

SPRING 2021

NEW TITLES
and FEATURED
BACKLIST



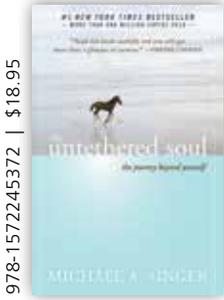
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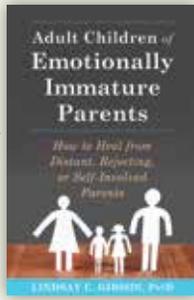
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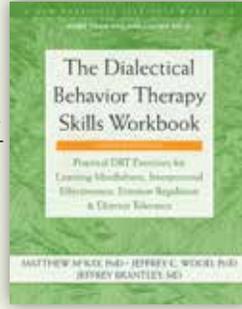
#1 NEW YORK TIMES BESTSELLER



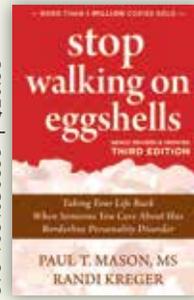
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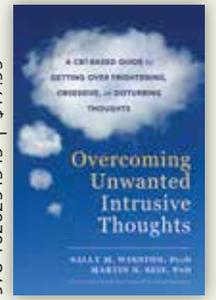
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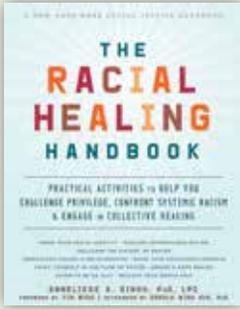
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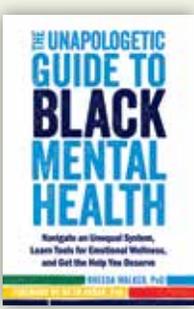
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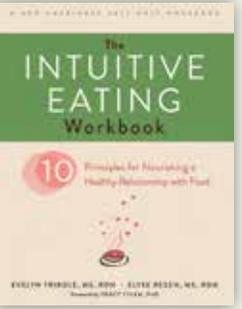
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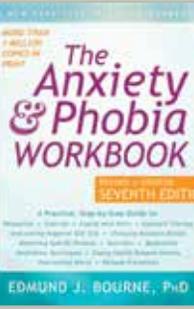
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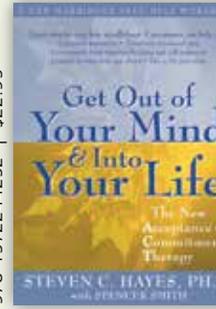
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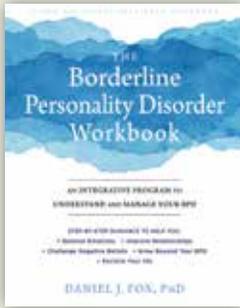
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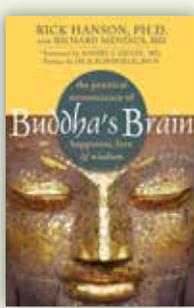
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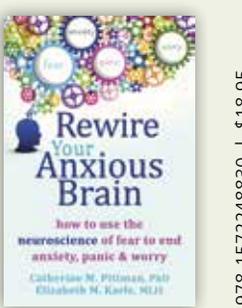
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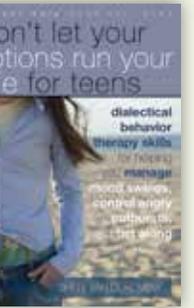
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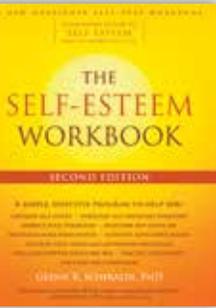
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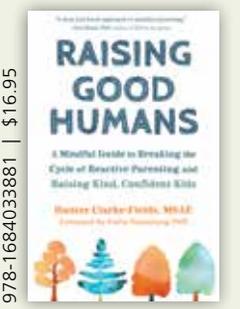
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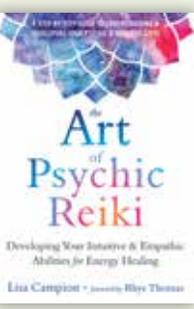
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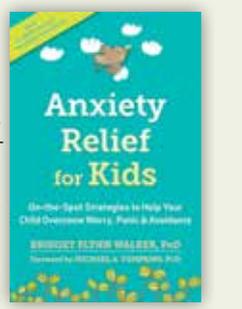
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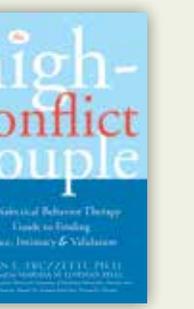
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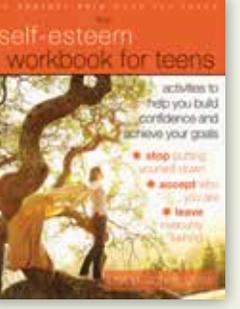
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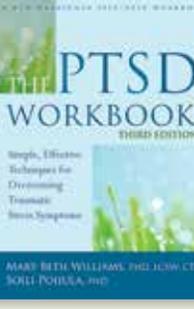
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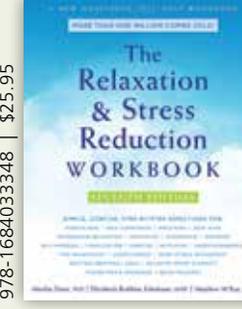
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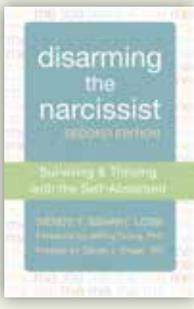
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Dear Friends—

In these difficult and uncertain times, readers need mental health and wellness resources more than ever. This season, we're offering new self-help guides for managing stress, anxiety, and depression—as well as books that address identity-based bullying, raising socially conscious kids, healthy eating, and more.

People who've experienced childhood bullying often carry invisible emotional scars into adulthood. For these readers, we're publishing *The Healing Otherness Handbook*, a new addition to our trailblazing New Harbinger Social Justice Series. With this compassionate and transformative guide, readers who were bullied due to race, nationality, gender, or sexual orientation will learn to break free from painful memories and truly embrace their differences. And on the heels of #MeToo, *Raising Feminist Boys* is a much-needed how-to for talking to boys about gender equality, consent, and empathy.

For many people, stress, anxiety, and shelter-in-place orders have led to unhealthy eating habits. For readers ready to “reboot” and improve their relationship with food, we're excited to present *The Intuitive Eating Journal* and *The Intuitive Eating Card Deck*. Chock-full of wisdom drawn from the authors' best-selling book, *Intuitive Eating*, readers will find doable, daily tips and tools to help them listen to their bodies' natural hunger cues, move past thoughtless eating, and stay healthy in body and mind.

Finally, we're publishing new editions of some of our landmark books, including a fully revised and updated second edition of *Splitting*. And for teachers struggling with the challenges and stressors of in-person and distance learning, we're offering a second edition of *Learning to Breathe*, which addresses classroom disruption, and includes new research and skills addressing trauma and the use of compassion-focused therapy.

As always, we thank you for supporting New Harbinger's mission to provide proven-effective books to help readers thrive—even in the face of extraordinary adversity.



Sincerely,

—Matthew McKay, PhD, Publisher

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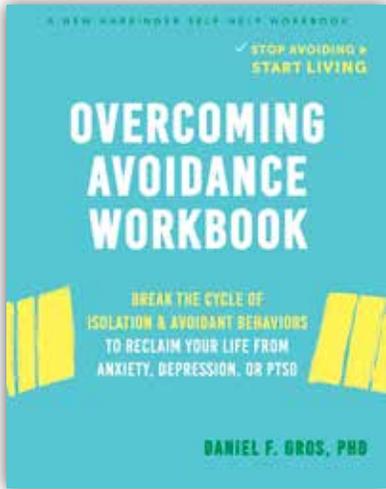
In case you missed
any of our
FALL 2020 BOOKS,
you can find them on
page 20 in our
Recently Published
section!

Our catalogs
are available on

edelweiss



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



- Tens of millions in the US suffer from anxiety, depression, and PTSD. A key symptom of these disorders is avoidance—an attempt to avoid distressing thoughts and feelings.

978-1684035663 | US \$22.95
8 x 10 | 192 pp
trade paper | self-help
PUB DATE: **March 1, 2021**

Overcoming Avoidance Workbook

Break the Cycle of Isolation and Avoidant Behaviors to Reclaim Your Life from Anxiety, Depression, or PTSD

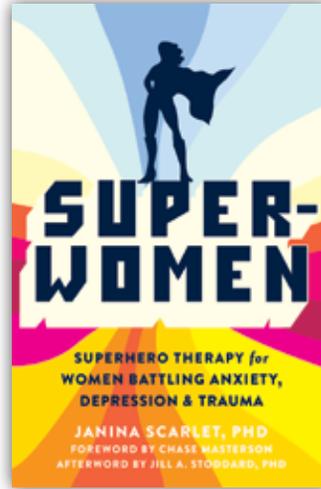
Daniel F. Gros, PhD

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? Changing behavior in an attempt to avoid thinking or confronting things that are uncomfortable is a common symptom of anxiety, depression, post-traumatic stress disorder (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.

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.

>> Gros resides in Charleston, SC.

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, the National Association of Social Workers, the International OCD Foundation, and Psychotherapy Networker • Campaign to professional organizations and professional influencers • Campaign to psychology and mental health publications • **WORLD RIGHTS**



- Women are twice as likely to suffer from an anxiety disorder or PTSD as men. This guide offers “superhero therapy” to help women overcome anxiety, depression, and trauma.

978-1684037520 | US \$17.95
6 x 9 | 192 pp
trade paper | self-help
PUB DATE: **April 1, 2021**

Super-Women

Superhero Therapy for Women Battling Anxiety, Depression, and Trauma

Janina Scarlet, PhD

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

Janina Scarlet, PhD, is a licensed clinical psychologist and an award-winning author. A Ukrainian-born refugee, she survived Chernobyl radiation and persecution. Scarlet developed Superhero Therapy to help patients with anxiety, depression, and post-traumatic stress disorder (PTSD).

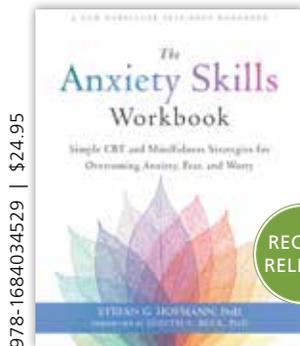
>> Scarlet resides in San Diego, CA.

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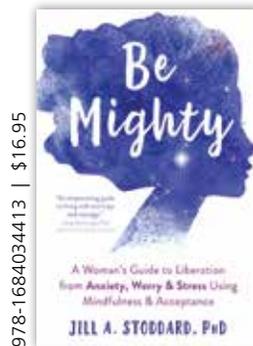
978-1684034055 | \$16.95

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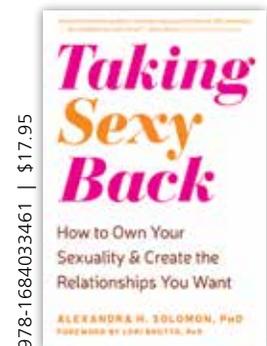


978-1684034529 | \$24.95

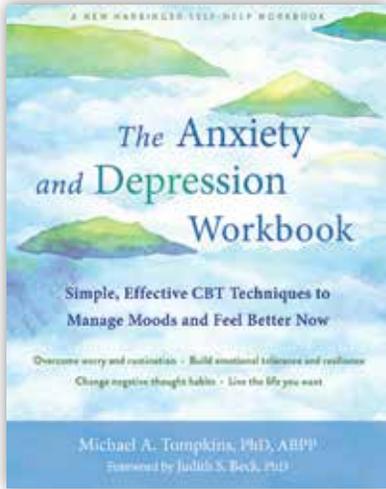
RECENT RELEASE



978-1684034413 | \$16.95



978-1684033461 | \$17.95



- This workbook uses CBT to address the most common trait associated with both anxiety and depression: avoidance of emotional experiences.

978-1684036141 | US \$24.95
8 x 10 | 232 pp
trade paper | self-help
PUB DATE: **April 1, 2021**

The Anxiety and Depression Workbook

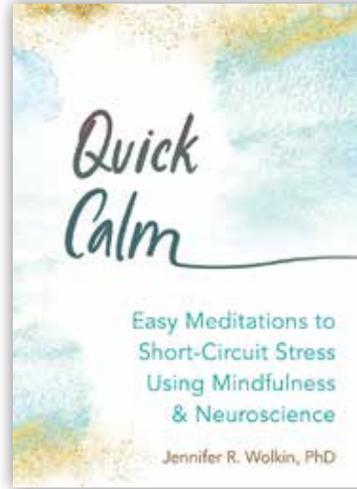
Simple, Effective CBT Techniques to Manage Moods and Feel Better Now

Michael A. Tompkins, PhD, ABPP

Don't let anxiety and depression keep you from living life to the fullest. Using evidence-based cognitive-behavioral therapy (CBT) skills, this workbook will 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. 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.

