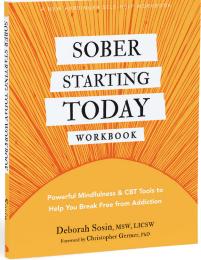
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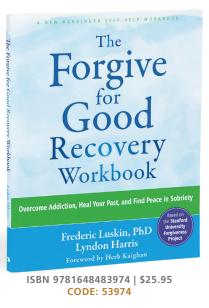
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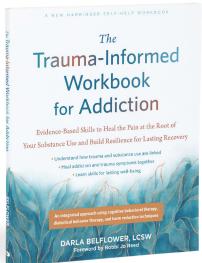


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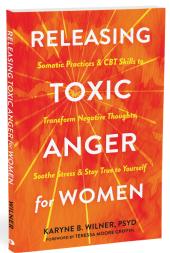


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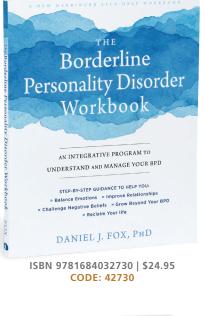
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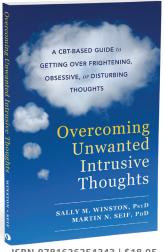
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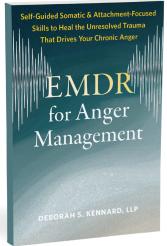


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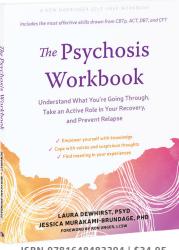
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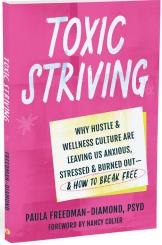
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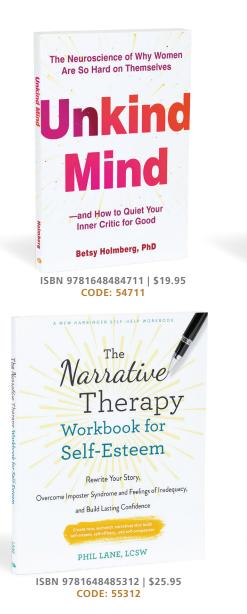


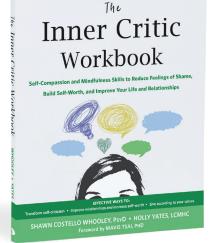
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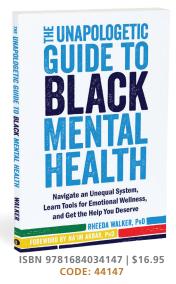
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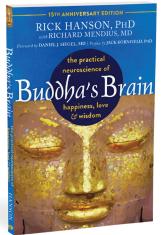
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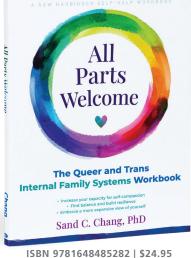


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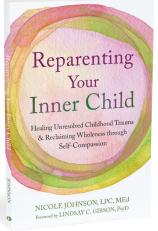




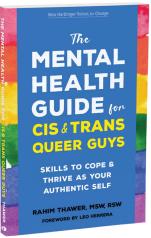
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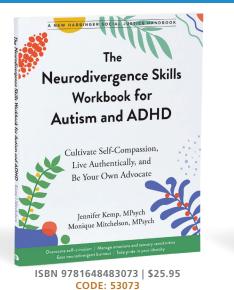


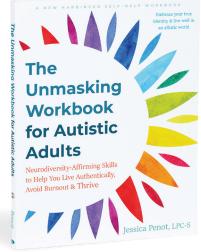
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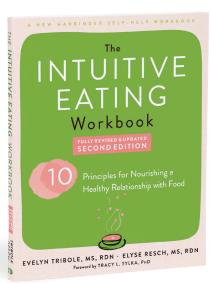




