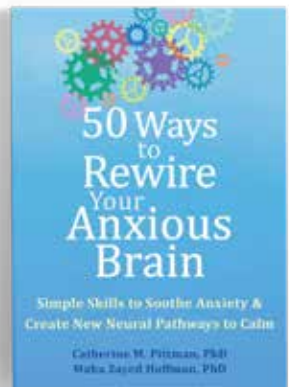
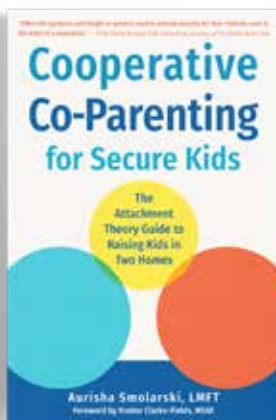
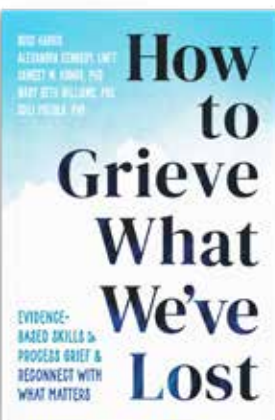
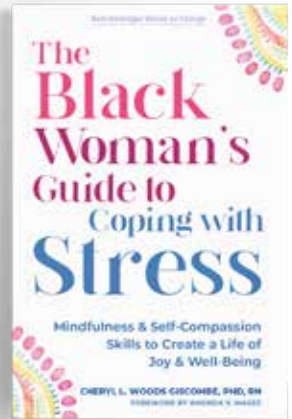
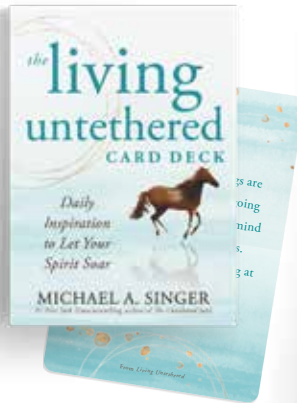
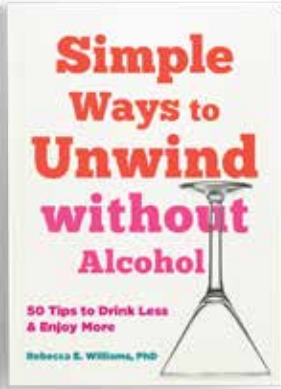
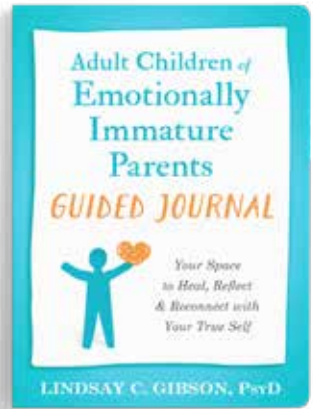
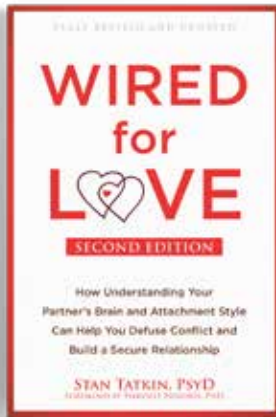
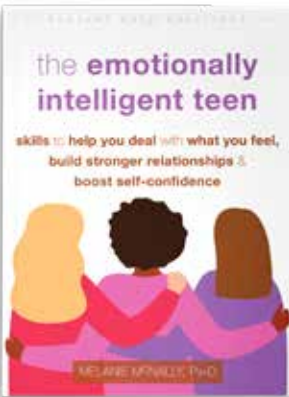




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In addition to our books, we're especially excited to now offer online courses by some of our leading authors to help boost your mental health. Be sure to check out pages 8 and 9 of this catalog for more details!

From all of us at New Harbinger, we wish you the very best as you take steps, no matter how small, to create positive change.



Warmly,

Catharine Meyers

Catharine Meyers
Publisher



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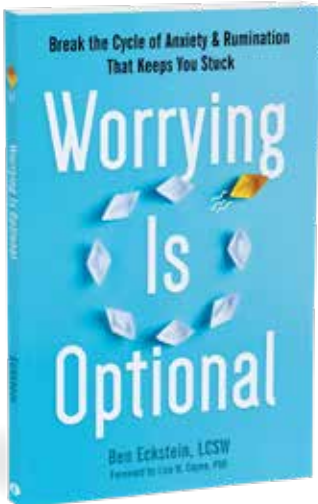
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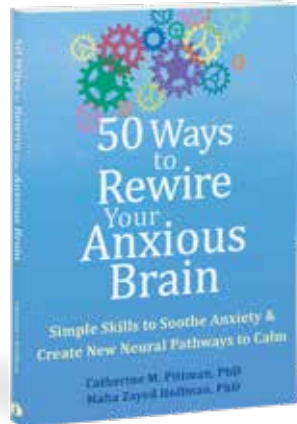
What are your self-care goals?



Antidotes for Anxiety



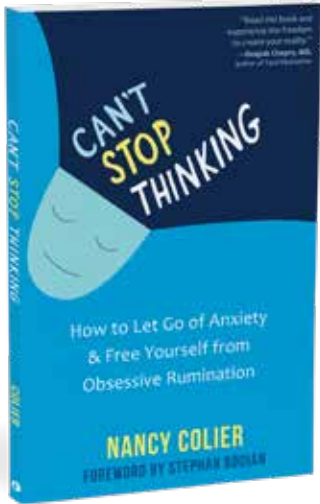
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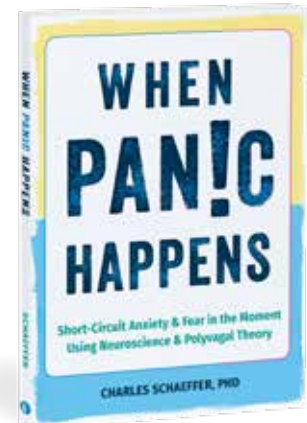
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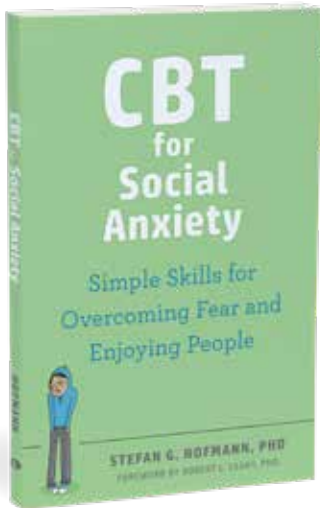


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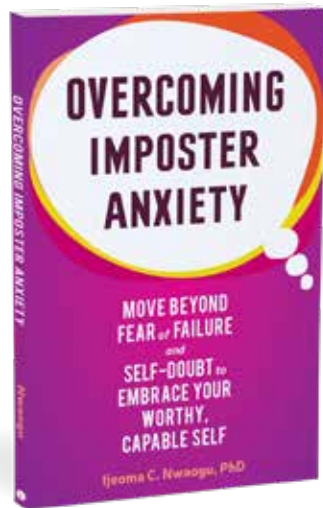
Feeling anxious and overwhelmed?

“Make a playlist of a few songs that bring you peace, calm, and positive memories. Listen to them as you make the playlist and notice how your body feels.”