Michael A. Tompkins, PhD, is a licensed psychologist, CBT expert, renowned speaker, codirector of the San Francisco Bay Area Center for Cognitive Therapy, and adjunct faculty member of the Beck Institute for Cognitive Behavior Therapy. >> **Tompkins resides in Oakland, CA.**

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- The National Institutes of Health estimates that 18 million people practice meditation. This book breaks mindfulness down into bite-size chunks, so that readers can practice a little bit every day.

978-1684036080 | US \$16.95
6 x 8 | 208 pp
trade paper | self-help
PUB DATE: **April 1, 2021**

Quick Calm

Easy Meditations to Short-Circuit Stress Using Mindfulness and Neuroscience

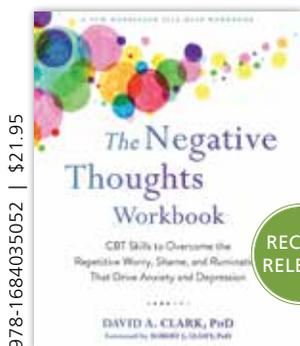
Jennifer R. Wolkin, PhD

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 don't have the time to attend a meditation retreat, set aside five minutes a day with this handy little guide.

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.

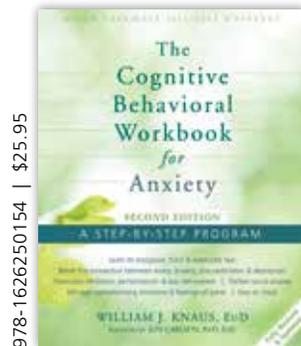
>> **Wolkin resides in New York, NY.**

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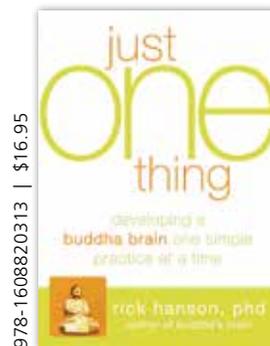


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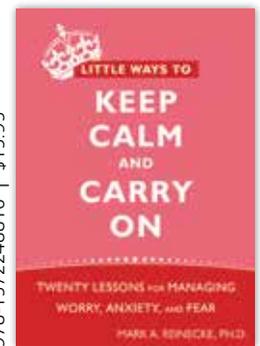
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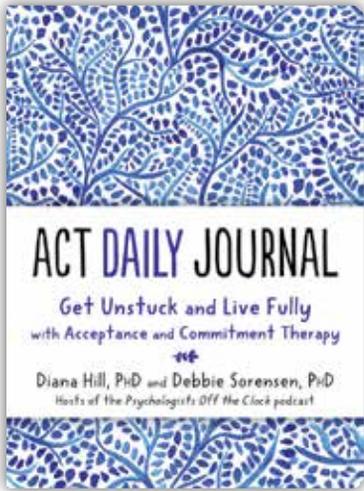
978-1626250154 | \$25.95



978-1608820313 | \$16.95



978-1572248816 | \$15.95



■ The authors' *Psychologists Off the Clock* podcast reaches more than 80,000 listeners, including mental health professionals and laypeople with an interest in psychology, mindfulness, and wellness.

978-1684037377 | US \$18.95
6 x 8 | 248 pp
trade paper | self-help
PUB DATE: **May 1, 2021**

ACT Daily Journal

Get Unstuck and Live Fully with Acceptance and Commitment Therapy

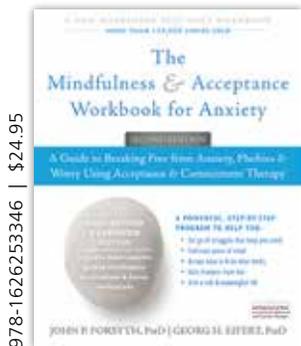
Diana Hill, PhD, & Debbie Sorensen, PhD

When faced with life's challenges, it's easy to lose track of what's important, get stuck in your thoughts and emotions, and become bogged down by day-to-day problems. Now there's a flexible program for learning how to practice a popular, proven-effective therapy protocol on *your* schedule! With *ACT Daily Journal*, you'll learn all about the six core processes of acceptance and commitment therapy (ACT)—including mindfulness, acceptance, and values-based living—and even learn about a seventh: self-compassion. ACT is more than just a therapy—it's a framework for living well. And it works best when practiced daily. Let this journal guide you toward what really matters to you.

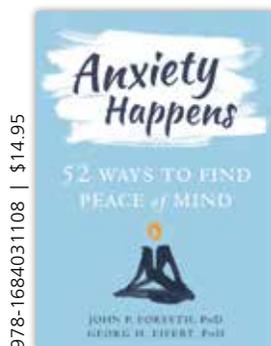
Diana Hill, PhD, is a clinical psychologist who provides therapy, high-performance coaching, and training to mental health professionals in acceptance and commitment therapy (ACT). She is a cohost of the *Psychologists Off the Clock* podcast. >> **Hill resides in Santa Barbara, CA.**

Debbie Sorensen, PhD, is a clinical psychologist and part-time clinical research psychologist at the Rocky Mountain VA Medical Center. She cohosts the *Psychologists Off the Clock* podcast, and is a VA Regional Trainer and Training Consultant in ACT.

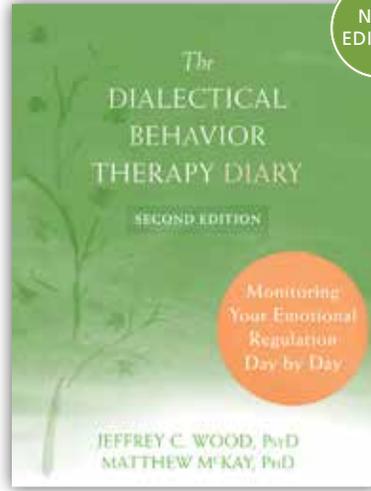
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978-1626253346 | \$24.95



978-1684031108 | \$14.95



NEW EDITION

■ The skills outlined in this diary are drawn from *The Dialectical Behavior Therapy Skills Workbook* (ISBN: 978-1572245136), which has sold more than one million copies worldwide.

978-1684037735 | US \$16.95
7 x 9 | 200 pp
trade paper | self-help
PUB DATE: **May 1, 2021**

The Dialectical Behavior Therapy Diary, Second Edition

Monitoring Your Emotional Regulation Day by Day

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

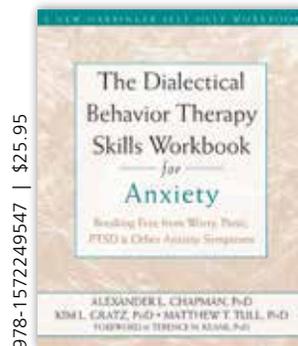
Write and chart to restore emotional balance with this evidence-based diary. This diary offers daily writing prompts to help you master and chart your progress using the core skills of dialectical behavior therapy (DBT)—mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance. Most importantly, you'll find practical ways to put these skills to work, every day. With this fully revised and updated second edition, you will learn techniques to use when you feel overwhelmed, observe and record your progress each day, find out which coping strategies work best for you, and discover nutrition and lifestyle changes that can make you feel better.

Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He is author and coauthor of numerous books, including *The Dialectical Behavior Therapy Skills Workbook*, *Self-Esteem*, and *Thoughts and Feelings*.

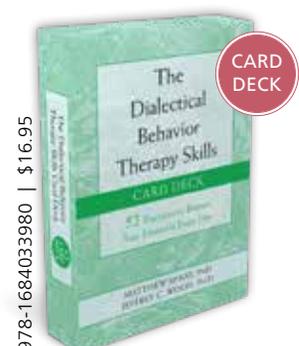
>> **McKay resides in the Greater San Francisco Bay Area.**

Jeffrey C. Wood, PsyD, specializes in brief therapy treatments for depression, anxiety, and trauma. He is coauthor of *The New Happiness* and *The Dialectical Behavior Therapy Skills Workbook*.

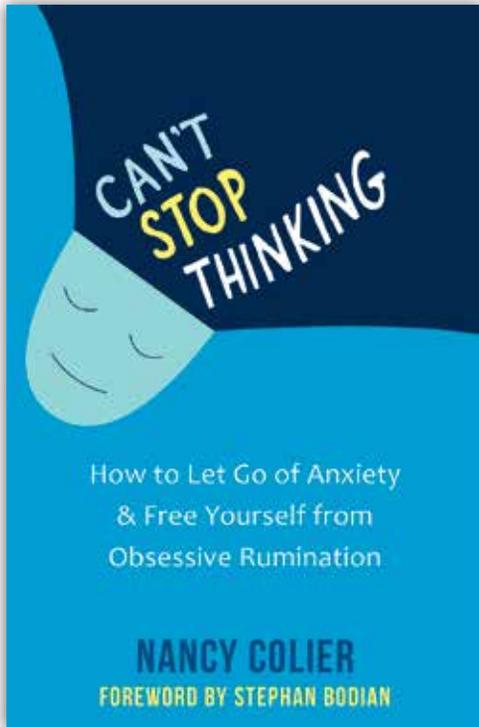
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978-1572249547 | \$25.95



978-1684033980 | \$16.95



Can't Stop Thinking

How to Let Go of Anxiety and Free Yourself from Obsessive Rumination

Nancy Colier

- Anxiety disorders are the most common mental illness in the US. Research has shown that negative thinking is the biggest cause of stress, anxiety, and worry in our life.
- According to the National Science Foundation, the average person has about 60,000 thoughts per day. Of those, a whopping 80 percent are negative, and 95 percent are repetitive thoughts.

978-1684036776 | US \$16.95

6 x 9 | 168 pp | trade paper | self-help

PUB DATE: **May 1, 2021**

Are you stuck inside your own head? In today's world, it's easy to get stuck in an endless loop of negative thoughts. And, if you're like many people, you've probably tried to *think* your way out of one of these thought cycles, throwing more thoughts on the pile until you're left with an out-of-control bonfire of anxiety, self-criticism, resentment, catastrophizing, and hopelessness. Attempting to stop your thoughts or replace them with positive ones is like rearranging deck chairs on the Titanic. Inevitably, you drown in a sea of unhappiness. Has it ever worked for you? If the answer is "no," it's probably time to find a real solution.

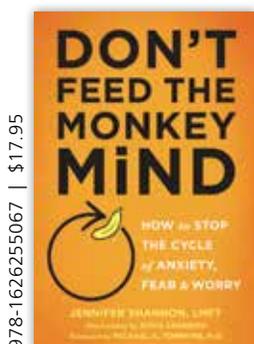
In *Can't Stop Thinking*, psychotherapist and spiritual counselor Nancy Colier offers the key to breaking free from the repetitive and obsessive thinking that is causing your stress, anxiety, worry, and unhappiness: change your relationship with your thoughts. Using a powerful blend of mindfulness and acceptance and commitment therapy (ACT), you'll learn how to surrender your thinking mind, and end repetitive thinking, rumination, and self-criticism—freeing you up to discover a life of self-compassion, presence, peace, and joy.



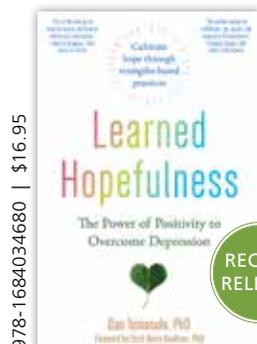
Nancy Colier is a renowned psychotherapist, interfaith minister, author, and public speaker. A longtime student of Eastern spirituality, she is a thought leader on mindfulness, well-being, and digital life. She has been featured on *Good Morning America*, *Fox & Friends*, *RT America*, in *The New York Times*, and other media. She is also a regular blogger for *Psychology Today* and *HuffPost.com*.

>> Colier resides in New York, NY.