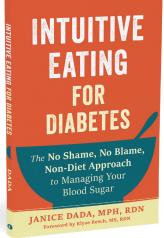
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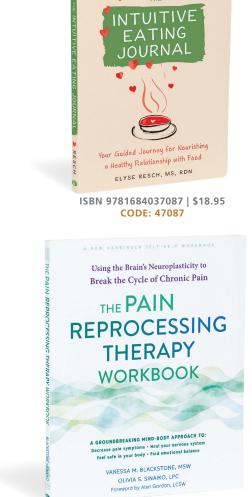
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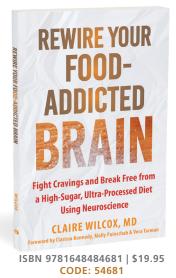
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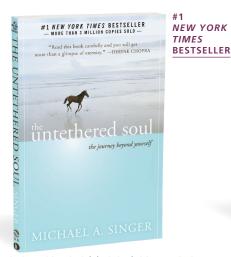
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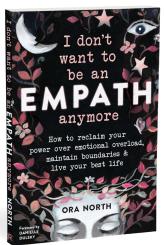
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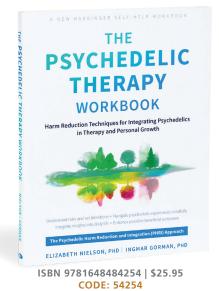
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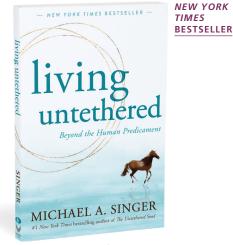


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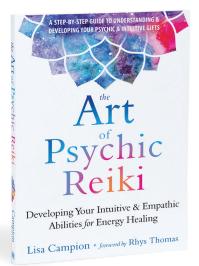
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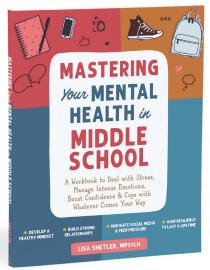


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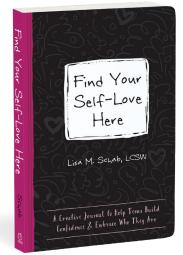


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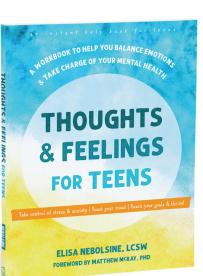
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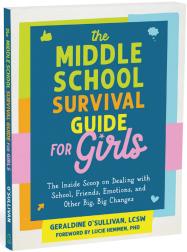
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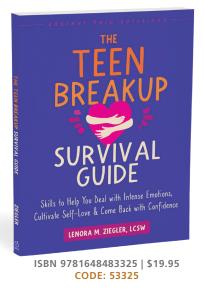
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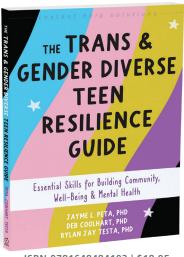


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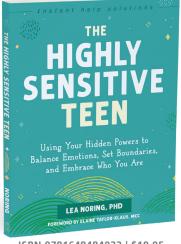


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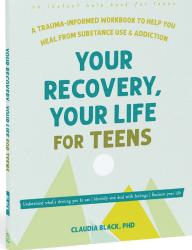




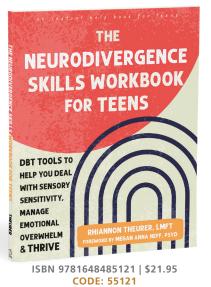
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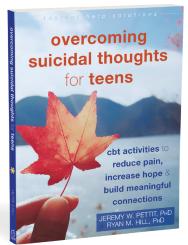


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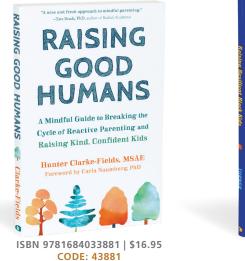
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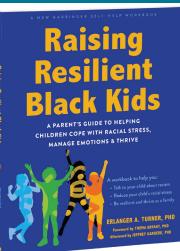




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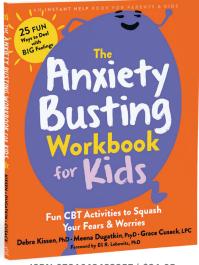
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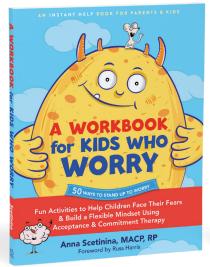


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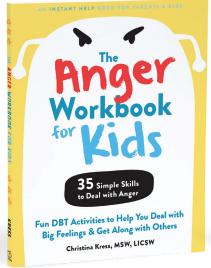
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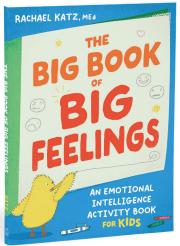
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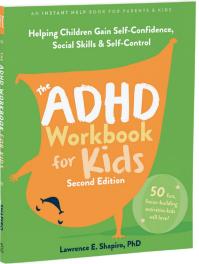
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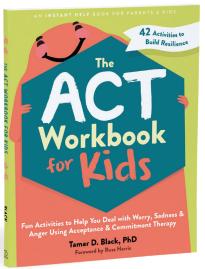
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