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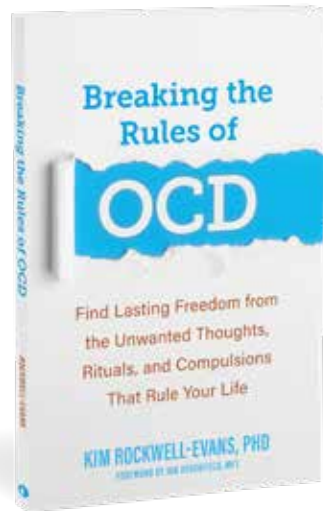
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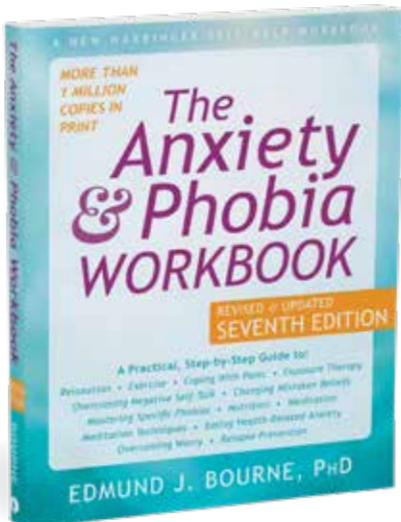
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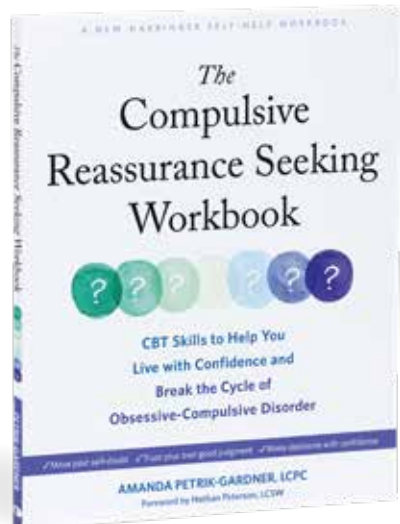
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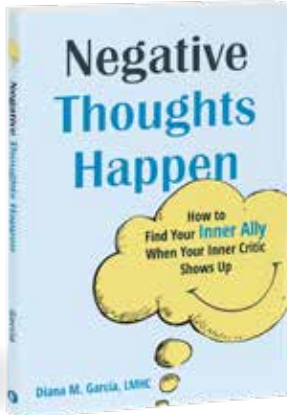


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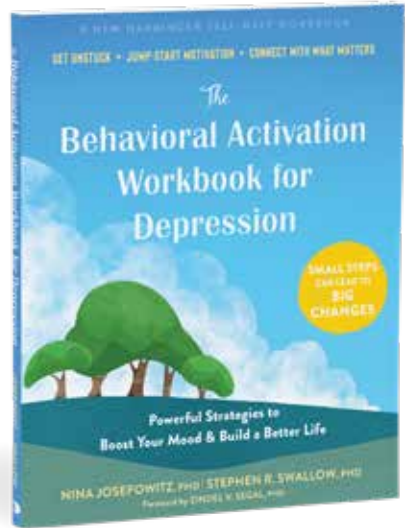


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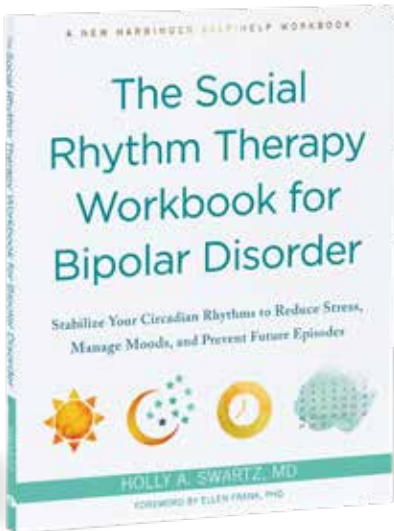
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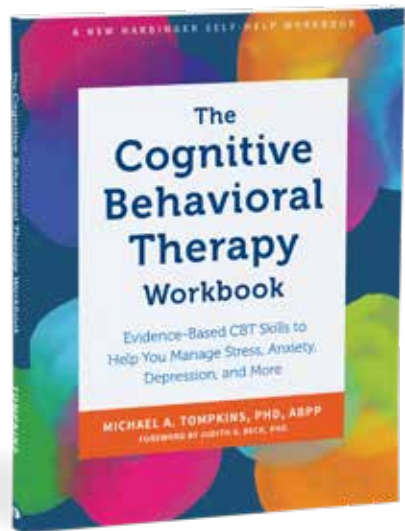
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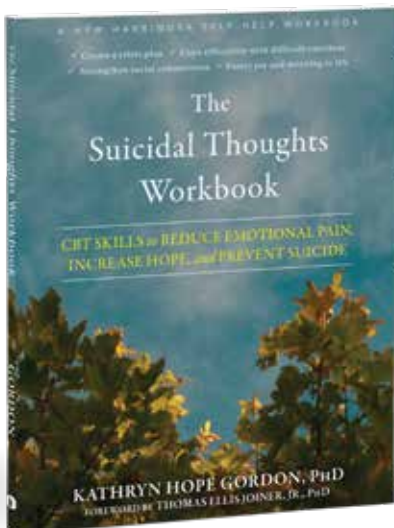
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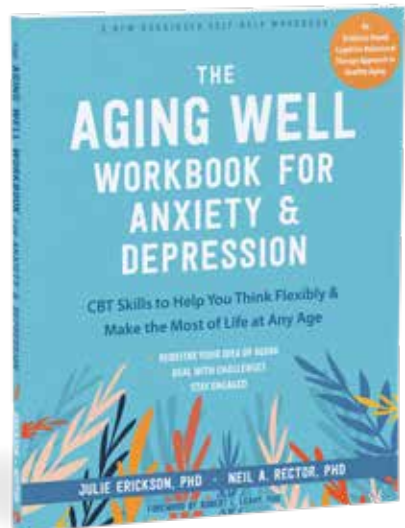
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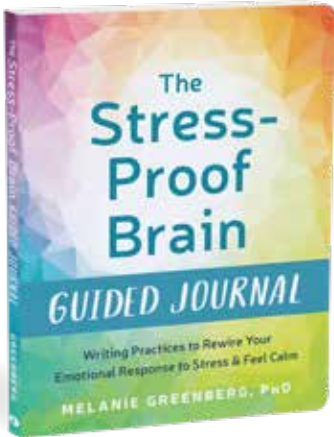


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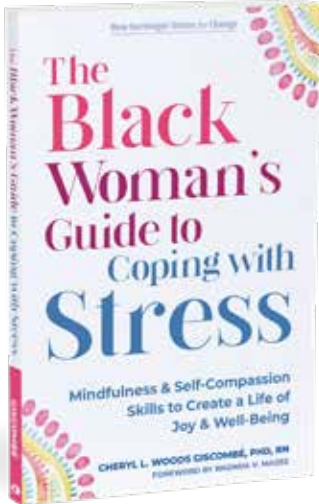


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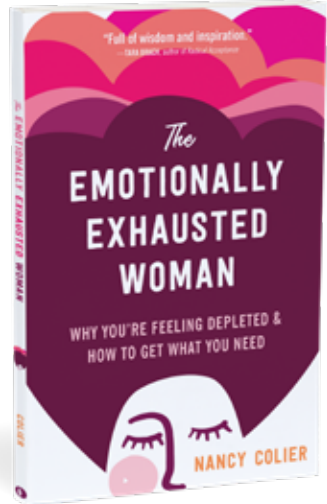
Take a moment...