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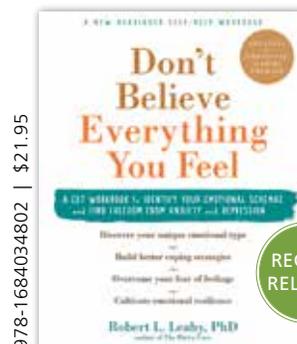


978-1626255067 | \$17.95



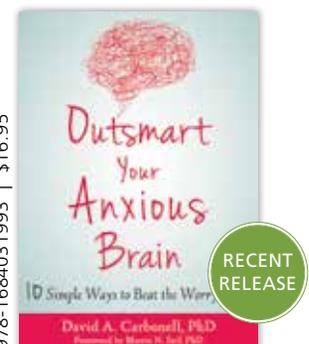
978-1684034680 | \$16.95

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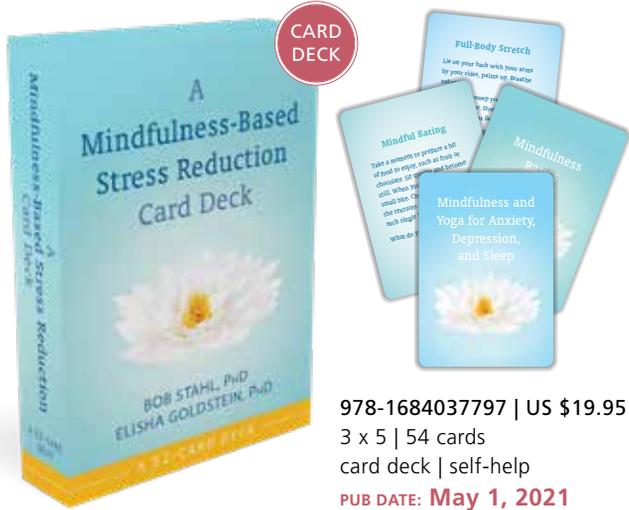
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978-1684037797 | US \$19.95
 3 x 5 | 54 cards
 card deck | self-help
 PUB DATE: **May 1, 2021**

A Mindfulness-Based Stress Reduction Card Deck

Bob Stahl, PhD, & Elisha Goldstein, PhD

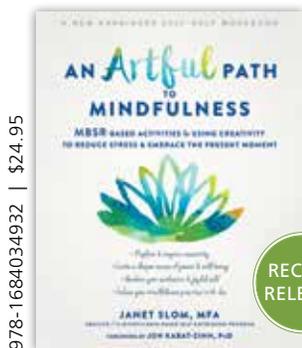
- *A Mindfulness-Based Stress Reduction Workbook* (ISBN: 978-1572247086) has sold more than 125,000 copies worldwide. This card deck offers additional resources to help people take advantage of MBSR.

Fifty-two simple, stress-busting mindfulness-based stress reduction (MBSR) meditations and practices you can use whenever—and wherever—you need to find calm and inner peace. Developed by Jon Kabat-Zinn, MBSR is a clinically proven program that is effective in alleviating stress, anxiety, panic, depression, chronic pain, and a wide range of medical conditions. Now, this powerful program has been distilled into bite-size meditations you can use daily, even on the go. Use this card deck to enhance your own mindfulness practice, jump-start a new routine, or simply find quick relief when you need it.

Bob Stahl, PhD, founded and directs mindfulness-based stress reduction (MBSR) programs in three medical centers in the San Francisco Bay Area. **>> Stahl resides in Santa Cruz, CA.**

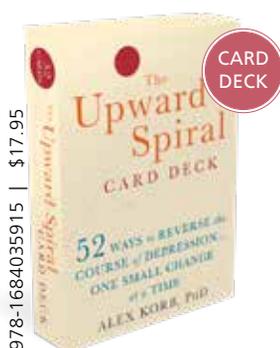
Elisha Goldstein, PhD, is founder of The Mindful Living Collective—the central online mindful space to find the teachings, practices, and tribe to up-level your mind, life, and business.

PUBLICITY & PROMOTION • Advertising in the annual conference guides of the American Psychological Association and Psychotherapy Networker • Author website, email, and social media promotion • Campaign to psychology and mental health publications • **WORLD RIGHTS**



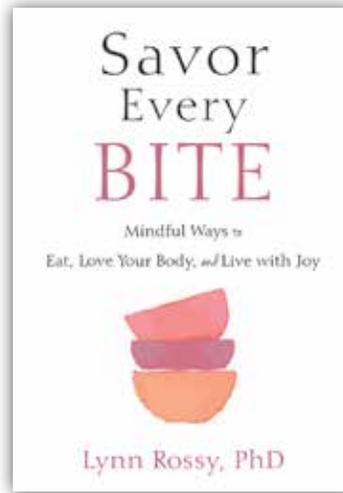
978-1684034932 | \$24.95

RECENT RELEASE



978-1684035915 | \$17.95

CARD DECK



978-1684037469 | US \$15.95
 5 x 7 | 200 pp
 trade paper | self-help
 PUB DATE: **May 1, 2021**

Savor Every Bite

Mindful Ways to Eat, Love Your Body, and Live with Joy

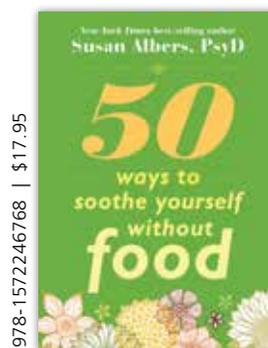
Lynn Rossy, PhD

- This unique guide goes beyond the topic of mealtime, and provides daily tips and tools for whole-body healing—including how to eat with mindfulness and live with greater ease and joy.

Do you turn to food when you're feeling bored, depressed, or anxious? *Savor Every Bite* offers powerful mindfulness and compassion practices for soothing difficult emotions and cultivating positive coping strategies. From psychologist and mindful eating expert Lynn Rossy, this book provides daily tips and tools for whole-body healing—including how to eat mindfully, move your body in ways that feel delicious, and live with greater ease and joy. With this guide, you'll learn mindfulness skills to help you navigate the difficulties of daily life and cultivate a lasting sense of calm, clarity, and profound happiness. It's time to start savoring your life!

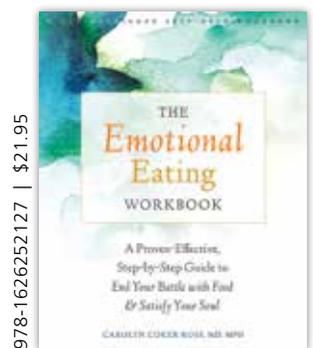
Lynn Rossy, PhD, is a licensed clinical psychologist, and author of *The Mindfulness-Based Eating Solution*. She developed Eat for Life, a research-based mindful eating program that helps you end overeating, appreciate your body, and savor your life. She is president of The Center for Mindful Eating. **>> Rossy resides in Columbia, MO.**

PUBLICITY & PROMOTION • Advertising in *Spirituality & Health* and *Mantra Wellness Magazine* • Features in New Harbinger email programs • Social media features on New Harbinger profiles • Author website, email, and social media promotion • Campaign to mindfulness, health, and nutrition publications • **WORLD RIGHTS**

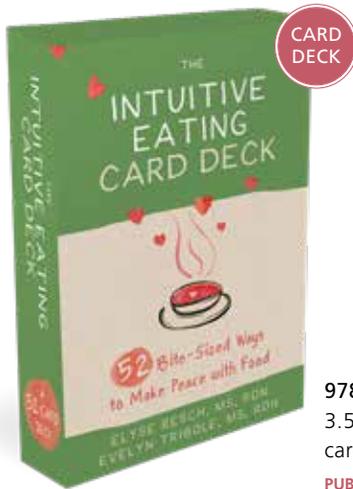


978-1572246768 | \$17.95

CARD DECK



978-1626252127 | \$21.95

CARD
DECK

978-1684038282 | US \$17.95
3.5 x 5 | 55 cards
card deck | self-help
PUB DATE: **June 1, 2021**

The Intuitive Eating Card Deck

52 Bite-Sized Ways to Make Peace with Food

Elyse Resch, MS, RDN, & Evelyn Tribole, MS, RDN

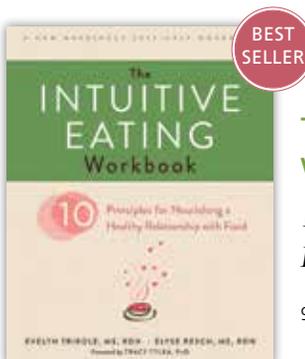
- More than 80 recent studies have demonstrated the benefits of intuitive eating for those with negative eating habits, as well as those with eating disorders, making this card deck an evidence-based resource.

Grounded in the same evidence-based approach outlined in the breakthrough guides, *Intuitive Eating* and *The Intuitive Eating Workbook*, this portable and uplifting card deck offers daily strategies and affirmations to help you pay attention to natural cues of hunger and satisfaction, so you can stop worrying about calories and really savor your food. Organized by the ten principles of intuitive eating, the cards also feature simple, in-the-moment exercises you can use on the go to help you challenge common misconceptions about food and your body, identify and balance your emotions, and—most importantly—stop feeling so distressed at mealtime.

Elyse Resch, MS, RDN, is a nutrition therapist with more than thirty-eight years of experience specializing in eating disorders, intuitive eating, and health at every size. She is author of *The Intuitive Eating Workbook for Teens*, and coauthor of *Intuitive Eating* and *The Intuitive Eating Workbook*.

>> Resch resides in Santa Monica, CA.

Evelyn Tribole, MS, RDN, is an award-winning registered dietitian with a nutrition counseling practice in Newport Beach, CA; specializing in eating disorders. She also trains health professionals on how to help their clients cultivate a healthy relationship with food, mind, and body through the process of Intuitive Eating.

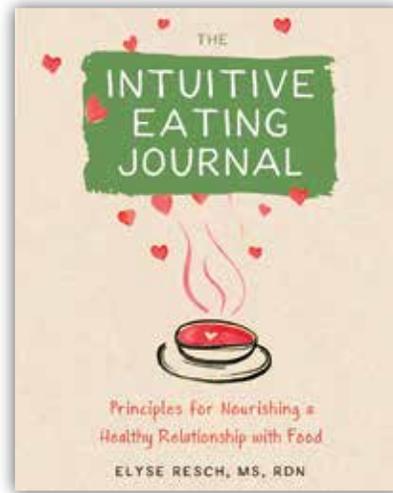
BEST
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ALSO AVAILABLE

The Intuitive Eating Workbook

10 Principles for Nourishing a Healthy Relationship with Food

978-1626256224 | US \$24.95



- Author Elyse Resch is a renowned nutrition therapist. This guided journal is based on her best-selling book, *Intuitive Eating* (ISBN: 978-0312321239), which has sold more than 200,000 copies.

978-1684037087 | US \$16.95
6.75 x 8.25 | 184 pp
trade paper | self-help
PUB DATE: **June 1, 2021**

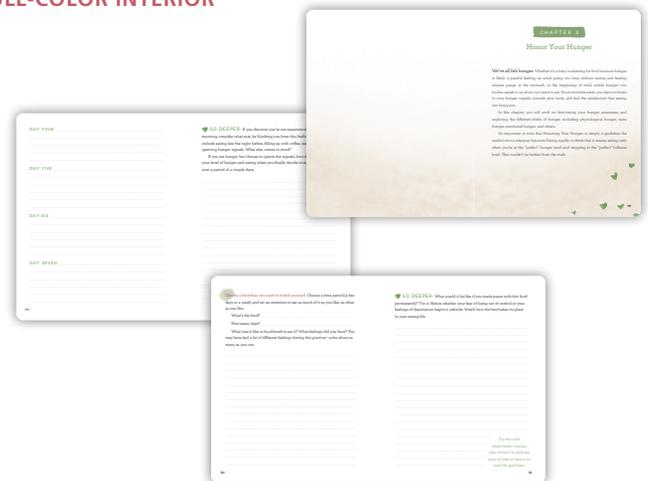
The Intuitive Eating Journal

Principles for Nourishing a Healthy Relationship with Food

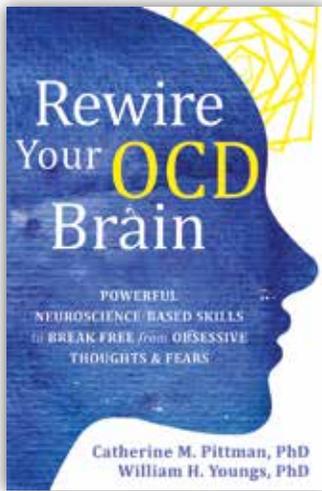
Elyse Resch, MS, RDN

Based on the popular anti-diet program, *Intuitive Eating*, this guided journal will help you pay attention to your body's natural hunger cues and develop a healthier relationship with food. This illustrated journal will give you all the tools you need for eating intuitively, and will show you that you are the expert of your own body. You'll also discover ways to distinguish between physical and emotional feelings, and make peace with food—so that you no longer have constant 'food worry' thoughts. Most importantly, you'll find powerful writing prompts to help you explore yourself as a whole person—regardless of what you eat.

FULL-COLOR INTERIOR



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- 1 in 40 adults in the US have obsessive-compulsive disorder (OCD). This book helps readers gain an understanding of the neurological functions at work in OCD, and stop symptoms at the source.