"Imagine what your life would look like if you were more resilient to stress and had better coping skills. What would a less stressed life look like to you?"

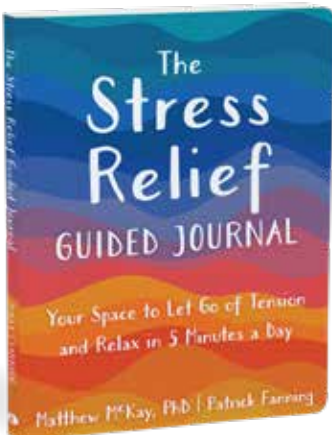
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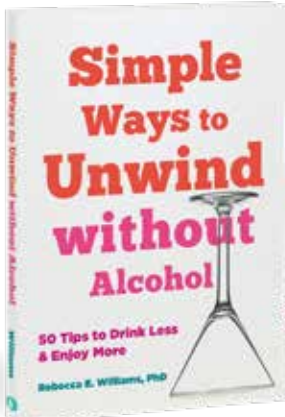


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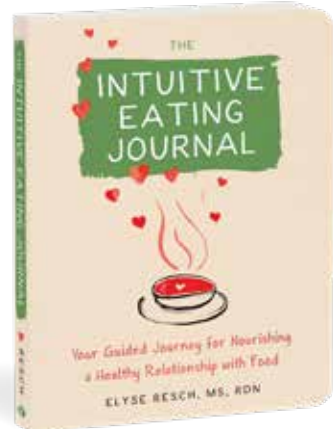
Get out for a walk...

“If you now have long evenings without alcohol, walking might be just the ticket to fill your time with something soothing. The added benefit is the positive interactions you will have with your environment.”

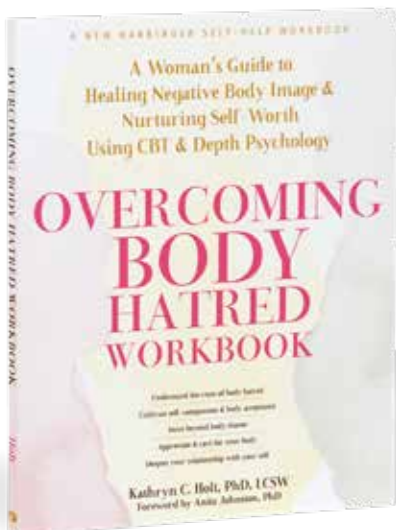
From *Simple Ways to Unwind without Alcohol*



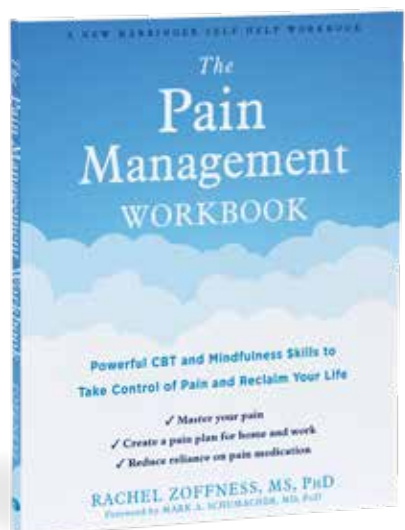
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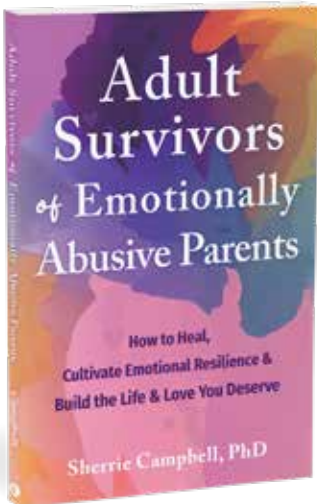


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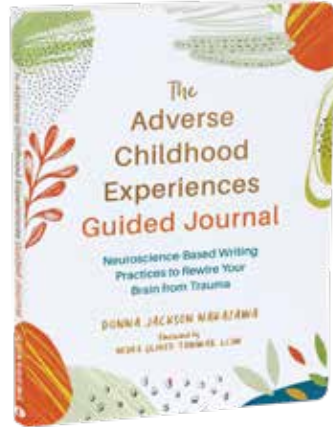


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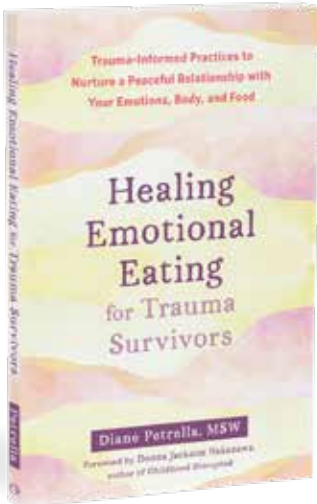
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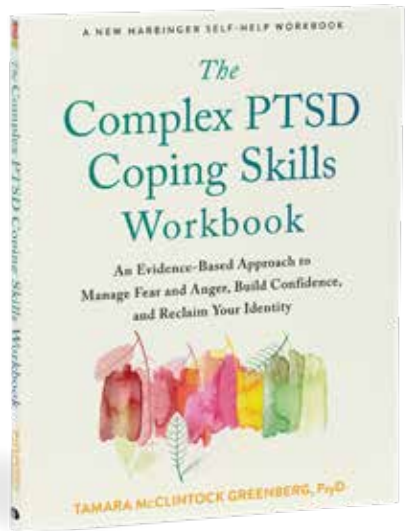
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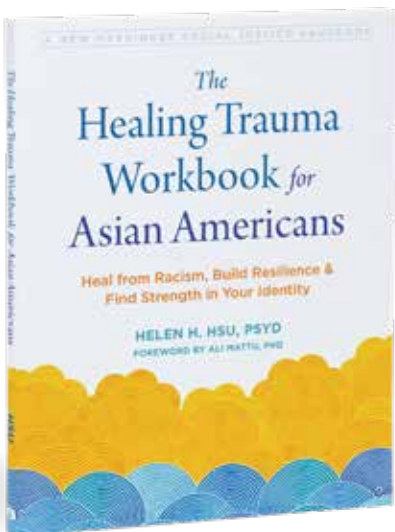
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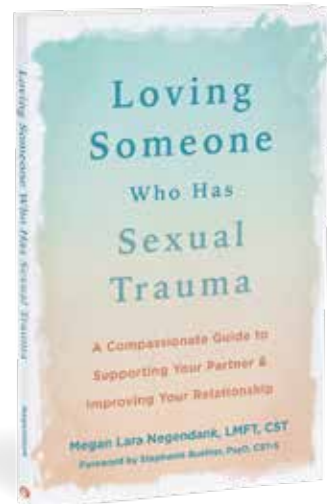
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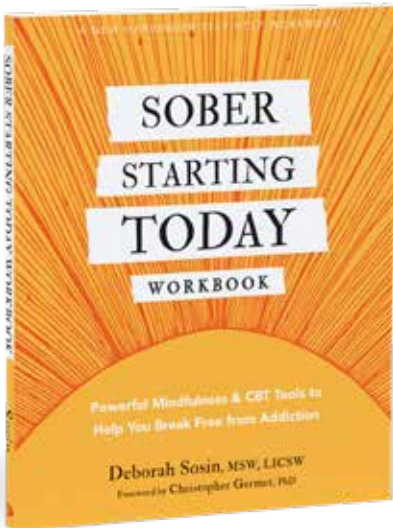


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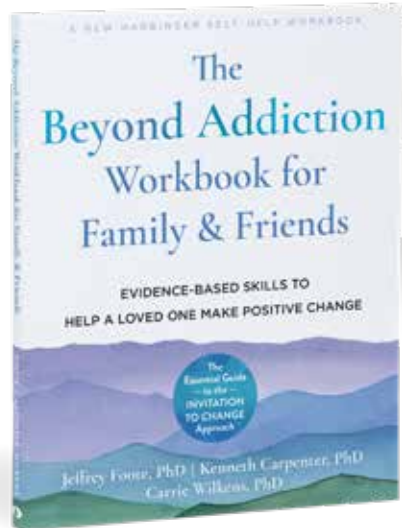


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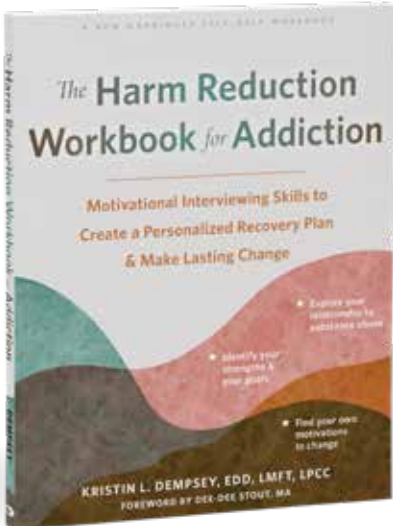
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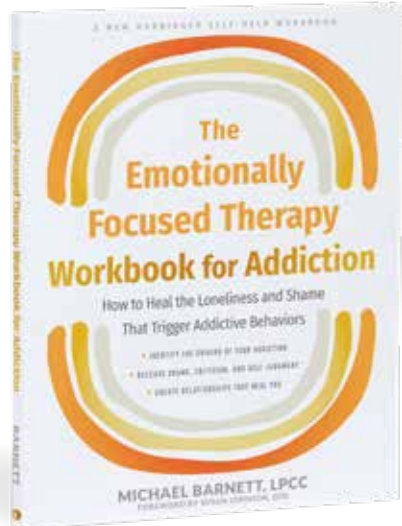
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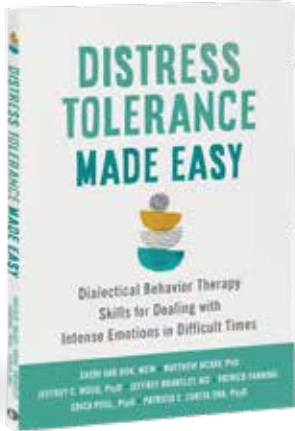
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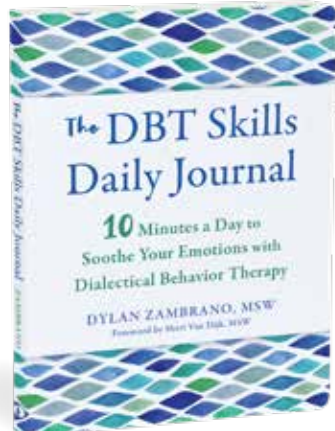
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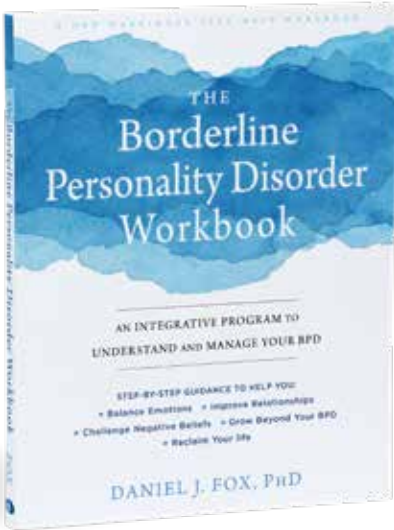
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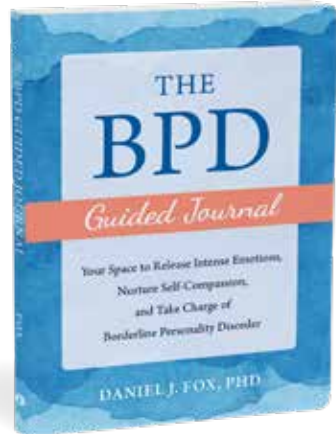
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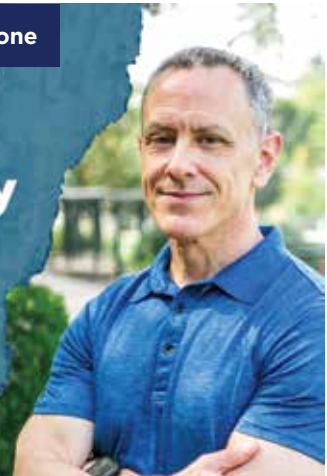
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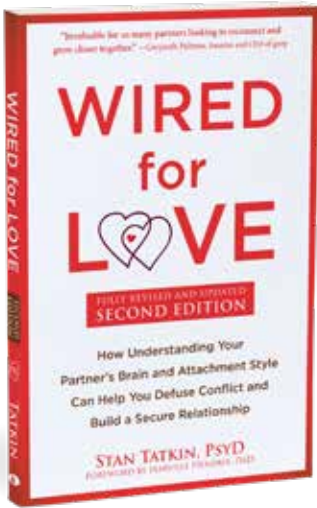
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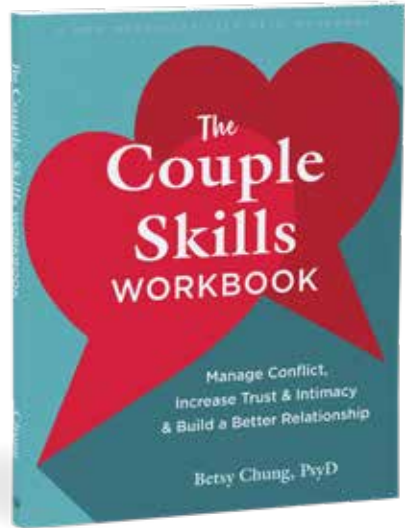


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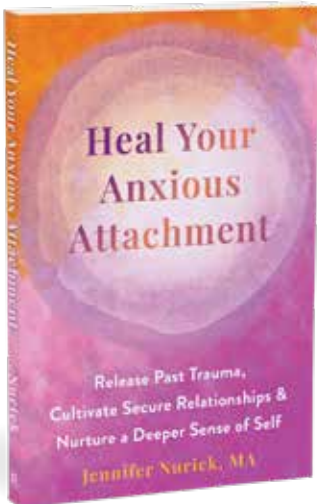


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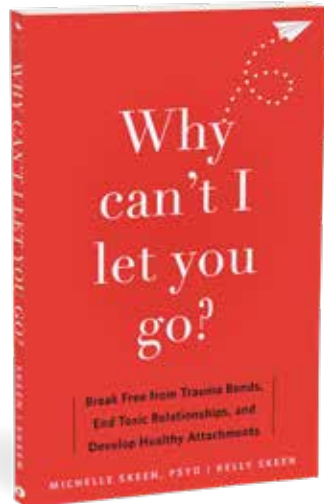
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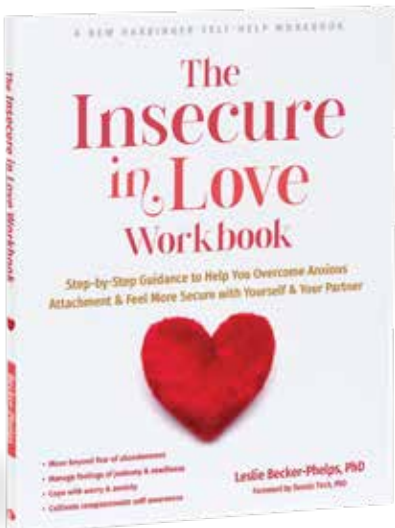