978-1684037186 | US \$18.95
6 x 9 | 224 pp
trade paper | self-help
PUB DATE: **June 1, 2021**

Rewire Your OCD Brain

Powerful Neuroscience-Based Skills to Break Free from Obsessive Thoughts and Fears

Catherine M. Pittman, PhD, & William H. Youngs, PhD

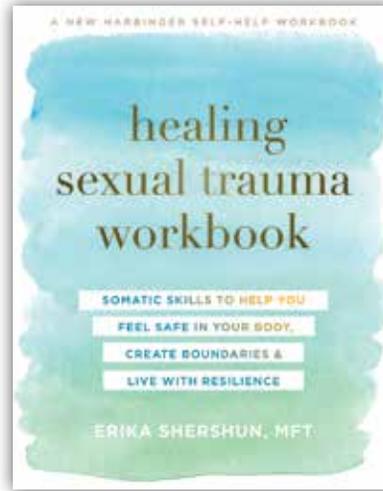
Rewire the brain processes that cause obsessions and compulsions—and take back your life! If you’ve ever wondered why you seem to get trapped in an endless cycle of obsessive, compulsive thoughts, you don’t have to wonder anymore. Grounded in cutting-edge neuroscience and evidence-based cognitive behavioral therapy (CBT), *Rewire Your OCD Brain* will show you how and why your brain gets stuck in a loop of obsessive thinking, uncertainty, and worry; and offers the tools you need to short-circuit this response and get your symptoms under control—for good.

Catherine M. Pittman, PhD, is a licensed clinical psychologist specializing in the treatment of brain injuries and anxiety disorders. She is professor of psychology at Saint Mary’s College in Notre Dame, IN.

» Pittman resides in Plymouth, IN.

William H. Youngs, PhD, is a clinical psychologist with a private practice in clinical neuropsychology. He has been a clinical neuropsychologist with Memorial Hospital of South Bend for twenty-five years, and a visiting assistant professor of psychology at Saint Mary’s College in Notre Dame, IN.

PUBLICITY & PROMOTION • Advertising in the annual conference guides of the Anxiety and Depression Association of America, the International OCD Foundation, and Psychotherapy Networker • Features in New Harbinger email programs • Author website, email, and social media promotion • Campaign to mental health professionals, and OCD organizations, podcasts, and media • **WORLD RIGHTS**



- 20 percent of the population has experienced rape. As the #MeToo movement gives survivors the courage to speak out, more people are also seeking resources to help heal.

978-1684036509 | US \$24.95
8 x 10 | 224 pp
trade paper | self-help
PUB DATE: **July 1, 2021**

Healing Sexual Trauma Workbook

Somatic Skills to Help You Feel Safe in Your Body, Create Boundaries, and Live with Resilience

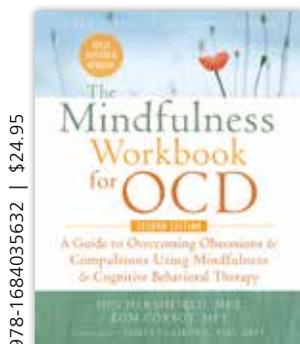
Erika Shershun, MFT

Overcome shame and stigma; and bring a newly felt sense of safety, awareness, and life to your body. Drawing on the powerful mind-body techniques of somatic therapy, this workbook is a step-by-step guide to overcoming the psychological effects of sexual trauma, and increasing positive body awareness and vitality. You’ll find tools to help you create an internal sense of safety and become more embodied and present. You’ll also discover ways to establish boundaries; move beyond intense feelings like shame, fear, and guilt; and deal effectively with triggers. Finally, you’ll learn how to cultivate self-compassion and the confidence needed to live your best life.

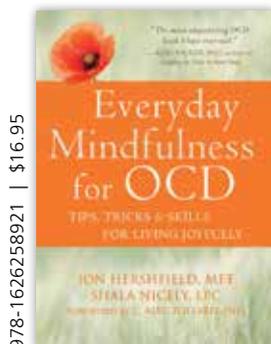
Erika Shershun, MFT, is a licensed psychotherapist and supervisor working in private practice in San Francisco, CA. Specializing in treating survivors of sexual assault and incest, and a survivor herself, Erika facilitates an ongoing weekly group, Surviving & Thriving: Healing Sexual Trauma.

» Shershun resides in San Francisco, CA.

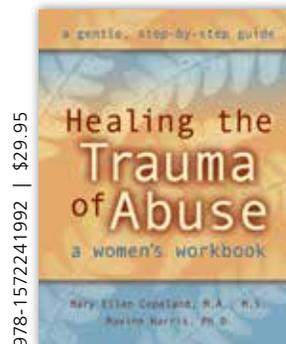
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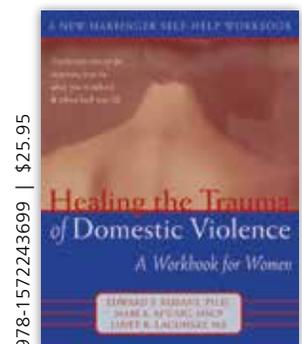
978-1684035632 | \$24.95



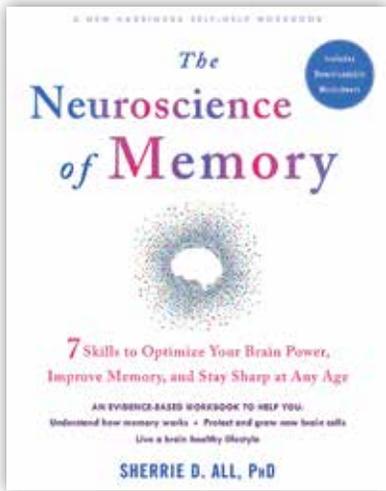
978-1626258921 | \$16.95



978-1572241992 | \$29.95



978-1572243699 | \$25.95



- This workbook offers exercises grounded in neuroscience to help readers increase neural pathways, improve both short and long-term memory, and stay mentally sharp as they age.

978-1684037438 | US \$21.95
8 x 10 | 200 pp
trade paper | self-help
PUB DATE: **July 1, 2021**

The Neuroscience of Memory

Seven Skills to Optimize Your Brain Power, Improve Memory, and Stay Sharp at Any Age

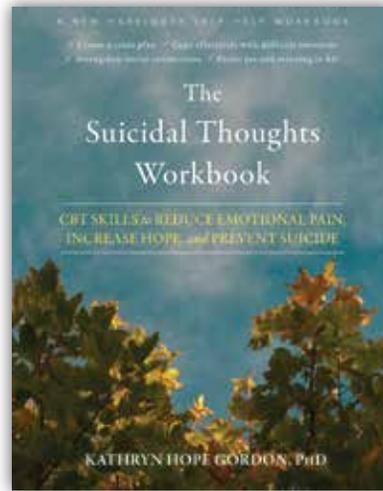
Sherrie D. All, PhD

Unlock the power of neuroscience to optimize your memory so you can stay mentally sharp. *The Neuroscience of Memory* offers a seven-step memory improvement program based on the latest research. You'll find powerful tools to optimize your brain and memory function, increase neural connections, and stay mentally sharp both now and in the long run. You'll learn how to "feed your brain" with good nutrition, and how exercise can help you maintain mental acuity. And finally, you'll discover how forming new memories is a key strategy for optimizing cognitive function, and how managing stress can help you think better in critical moments and improve memory for years to come.

Sherrie D. All, PhD, is an international speaker, writer, licensed clinical neuro-rehabilitation psychologist, brain health expert, and owner and director of the Chicago Center for Cognitive Wellness. She specializes in treating people with traumatic brain injury (TBI), multiple sclerosis (MS), dementia, and more.

>> All resides in Chicago, IL.

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- Suicide is a major national public health issue in the US. In 2018, there were 48,344 recorded suicides, up from 42,773 in 2014.

978-1684037025 | US \$21.95
8 x 10 | 184 pp
trade paper | self-help
PUB DATE: **July 1, 2021**

The Suicidal Thoughts Workbook

CBT Skills to Reduce Emotional Pain, Increase Hope, and Prevent Suicide

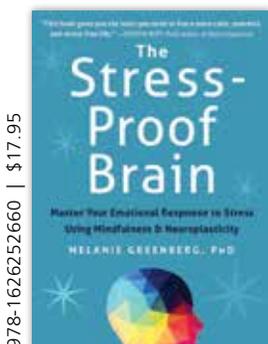
Kathryn Hope Gordon, PhD

Powerful tools grounded in cognitive behavioral therapy (CBT) to help when you feel like there is no hope, and painful and overwhelming thoughts take over. If you're struggling with suicidal thoughts or ideations, this workbook will help guide you out of your darkest place and find the hope you seek. With the help of this book, you'll identify your reasons for living, manage intense emotions, and create a safe environment when you are in a crisis. You'll also learn how to strengthen relationships; develop effective coping strategies in the face of life's challenges and hardships; and find, or rediscover, the activities that bring you joy and meaning.

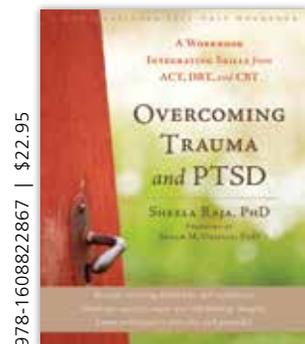
Kathryn Hope Gordon, PhD, is a licensed clinical psychologist who specializes in cognitive behavioral therapy (CBT) for anxiety and depression. She is also an adjunct research scientist focused on suicidal behavior and disordered eating.

>> Gordon resides in Fargo, ND.

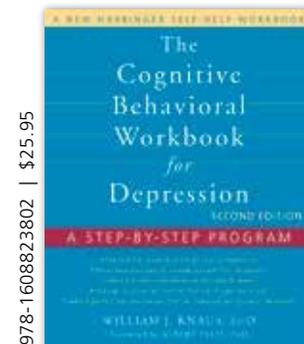
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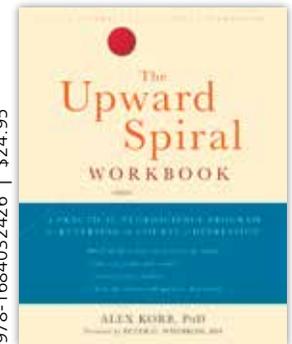
978-1626252660 | \$17.95



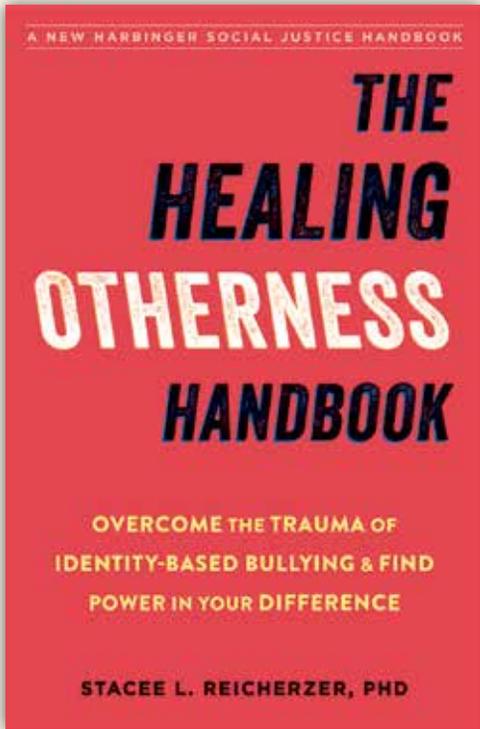
978-1608822867 | \$22.95



978-1608823802 | \$25.95



978-1684032426 | \$24.95



The Healing Otherness Handbook

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

Stacey L. Reicherzer, PhD

- 34 percent of children with disabilities are bullied, 63 percent of kids with autism are bullied, 25 percent of kids of color are bullied, and up to 75 percent of LGBTQ+ kids are bullied. Discrimination often continues into adulthood, making these populations feel less than, excluded, and othered.
- A University of Warwick and Duke University Medical Center study found that children who are bullied are more likely to experience mental and physical health issues in adulthood.

978-1684036479 | US \$16.95

6 x 9 | 192 pp | trade paper | relationships

PUB DATE: April 1, 2021

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 this handbook, 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 on mindfulness-based cognitive behavioral therapy (CBT), you'll gain a better understanding of how past trauma has limited your life, and discover 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.

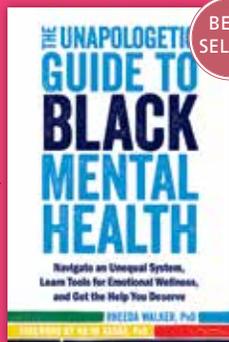
Stacey Reicherzer, PhD, is a Chicago, IL-based transgender counselor, educator, and public speaker for the stories of the bullied, forgotten, and oppressed. The San Antonio, TX, native serves as clinical faculty of counseling at Southern New Hampshire University. She travels the globe to teach and engage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

>> Reicherzer resides in Chicago, IL.