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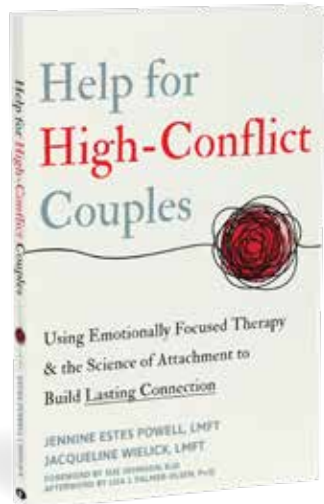


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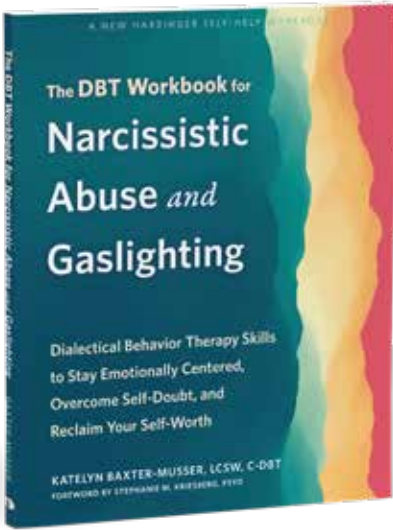
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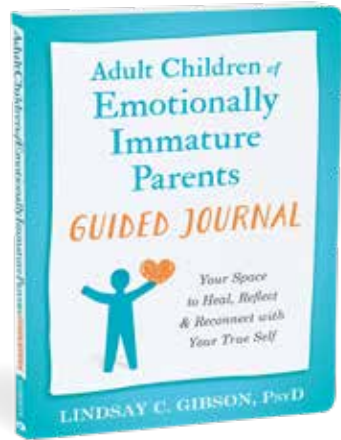
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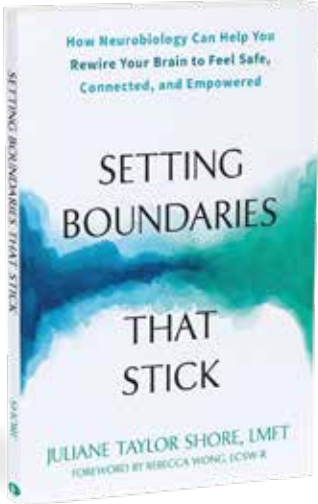
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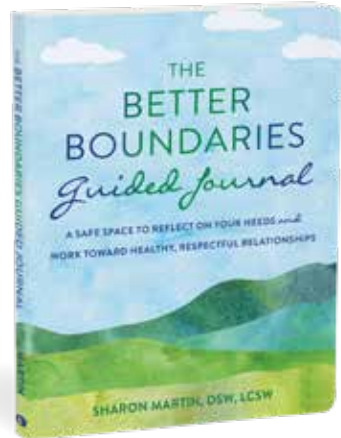
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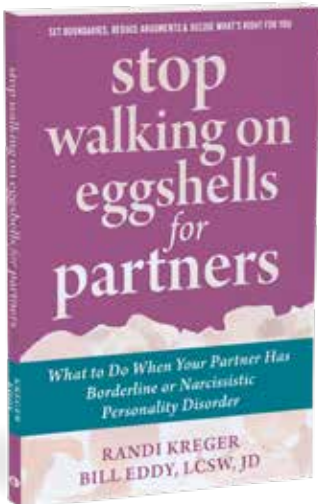
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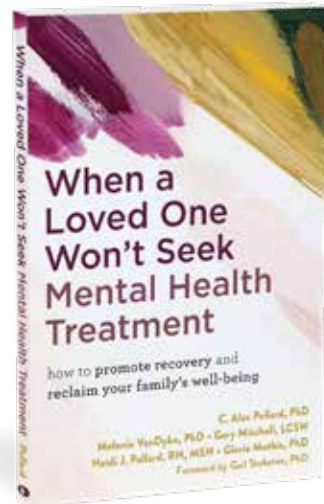
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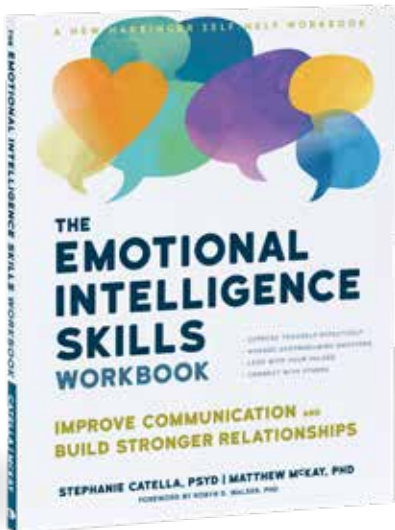


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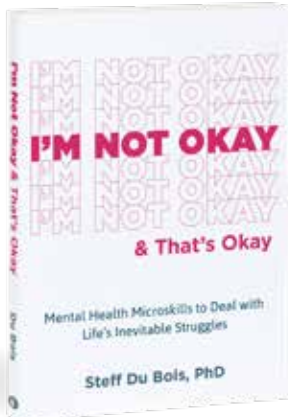


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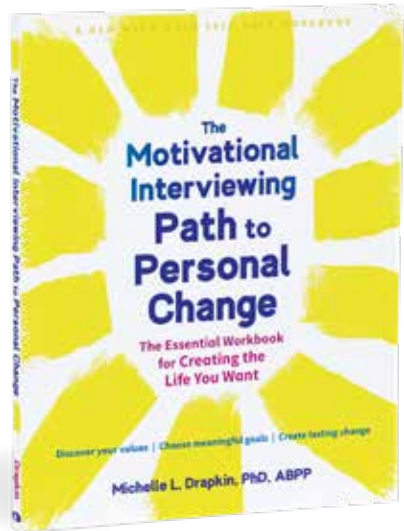
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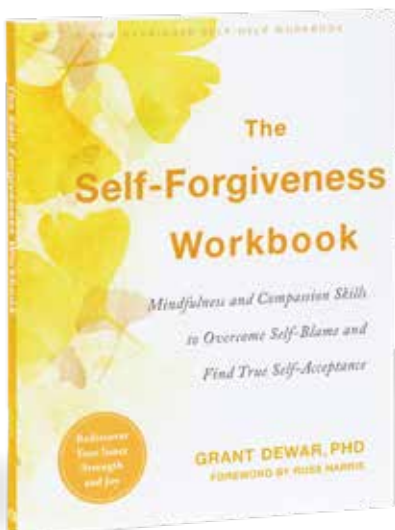
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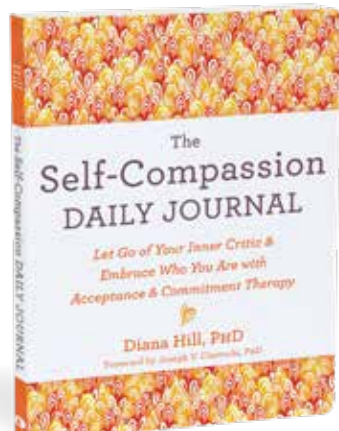
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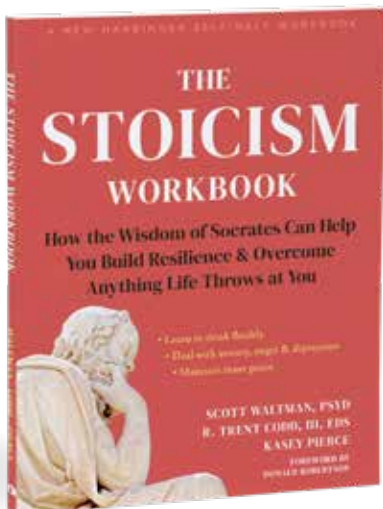
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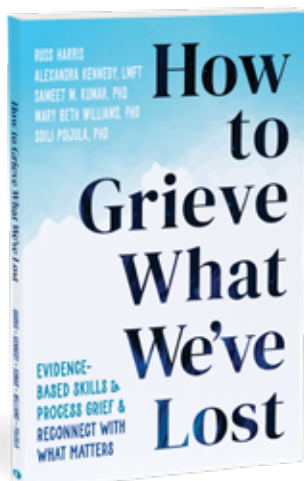
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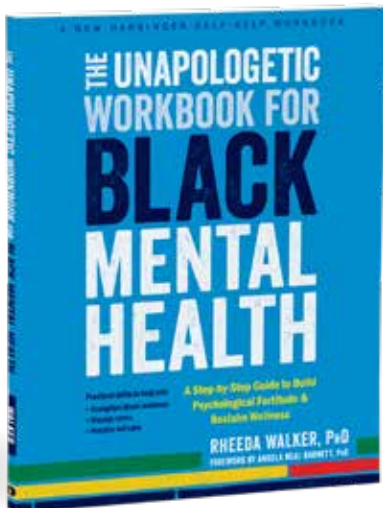
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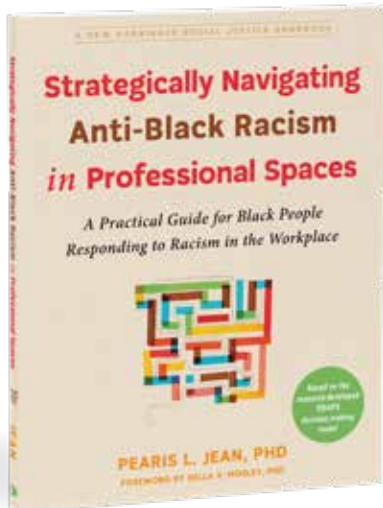
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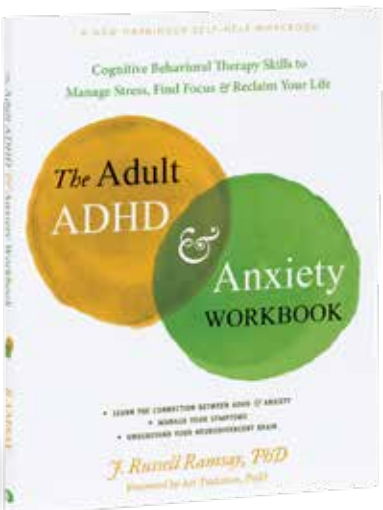


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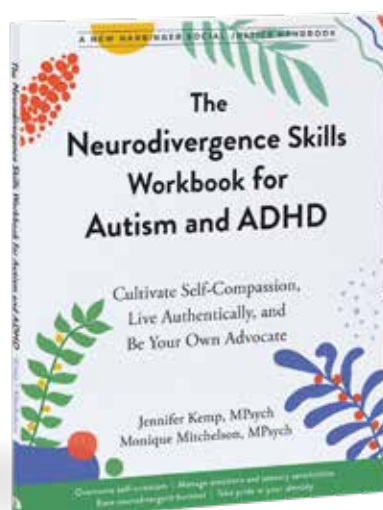


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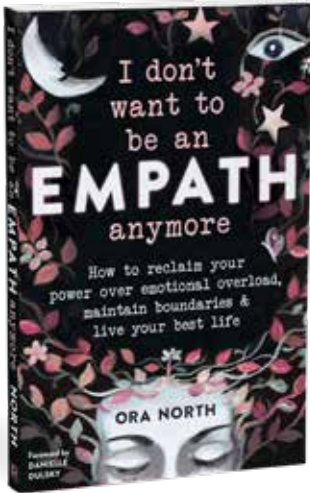


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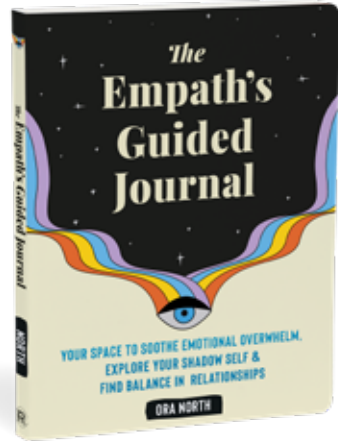
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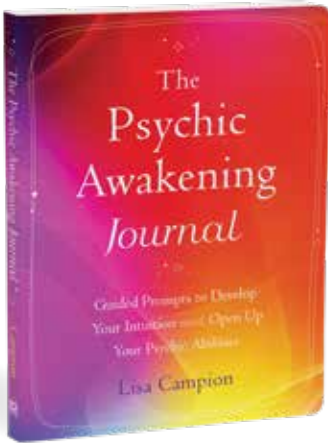
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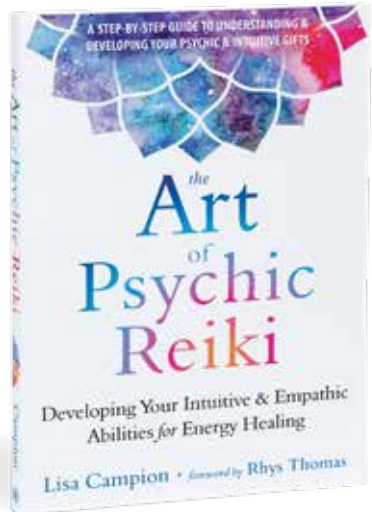
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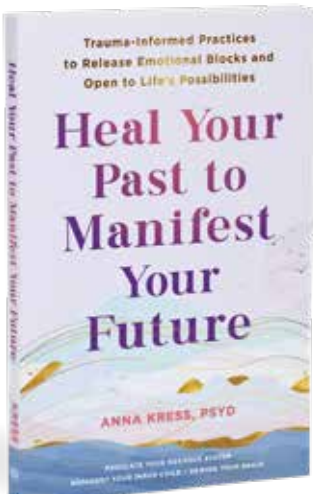
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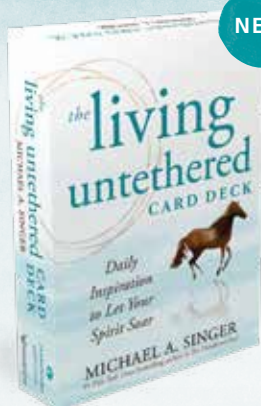
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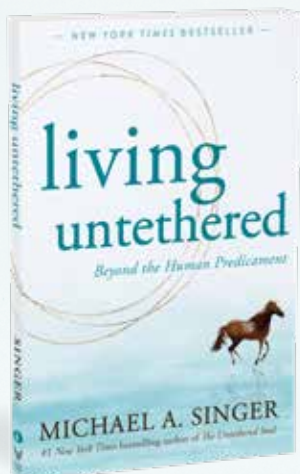
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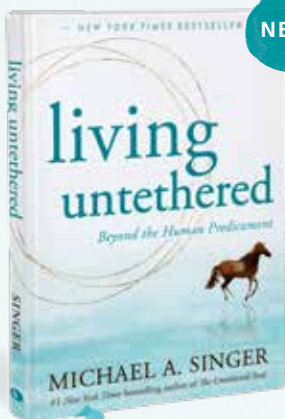
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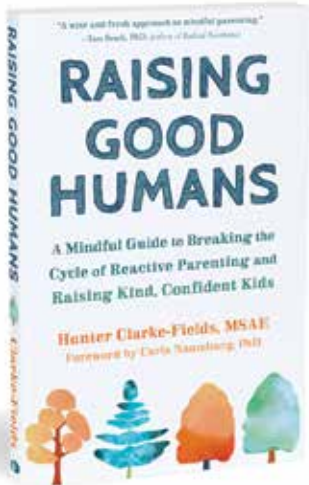