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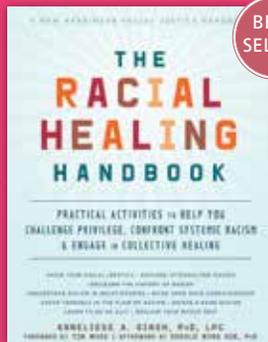
OTHER SOCIAL JUSTICE TITLES

978-1684034147 | \$16.95



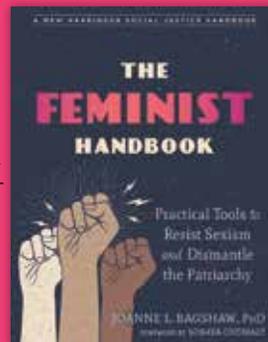
BEST SELLER

978-1684032709 | \$24.95

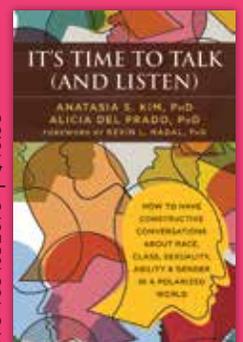


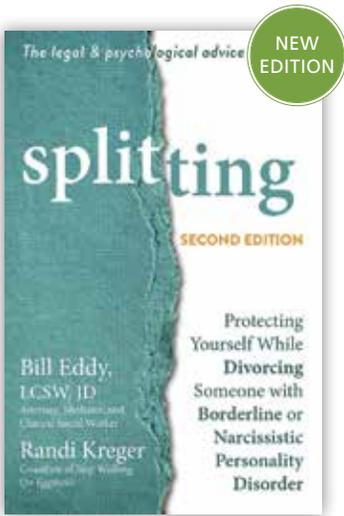
BEST SELLER

978-1684033805 | \$19.95



978-1684032679 | \$16.95





■ The first edition of *Splitting* (ISBN: 978-1608820252) has sold more than 90,000 copies. In addition, Randi Kreger is author of *Stop Walking on Eggshells* (ISBN: 978-1572246904), which has sold more than 1.5 million copies.

978-1684036110 | US \$19.95
6 x 9 | 304 pp
trade paper | relationships
PUB DATE: July 1, 2021

Splitting, Second Edition

Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder

Bill Eddy, LCSW, JD, & Randi Kreger

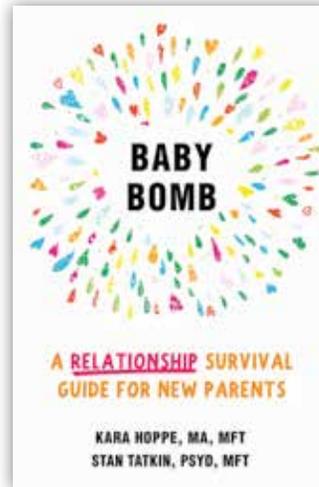
Written by a family law attorney and therapist, and an expert in borderline personality disorder (BPD), *Splitting* is the essential legal and psychological guide for anyone divorcing a persuasive blamer: someone who suffers from BPD or narcissistic personality disorder (NPD). This highly anticipated second edition is fully revised, and includes new chapters on abuse, alienation, and false allegations; as well as information about the four types of domestic violence, protective orders, and child custody disputes. If you need help navigating a high-conflict divorce from a manipulative spouse, this book includes all the critical information you need.

Bill Eddy, LCSW, JD, is a family lawyer, therapist, and mediator in San Diego, CA. He is the training director of the High Conflict Institute, and trains lawyers, judges, mediators, and counselors worldwide in respectfully managing high-conflict disputes and personalities.

» Eddy resides in San Diego, CA.

Randi Kreger is author of three books about borderline personality disorder, including *Stop Walking on Eggshells*. She is creator of StopWalkingOnEggshells.com; and runs the online support group, MovingForward@groups.io.

PUBLICITY & PROMOTION • Advertising in the annual conference guide of the American Association of Marriage and Family Therapy • Features in New Harbinger email programs • Social media features on New Harbinger profiles • Author website, email, and social media promotion • **WORLD RIGHTS**



■ *Baby Bomb* is more than just a parenting book. It's a relationship book that offers evidence-based exercises designed to help strengthen the bond between partners/co-parents.

978-1684037315 | US \$17.95
6 x 9 | 168 pp
trade paper | relationships
PUB DATE: July 1, 2021

Baby Bomb

A Relationship Survival Guide for New Parents

Kara Hoppe, MA, MFT, & Stan Tatkin, PsyD, MFT

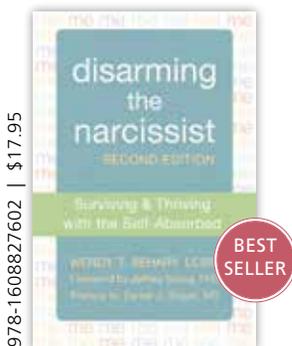
Written by a psychologist and relationship expert, *Baby Bomb* offers powerful tools based in psychology and neurobiology to help you and your partner co-parent and co-partner as a solid and supportive team—while also cultivating mad love for each other! You'll find more than just “tips” for better parenting and partnering; you'll discover how a secure-functioning relationship is essential for raising happy, healthy kids. This isn't a book with advice about how to have a romantic candlelit dinner while your baby is screaming in the other room. It's a road map for getting on the same page about your expectations as parents, your needs as humans, and how to maintain a strong and lasting relationship.

Kara Hoppe, MA, MFT, is a mother, psychotherapist, teacher, artist, and storyteller. She works with individuals and couples toward healing and growing, with better access to their own instincts, wisdom, and creativity.

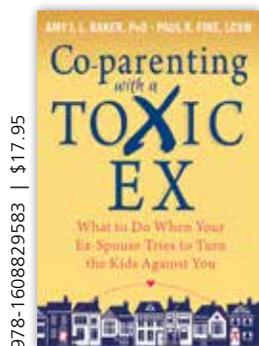
» Hoppe resides in Los Angeles, CA.

Stan Tatkin, PsyD, MFT, is a clinician, teacher, and developer of a psychobiological approach to couples therapy (PACT). He specializes in working with couples and individuals who wish to be in relationships.

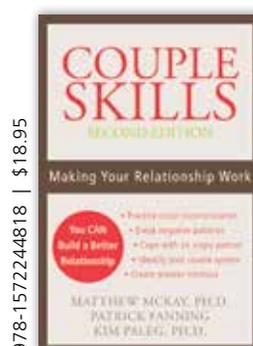
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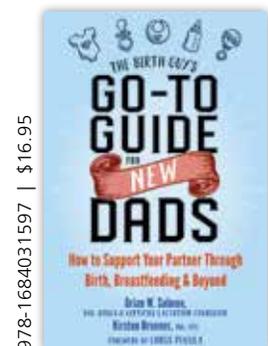
978-1608827602 | \$17.95



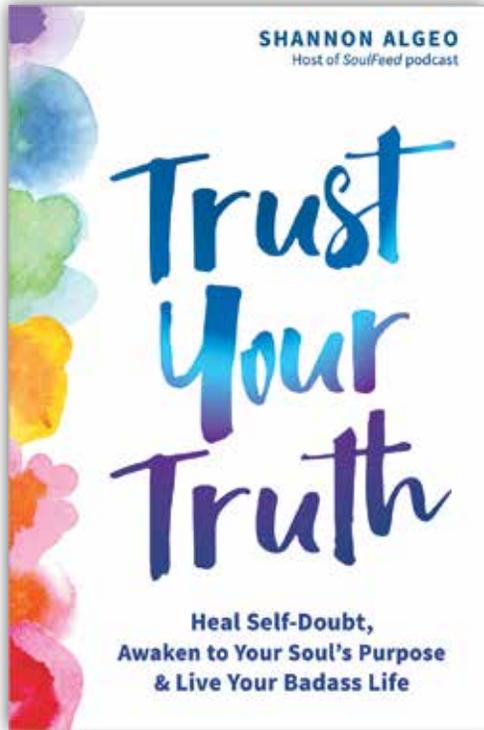
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978-1572244818 | \$18.95



978-1684031597 | \$16.95



Trust Your Truth

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

Shannon Algeo

- Named one of the “35 Under 35 in Wellness to Watch” by Wanderlust, Shannon Algeo’s popular podcast, *SoulFeed*, features interviews with spiritual leaders like Deepak Chopra, Marianne Williamson, Tim Gunn, and many more.
- The yoga practices in this book are interwoven with stories from the author’s own healing journey—showing readers how aligning with their true purpose benefits themselves and everyone around them.

978-1684036998 | US \$16.95

6 x 9 | 192 pp | trade paper | spirituality

PUB DATE: **March 1, 2021**

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.

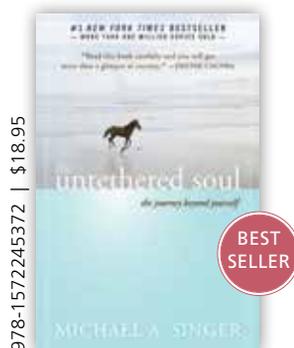
When you learn to trust your truth, you open yourself up to becoming the most empowered, present, and alive version of yourself. The powerful practices throughout this book are interwoven with raw, personal stories from Algeo’s own healing journey—showing you how aligning with your purpose and being 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.



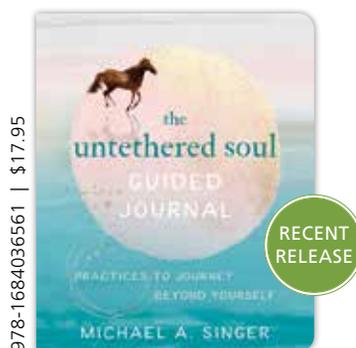
Shannon Algeo is a celebrated speaker, writer, life coach, and Yoga Nidra and meditation teacher. He was rated one of the “nicest instructors in New York City” by RateYourBurn for his work as a yoga and meditation teacher; and he leads meditation programs for the global nonprofit (RED), founded by Bono; and The Museum of Contemporary Art.

» Algeo resides in Topanga, CA (Greater Los Angeles Area).

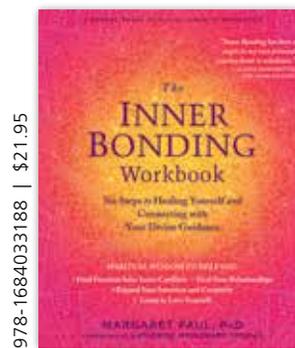
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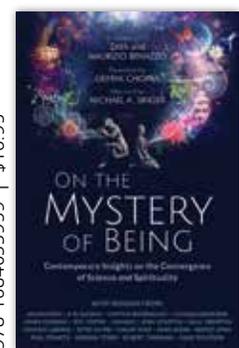
978-1572245372 | \$18.95



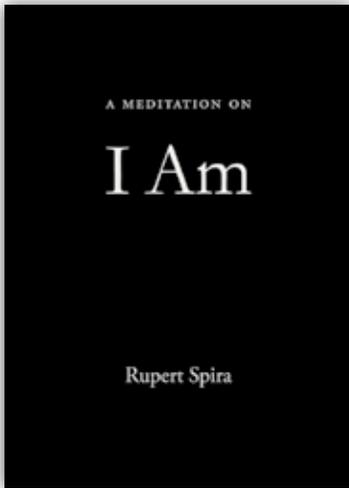
978-1684036561 | \$17.95



978-1684033188 | \$21.95



978-1684033959 | \$16.95



- Author Rupert Spira is a highly sought-after spiritual teacher with a global following, speaking at meetings and retreats around the world, including the annual Science and Nonduality (SAND) conference.

978-1684037940 | US \$16.95
4 x 5.5 | 120 pp
trade paper | spirituality

PUB DATE: **March 1, 2021**

A Meditation on I Am

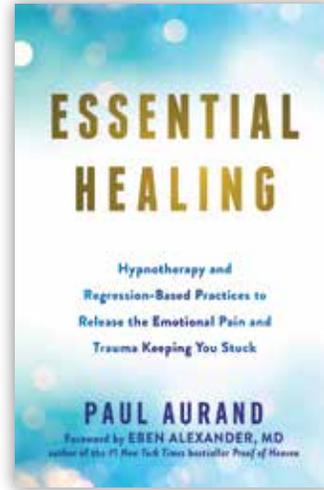
Rupert Spira

In *A Meditation on I Am*, Rupert Spira contemplates the essential nature of our self before it has been conditioned or qualified by the content of experience. It is a poem, a prayer, and a hymn of praise to the simple fact of being that is the source of the peace and happiness for which we long above all else. For seasoned spiritual seekers and newcomers alike, this meditative poem explores and celebrates the truth of what we essentially are: the awareness of being that shines in each of our minds as the knowledge, “I am,” which is temporarily colored by experience but is never modified, changed, or harmed by it.

From an early age, **Rupert Spira** was deeply interested in the nature of reality. At the age of seventeen he learned to meditate, and began a twenty-year period of study and practice in the classical Advaita Vedanta tradition. Spira holds regular meetings and retreats in Europe and the US.