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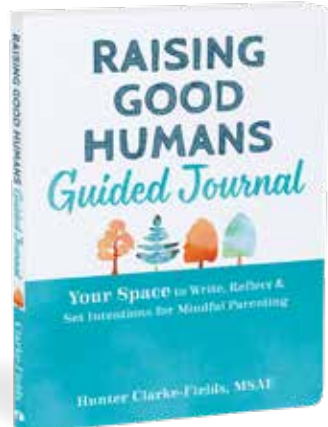


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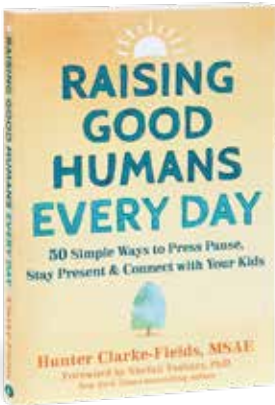
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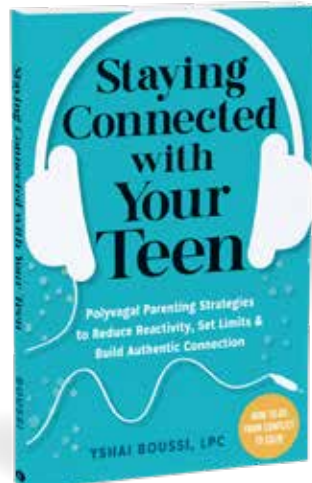
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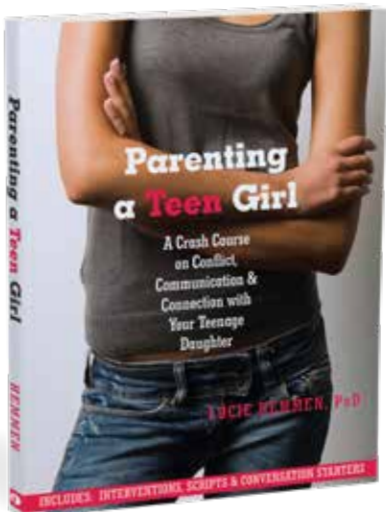
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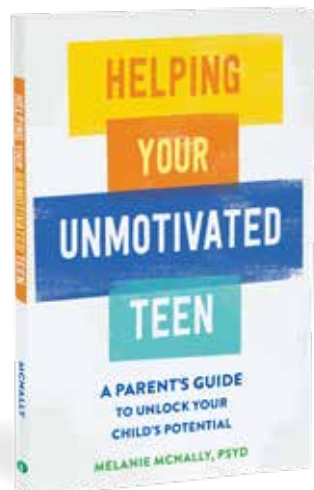
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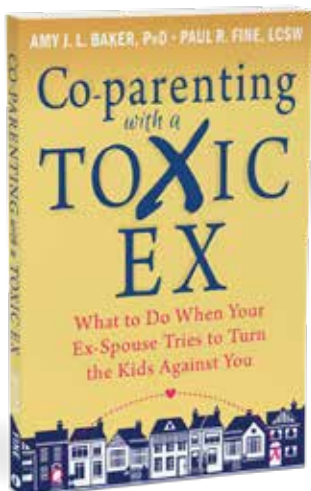
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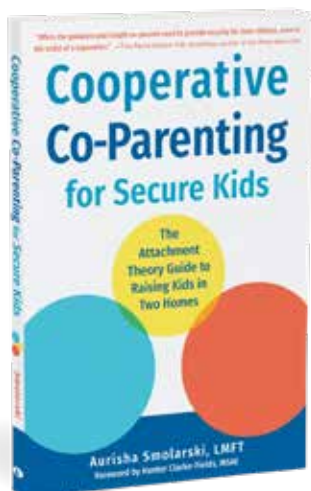
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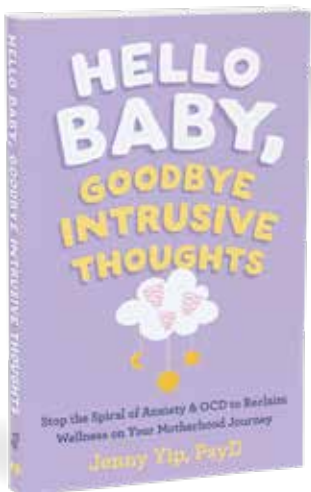
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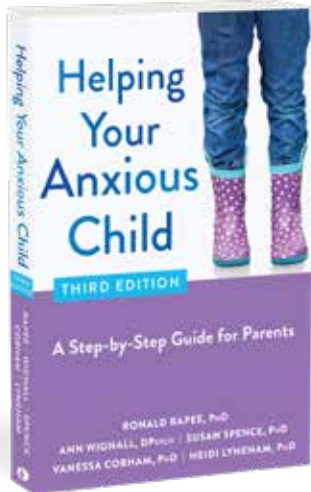
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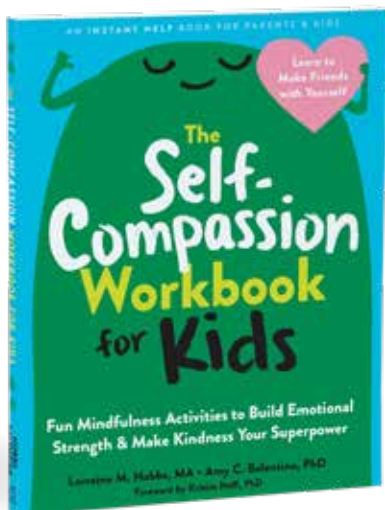


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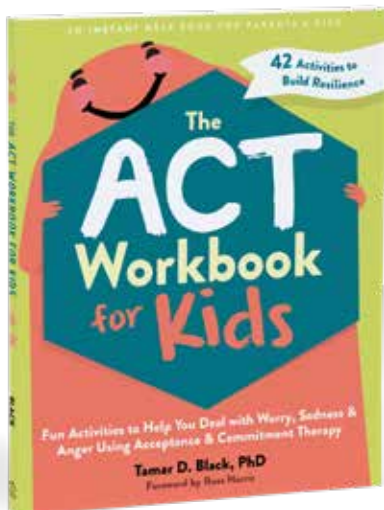