»» **Spira resides in Oxford, UK.**

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- 6 of every 10 men and 5 of every 10 women experience at least one trauma in their lives. This unique guide goes beyond psychology to address the *spiritual* wounds of trauma.

978-1-68403-680-6 | US \$19.95
6 x 9 | 232 pp
trade paper | spirituality

PUB DATE: **June 1, 2021**

Essential Healing

Hypnotherapy and Regression-Based Practices to Release the Emotional Pain and Trauma Keeping You Stuck

Paul Aurand

Deep within you resides a great spirit—a place of profound wisdom, creativity, power, and love. But layers of hurt from early life, and from the defenses you’ve created to avoid further hurt, have accumulated and diminished that spirit over time—lifetimes, really—obscuring what is magnificent about you—your authentic self. This transformational and healing guide will help you awaken to the wisdom within yourself, break through the layers of emotional protection you’ve placed around your heart, and heal the scars of trauma that hold you back from happiness and fulfillment. If you’re ready to reveal the *true* you—the one that lies beneath the scars of trauma—this book provides essential healing to guide you.

Paul Aurand is an award-winning master hypnotherapist who has worked in the field for more than thirty years. He survived being struck by lightning, and had a transformative near-death experience that he has integrated into his Essential Healing workshops, which he presents internationally.

»» **Aurand resides in Jersey City, NJ.**

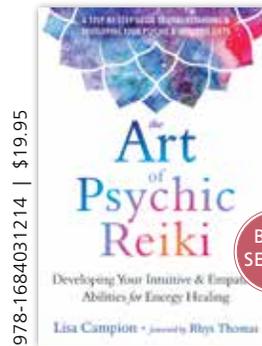
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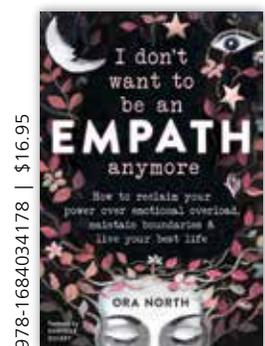
978-1626259966 | \$14.95



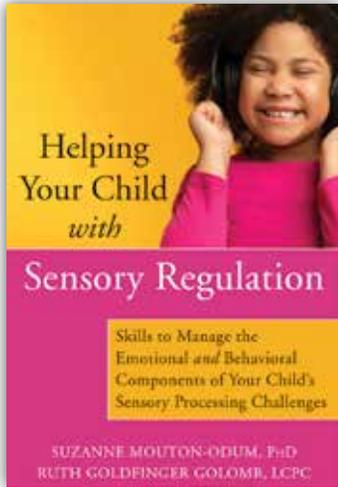
978-1684030002 | \$21.95



978-1684031214 | \$19.95



978-1684034178 | \$16.95



- 1 in 20 people are affected by sensory processing disorder (SPD). 30 percent of these are kids. This book is written for parents of children ages 5-10 with sensory issues that lead to problematic behaviors.

978-1684036264 | US \$19.95
 6 x 9 | 224 pp
 trade paper | parenting
 PUB DATE: **March 1, 2021**

Helping Your Child with Sensory Regulation

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

Suzanne Mouton-Odum, PhD, & Ruth Goldfinger Golomb, LCPC

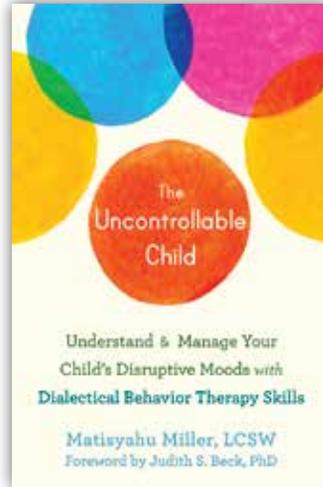
This book addresses the often-overlooked connection between sensory sensitivity and emotional and behavioral issues, which can often lead to a diagnosis of attention deficit/hyperactivity disorder (ADHD), an anxiety disorder, or a host of other disorders of childhood. You'll gain a better understanding 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. Most importantly, you'll learn sensory regulation skills to help your child—and your family as a whole—find some much-needed balance.

Suzanne Mouton-Odum, PhD, is a licensed psychologist and expert in treating children with anxiety disorders, behavioral disorders, and sensory-based issues.

» Mouton-Odum resides in Houston, TX.

Ruth Goldfinger Golomb, LCPC, is a senior clinician, supervisor, and codirector of the training program at the Behavior Therapy Center of Greater Washington.

PUBLICITY & PROMOTION • Advertising in the annual conference guides of the American Association of Marriage and Family Therapy and the International OCD Foundation • Features in New Harbinger email programs • Outreach to psychology and mental health publications • **WORLD RIGHTS**



- Disruptive mood dysregulation disorder (DMDD) affects up to 3.3 percent of the population, and is characterized by severe irritability, difficulty interpreting social cues, and explosive anger.

978-1684036868 | US \$17.95
 6 x 9 | 200 pp
 trade paper | parenting
 PUB DATE: **April 1, 2021**

The Uncontrollable Child

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

Matisyahu Miller, LCSW

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. Let this book guide you toward creating a nurturing, healthy, and loving environment in which your whole family can thrive.

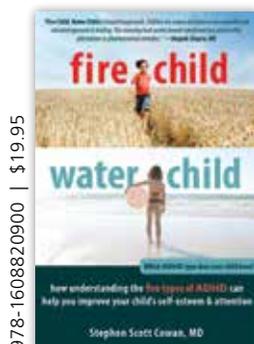
Matisyahu Miller, LCSW, is a licensed clinical social worker and certified cognitive and dialectical behavioral therapist with fifteen years of experience. He is founder, director, and supervisor of The Center for Cognitive and Behavioral Therapy of New Jersey.

» Miller resides in the Greater New York City Area.

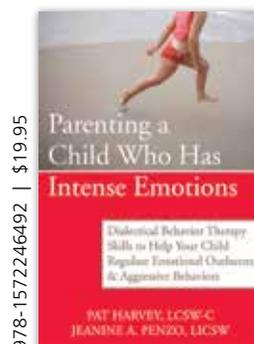
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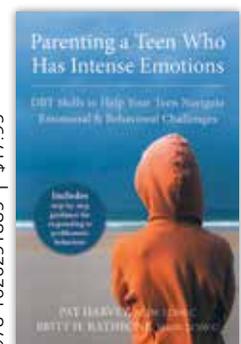
978-1626251106 | \$17.95



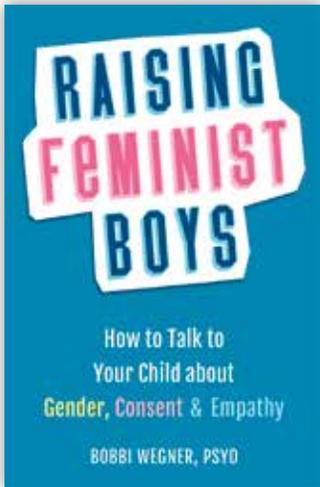
978-1608820900 | \$19.95



978-1572246492 | \$19.95



978-1626251885 | \$17.95



- This book provides an accessible framework that includes developmental considerations, language, and clear tools for how to talk with boys about gender, identity, sex, and feminism—without shame, fear, or judgment.

978-1684036677 | US \$17.95
6 x 9 | 192 pp
trade paper | parenting
PUB DATE: **June 1, 2021**

Raising Feminist Boys

How to Talk to Your Child About Gender, Consent, and Empathy

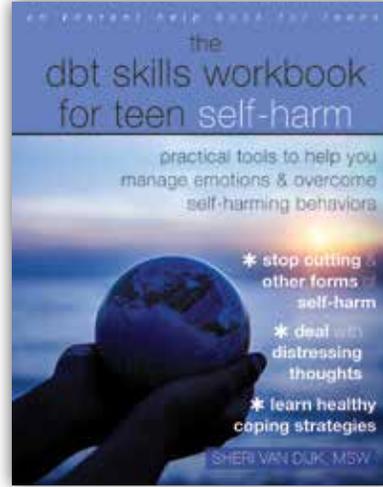
Bobbi Wegner, PsyD

It's never too early to start talking to boys about gender, consent, and empathy. In a world still steeped in gender inequality and sexual violence, it's become more and more clear that we can't just teach girls to protect themselves. We must also teach boys not to do harm. Written by a clinical psychologist with expertise in modern families, *Raising Feminist Boys* is a parent's guide to having age-appropriate conversations with boys about sexual responsibility, consent, gender, empathy, and identity. You'll find an accessible framework that includes developmental considerations, language, and clear tools for how to talk with your son about feminism without shame, fear, or judgment.

Bobbi Wegner, PsyD, is a lecturer at Harvard Graduate School of Education, supervising clinical psychologist at Boston Behavioral Medicine, writer, speaker, and cofounder of nouVenu: a virtual platform that provides real support for real parents from real experts.

>> Wegner resides in Milton, MA.

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- 15 percent of teens cut, and many more engage in self-harming behaviors. This workbook utilizes DBT—the gold standard treatment for self-harm and emotion dysregulation.

978-1684035458 | US \$17.95
8 x 10 | 176 pp
trade paper | teen self-help
PUB DATE: **March 1, 2021**

The DBT Skills Workbook for Teen Self-Harm

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

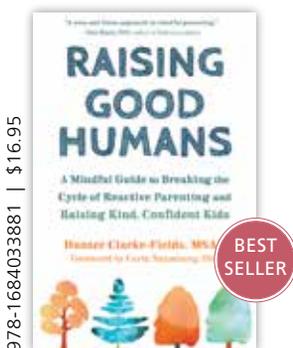
Sheri Van Dijk, MSW

Put an end to self-harming behaviors—once and for all. Self-harm is a serious problem with potentially long-term or even deadly consequences. From the author of *Don't Let Your Emotions Run Your Life for Teens*, this workbook outlines the four essential skills of dialectical behavior therapy (DBT) to help teens regulate emotions, make behavioral changes, and cultivate resilience. Using the evidence-based tools in this guide, teen readers can put an end to self-harming behaviors and build the life they truly want. Life can be painful, but teens don't need to face this pain all alone. With support, and the skills outlined in this workbook, they'll learn to manage difficult thoughts and feelings in safer, healthier ways.

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* and *Don't Let Your Emotions Run Your Life for Teens*.

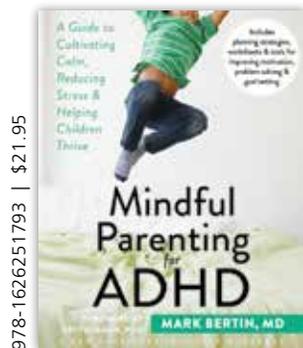
>> Van Dijk resides in Churchill, MB, Canada.

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978-1684033881 | \$16.95

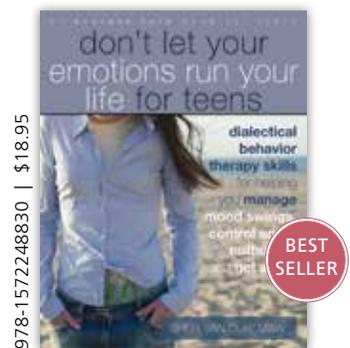
BEST SELLER



978-1626251793 | \$21.95

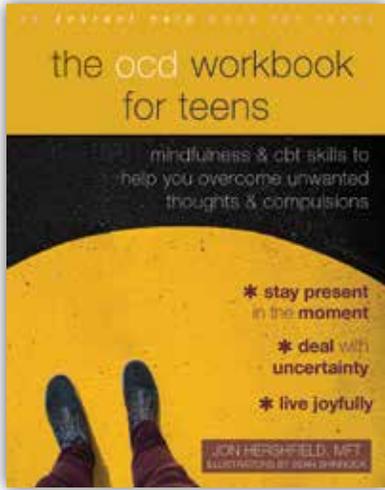


978-1572246027 | \$18.95



978-1572248830 | \$18.95

BEST SELLER



- OCD usually begins in adolescence or young adulthood, and is seen in as many as 1 in 200 children and teens.

978-1684036363 | US \$17.95
8 x 10 | 160 pp
trade paper | teen self-help
PUB DATE: **March 1, 2021**

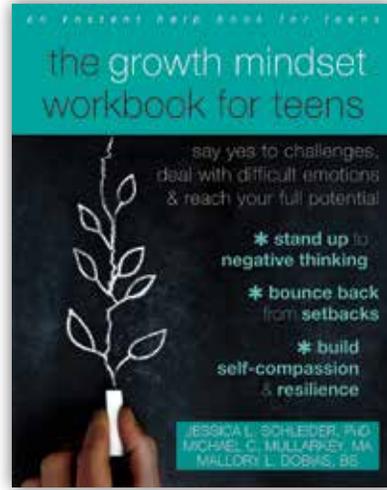
The OCD Workbook for Teens

Mindfulness and CBT Skills to Help You Overcome Unwanted Thoughts and Compulsions
Jon Hershfield, MFT

Don't let OCD symptoms stand in the way of living life. Teens with obsessive-compulsive disorder (OCD) often have intense, unwanted thoughts and behaviors that interfere with school, social life, and just having fun. In *The OCD Workbook for Teens*, therapist and OCD expert Jon Hershfield offers proven-effective mindfulness and cognitive behavioral therapy (CBT) skills to help teens with OCD symptoms stay present in the moment, tolerate and accept obsessive thoughts, and move forward joyfully in life without being slowed down by compulsions. This isn't just a workbook to help teens survive OCD. It's a workbook to help them thrive—in all aspects of life.