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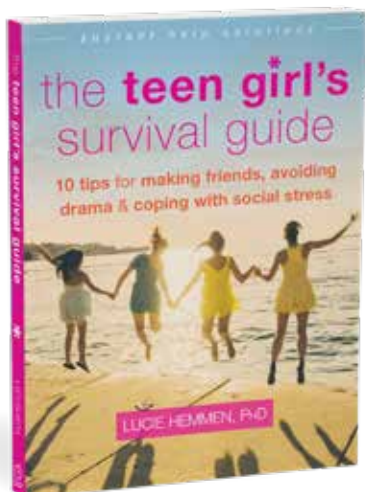


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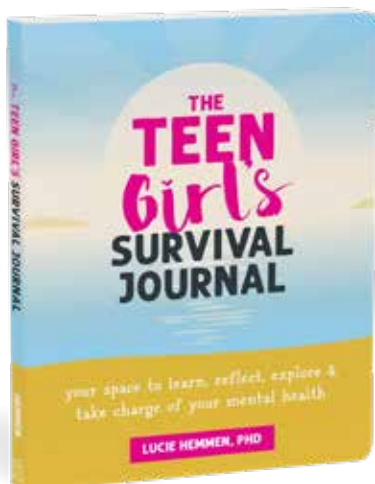


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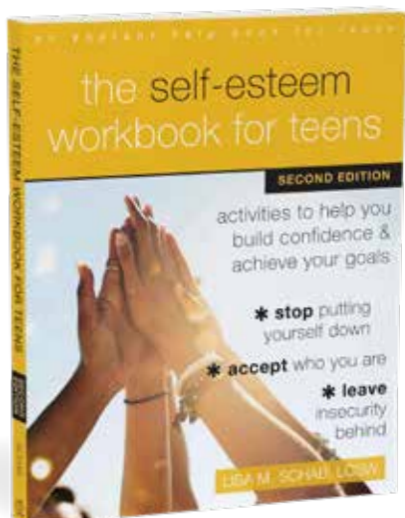
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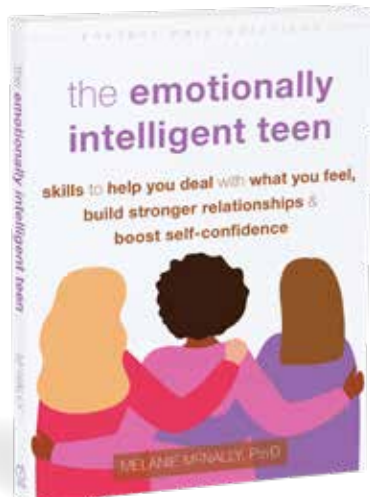
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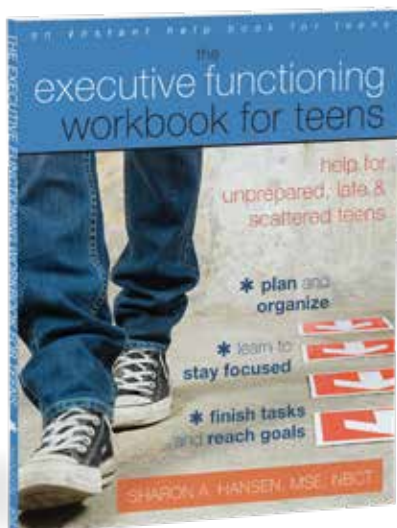
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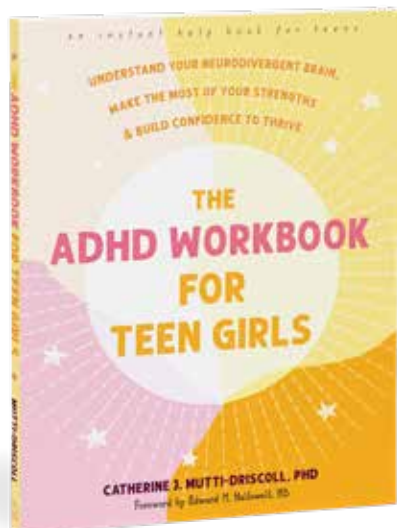
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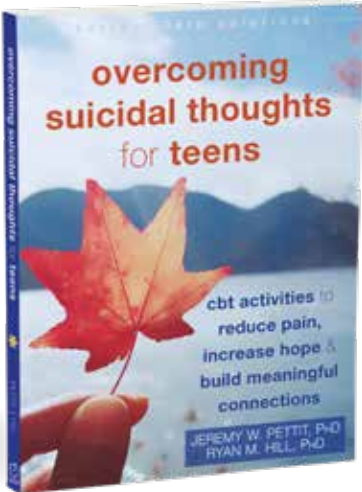
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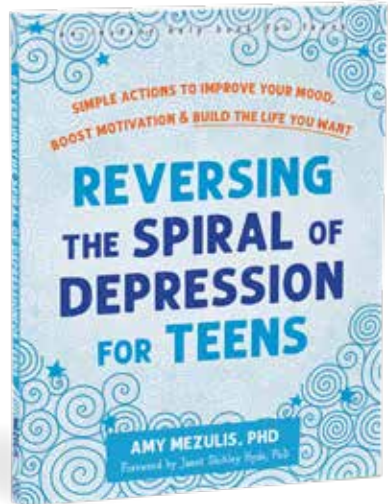
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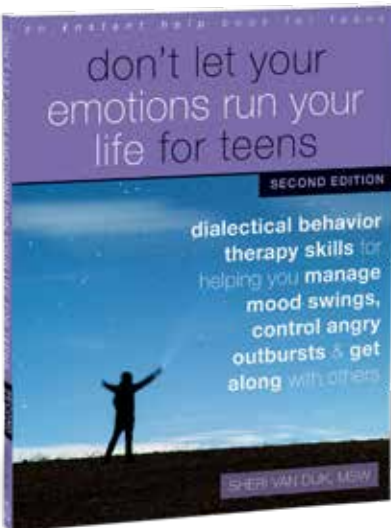
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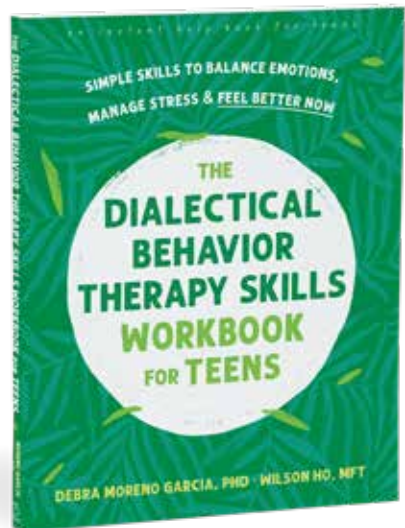
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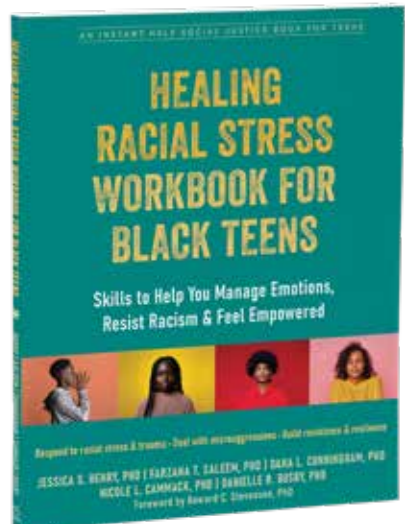
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