Jon Hershfield, MFT, is a psychotherapist, and director of The OCD and Anxiety Center of Greater Baltimore in Hunt Valley, MD. He is author of *Overcoming Harm OCD* and *When a Family Member Has OCD*. He is coauthor of *The Mindfulness Workbook for OCD* and *Everyday Mindfulness for OCD*.
» Hershfield resides in Hunt Valley, MD (Baltimore County).

PUBLICITY & PROMOTION • Advertising in *the Behavior Therapist*, the *ASCA School Counselor*, and in the annual conference guides of the Anxiety and Depression Association of America, the National Association of School Psychologists, the American Association of Marriage and Family Therapy, and the International OCD Foundation • Listserv campaign to mental health professionals community • **WORLD RIGHTS**



- A “growth mindset” is a way of thinking that welcomes challenges and setbacks as opportunities. The topic has been explored in *The New York Times*, and the best seller, *Mindset* (ISBN: 978-0345472328).

978-1684035571 | US \$18.95
8 x 10 | 192 pp
trade paper | teen self-help
PUB DATE: **April 1, 2021**

The Growth Mindset Workbook for Teens

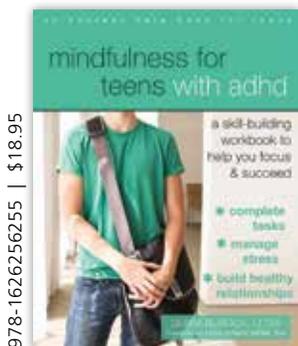
Say Yes to Challenges, Deal with Difficult Emotions, and Reach Your Full Potential
Jessica L. Schleider, PhD, Michael C. Mullarkey, MA, & Mallory L. Dobias, BS

When teens have a fixed mindset, they take failure as evidence they're not good at something. But taking risks and welcoming challenges are important for reaching success. Written by experts in growth mindset and neuroscience, this workbook teaches teens life-changing skills for coping with setbacks and emotional struggles. Teens will also learn to transform a fixed mindset into a growth mindset, make change happen, and reach their highest aspirations.

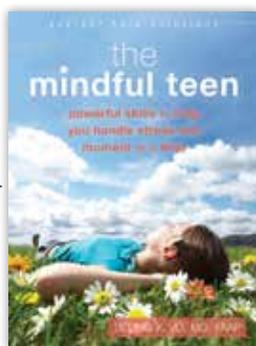
Jessica L. Schleider, PhD, is assistant professor of psychology at Stony Brook University, where she directs the Lab for Scalable Mental Health. Schleider has been recognized in *Forbes'* “30 under 30 in Healthcare.”
» Schleider resides in Stony Brook, NY.

Michael C. Mullarkey, MA, is a clinical psychology PhD candidate at the University of Texas at Austin. **Mallory L. Dobias, BS**, is a clinical psychology PhD student at Stony Brook University.

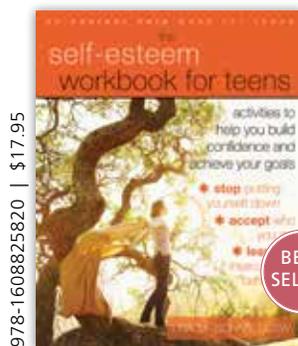
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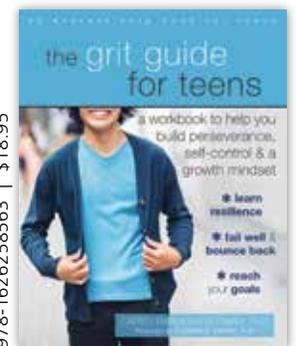
978-1626256255 | \$18.95



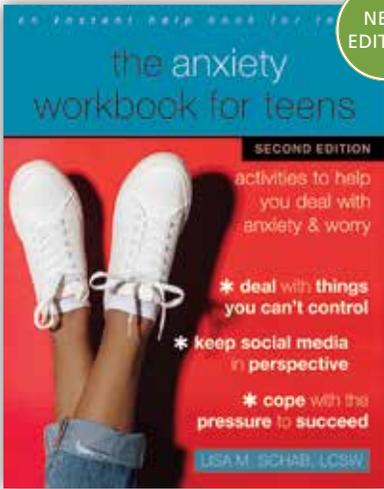
978-1626250802 | \$17.95



978-1608825820 | \$17.95



978-1626258563 | \$18.95



■ The first edition of *The Anxiety Workbook for Teens* (ISBN: 978-1572246034) has sold more than 175,000 copies.

978-1684038633 | US \$17.95
8 x 10 | 208 pp
trade paper | teen self-help
PUB DATE: **May 1, 2021**

The Anxiety Workbook for Teens, Second Edition

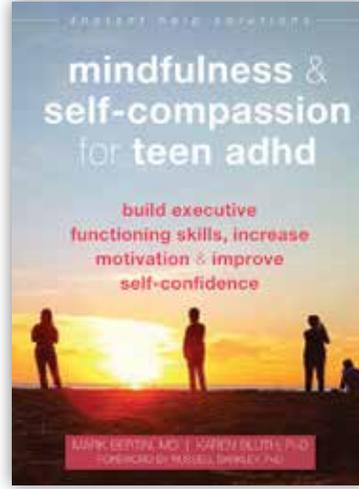
Activities to Help You Deal with Anxiety and Worry
Lisa M. Schab, LCSW

The Anxiety Workbook for Teens is the go-to resource for teen anxiety, recommended by therapists worldwide. This fully revised and updated second edition offers new activities to address the specific anxiety triggers today's teens are facing—from social media stress to global warming to pandemics. Teen readers will also find the most up-to-date strategies for managing fear, anxiety, and worry, so they can take charge of their lives and reach their goals. The workbook also includes resources for seeking additional help and support if needed.

Lisa M. Schab, LCSW, is a practicing psychotherapist in the greater Chicago, IL, area, and author of eighteen self-help books, including *The Anxiety Workbook for Teens* and *The Self-Esteem Workbook for Teens*; as well as the Instant Help Guided Journal for Teens Series, including *Put Your Worries Here* and *Put Your Feelings Here*.

» Schab resides in the Greater Chicago, IL, Area.

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■ This book addresses the developmental lives of teenagers with ADHD—who value and seek independence—and draws upon the groundbreaking work of Kristin Neff, author of *Self-Compassion* (ISBN: 978-0061733529).

978-1684036394 | US \$16.95
6 x 8 | 168 pp
trade paper | teen self-help
PUB DATE: **May 1, 2021**

Mindfulness and Self-Compassion for Teen ADHD

Build Executive Functioning Skills, Increase Motivation, and Improve Self-Confidence

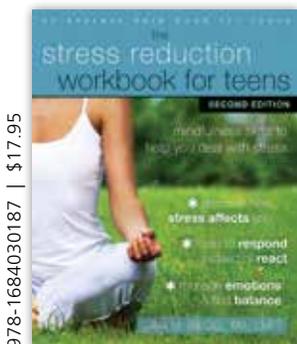
Mark Bertin, MD, & Karen Bluth, PhD

A powerful and compassionate guide for cultivating self-confidence, independence, and the executive functioning skills needed to thrive. Attention deficit/hyperactivity disorder (ADHD) and self-compassion experts Mark Bertin and Karen Bluth bring teens powerful skills for overcoming self-criticism and building the executive functioning skills they need to become more confident, resilient, and independent. The book includes mindfulness tools to help teens accept the limitations of ADHD, and self-compassion strategies to help them stop beating themselves up and comparing themselves to their peers.

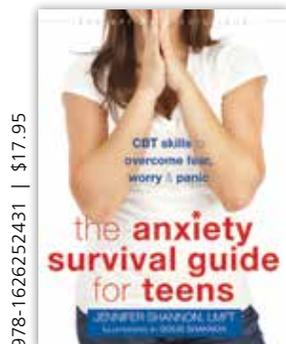
Mark Bertin, MD, is a developmental pediatrician in private practice. He is author of *Mindful Parenting for ADHD*, which integrates mindfulness into the rest of evidence-based pediatric care; and contributing author for *Teaching Mindfulness Skills to Kids and Teens*. » Bertin resides in Pleasantville, NY.

Karen Bluth, PhD, earned her doctoral degree in child and family studies at the University of Tennessee. Her work focuses on the roles that mindfulness and self-compassion play in promoting well-being in teens.

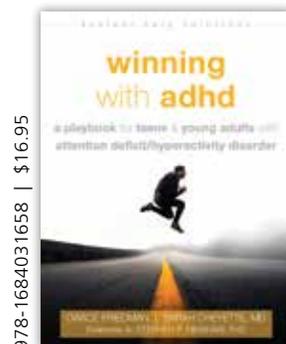
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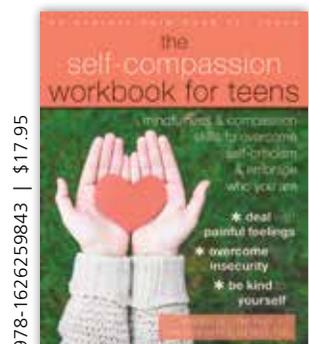
978-1684030187 | \$17.95



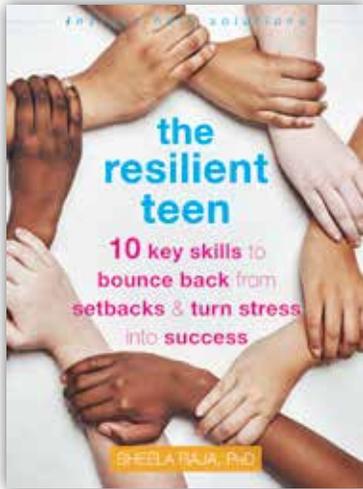
978-1626252431 | \$17.95



978-1684031658 | \$16.95



978-1626259843 | \$17.95



■ Author Sheela Raja is a highly sought-after national and international speaker, a blogger for HuffPost.com, and frequent contributor to various print and television media outlets.

978-1684035786 | US \$17.95
6 x 8 | 176 pp
trade paper | teen self-help
PUB DATE: **June 1, 2021**

The Resilient Teen

10 Key Skills to Bounce Back from Setbacks and Turn Stress into Success

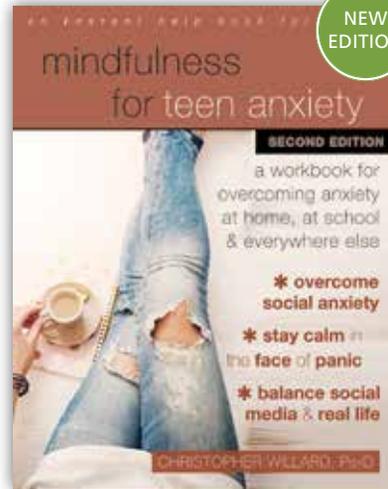
Sheela Raja, PhD

Ten powerful skills to help teens manage stress, bounce back from difficult situations, and rewire their brains for happiness and success. Being a teen today is stressful. That's why teens need real tools to cope with all of life's challenges. In *The Resilient Teen*, psychologist, teen expert, and trauma specialist Sheela Raja offers ten skills grounded in key principles from psychology and neuroscience to help teens manage difficult emotions, recover from difficult situations, and cultivate a sense of joy—even in the face of setbacks and modern-day stressors.

Sheela Raja, PhD, is an associate professor at the University of Illinois at Chicago. She completed postdoctoral training at the National Center for PTSD, and is a nationally recognized expert on the health effects of trauma, and trauma-informed health care approaches.

»» Raja resides in Oak Park, IL.

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■ Christopher Willard is a mental health expert who teaches at Harvard Medical School, has presented at TEDx, and whose expertise has been showcased in *The New York Times* and *The Washington Post*.

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Mindfulness for Teen Anxiety, Second Edition

A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else

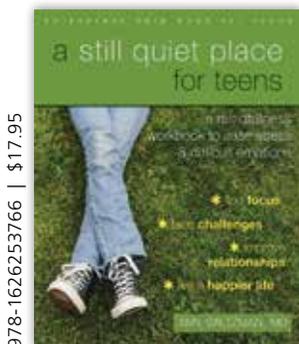
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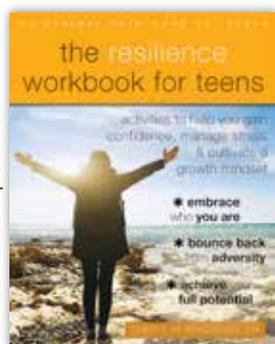
Christopher Willard, PsyD, is a psychologist and educational consultant based in Boston, MA. He has been practicing meditation for twenty years, and has led hundreds of workshops around the world, with invitations to more than two dozen countries.

»» Willard resides in Cambridge, MA (Greater Boston Area).

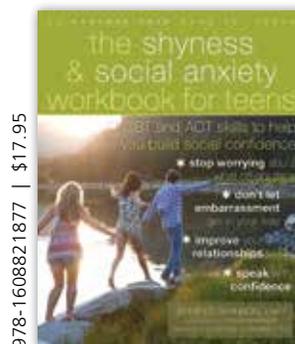
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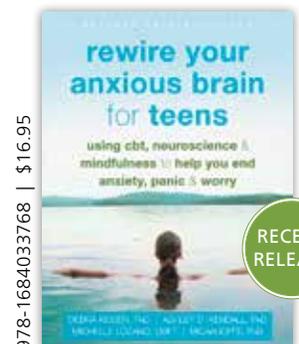
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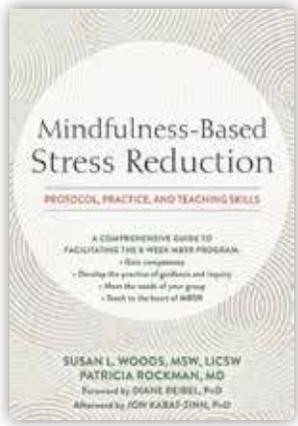
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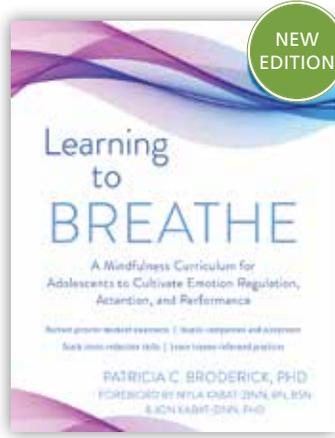
Susan L. Woods, MSW, LICSW, &
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- The authors have taught MBSR to thousands of health care providers and businesses—including St. Joseph’s Health Centre, the Omega Institute, and the Kripalu Center for Yoga and Health.

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Susan L. Woods, MSW, LICSW, is a licensed clinical social worker, a conference and workshop speaker, an author, and curriculum developer. She is a national and international trainer in MBSR. >> **Woods resides in Stowe, VT.**

Patricia Rockman, MD, is a family physician with a focused practice in mental health. She is an associate professor with the University of Toronto, and cofounder of the Centre for Mindfulness Studies in Toronto, ON, Canada.



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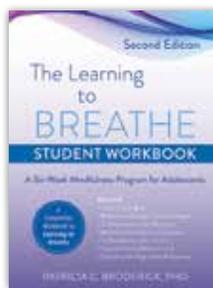
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Patricia C. Broderick, PhD, is a research associate at the Prevention Research Center for the Promotion of Human Development at Penn State University and founder of the Stress Reduction Center at West Chester University of Pennsylvania.

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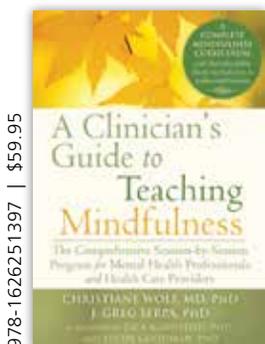


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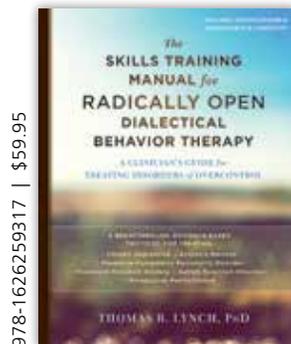
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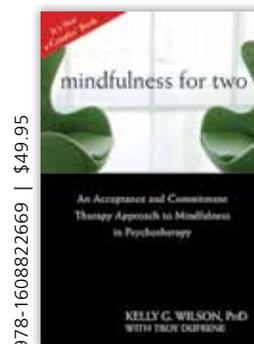
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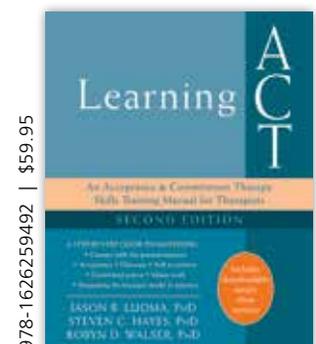
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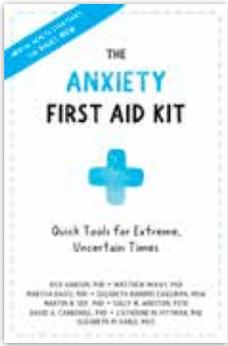


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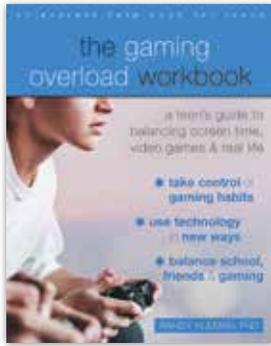


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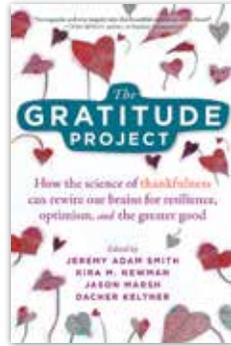
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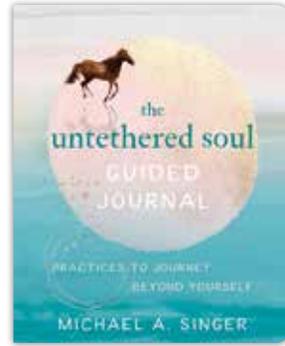
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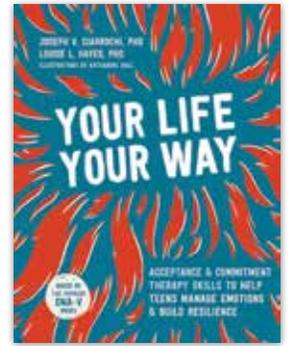
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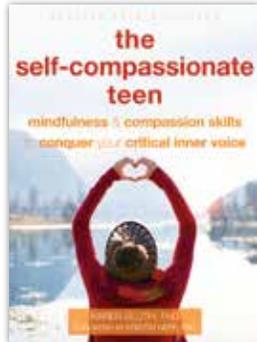


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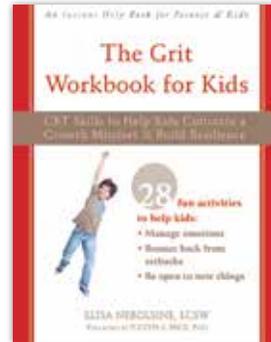
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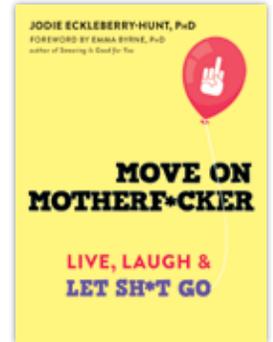
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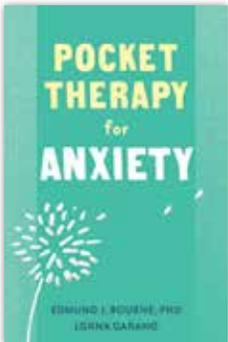
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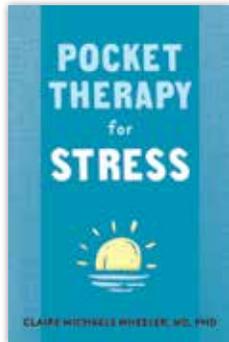
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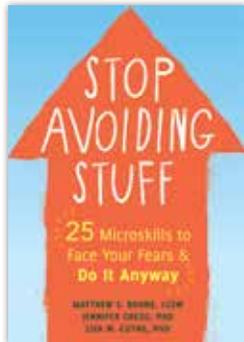
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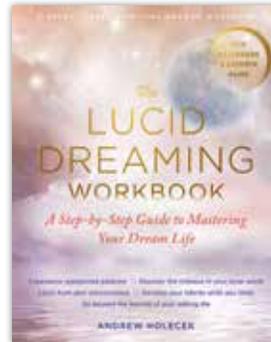
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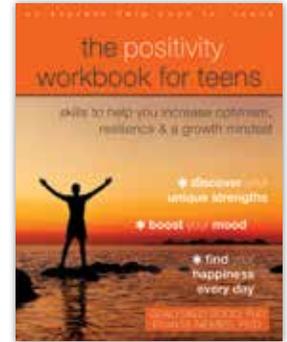
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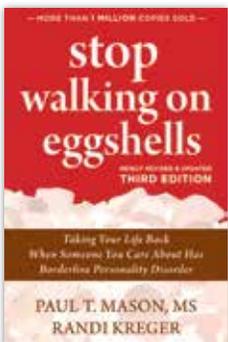
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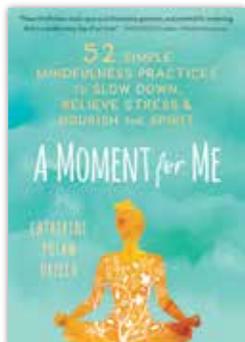
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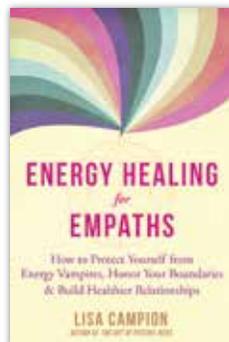
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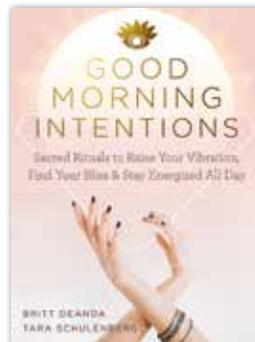
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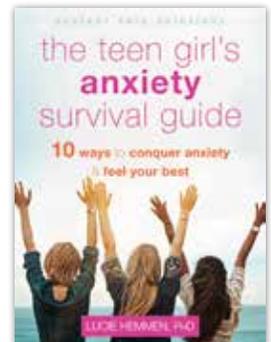
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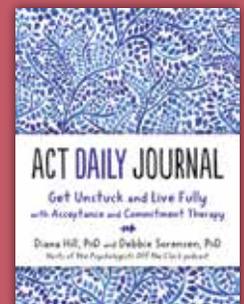
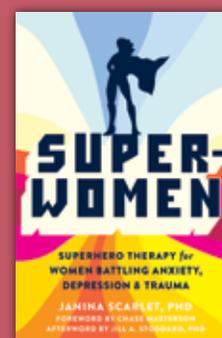
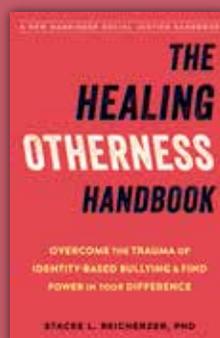
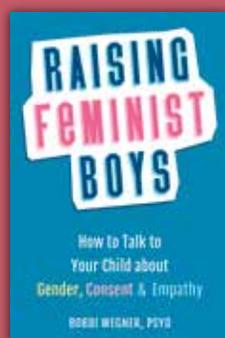
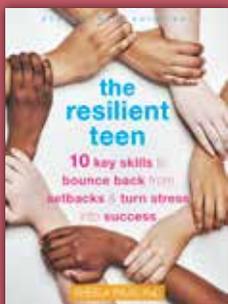
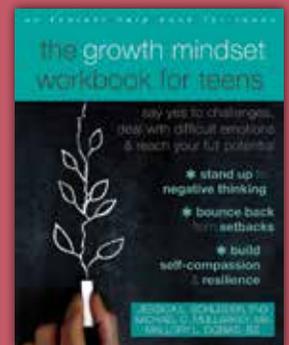
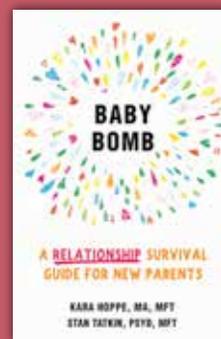
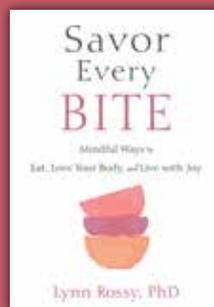
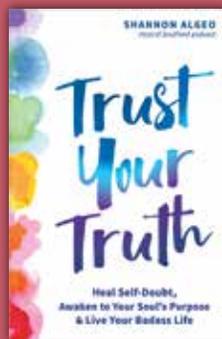
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