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Dear Friends:

One of our ongoing challenges at New Harbinger is finding overlooked areas in a market already crowded with books, then using our resources to fill these gaps of information. This work is incredibly rewarding, especially when we are able to provide mental health professionals with tools they or their clients need. *ACT Made Simple* and *Digging Out* are two of those tools that we’re proud to be publishing this season.

*ACT Made Simple* is a practical primer to acceptance and commitment therapy (ACT) that includes all of the worksheets, scripts, and information you need to begin incorporating ACT techniques into your practice and even customizing them to fit your personal approach to therapy. *Digging Out* is the first book for the frustrated and concerned friends and family members of people who compulsively collect and hoard. The book uses a realistic harm reduction approach to show readers how to help people who don’t necessarily want to be helped out of their unhealthy and unsafe living situations.

Additionally, we’ve updated a few of our most popular titles. We’re pleased to bring out a new edition of *Stop Walking on Eggshells*. First published in 1998, this book has helped hundreds of thousands of friends and family members of those with borderline personality disorder. And now in its sixth edition, *Handbook of Clinical Psychopharmacology for Therapists* features quick-reference guides that make this invaluable professional resource even easier to use. The new edition of *Flying Without Fear* includes important updates on security measures for people whose aerophobia was exacerbated by the 9/11 attacks. This is a substantial population whose concerns have not yet been addressed in competing books.

One more bit of news. Our new books, as well as many of our older titles, are now available in eBook form. This is a discreet option for clients seeking information on mental health issues and other sensitive-subject topics. We add more New Harbinger titles to our eBook catalog every month, so please check back with us now and then if you are interested in directing clients to a specific eBook we’ve not yet made available. As always, thank you for your continued support and interest in our books.

All the best,

Matthew McKay, Ph.D., Publisher

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**ANNOUNCING OUR ACQUISITION of CONTEXT PRESS**

We are proud to announce that Context Press is now an imprint of New Harbinger Publications, Inc. Context Press was established by Steven C. Hayes, Ph.D., in 1990 to disseminate progressive ideas in behavior therapy, cognitive therapy, behavior analysis, and empirical clinical psychology. As part of New Harbinger, Context will retain the focus of a small press and benefit from New Harbinger’s 36 years of publishing expertise.

Steven Hayes will retain a senior editorial role with Context Press, so you can look forward to more of the diverse and cutting-edge books covering the latest in contextual behavior science that you have come to expect from Context. Check out the Context Press button on our website for updated information on the latest Context books.
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ACT MADE SIMPLE
An Easy-To-Read Primer on Acceptance & Commitment Therapy
A practical and entertaining primer, ideal for ACT newcomers and experienced ACT professionals alike, ACT Made Simple offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. Reading this book is all the training you need to begin using ACT techniques with your clients for impressive results.

Also available as an ebook at newharbinger.com
RUSS HARRIS, MD - FOREWORD BY STEVEN C. HAYES, PH.D.

ACT IN PRACTICE
Case Conceptualization in Acceptance & Commitment Therapy
More than just a set of techniques that shapes a particular client's treatment, a psychotherapeutic model acts like a lens through which a therapist looks at both individual cases and psychology in general. Case conceptualization guides help therapists learn how to see through the lens of a particular model. They show professionals how to take a collection of theories and actually put them into practice. This book performs this useful function, for the very first time, for acceptance and commitment therapy (ACT), a popular new treatment model.

PATRICIA A. BACH, PH.D., & DANIEL J. MORAN, PH.D., BCBA - FOREWORD BY STEVEN C. HAYES, PH.D.

THE ART & SCIENCE OF VALUING IN PSYCHOTHERAPY
Helping Clients Discover, Explore & Commit to Valued Action Using Acceptance & Commitment Therapy
This book is the therapists' guide to conducting the delicate and important work of values treatment intervention in practice. Readers will learn how to avoid imposing their own beliefs on the client and teach clients to apply these values to their lives in practical and concrete ways to increase clients' self-esteem and life satisfaction.

JOANNE C. DAHL, PH.D., JENNIFER C. PLUMB, MA, IAN STEWART, PH.D., & TOBIAS LUNDGREN, MS

ACCEPTANCE & CHANGE
Content & Context in Psychotherapy
The result of the Nevada Conference on Acceptance and Change, held at the University of Nevada in January 1993, this book explores the results of clinical empirical investigations into acceptance-based psychotherapeutic treatment methods. Here are accounts of basic analyses, treatment techniques, assessment methods, and therapy manuals relating to a range of clinical practice areas. These findings are essential readings for scholars and clinicians interested in acceptance-based treatments.

EDITED BY STEVEN C. HAYES, NEIL S. JACOBSON, VICTORIA M. FOLLETTE, & MICHAEL J. DOUGHER

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ACT IN ACTION DVDS

The acceptance and commitment therapy (ACT) universe is exploding and for a simple reason: the ACT model is based on good science about some of the most powerful change processes known and it can be applied to a large and growing set of mental issues for significant results.

Have you been reading about acceptance and commitment therapy (ACT) but just haven’t found the time to attend an ACT experiential workshop? Or maybe you’ve been to just one workshop but are interested in seeing how other experienced practitioners “do ACT.” Whatever your interest, this DVD series is for you.

The ACT in Action six-disc series offers a complete introduction to working with the ACT model. Narrated by ACT cofounder Steven Hayes, each of the episodes explores specific areas of the model. Helpful on-screen graphics guide you through the process, and session footage provides examples.

ACT in Action DVD

FACING THE STRUGGLE

In episode one, Facing the Struggle introduces viewers to the organization and objectives of the series. They learn about informed consent, a critical first step when introducing clients to ACT work. The first episode covers working with a dug-in client and the move toward creative hopelessness. Viewers learn about the role of psychoeducation in the therapy process and how to present a valued alternative when treating a client in chronic pain.

STEVEN C. HAYES, PH.D., WITH ANN BAILEY, M.PSYC., & JOANNE DAHL, PH.D.

ACT in Action DVD

CONTROL & ACCEPTANCE

How is living with your thoughts something of a rigged game? Find out in Control and Acceptance, the second episode in the ACT in Action series. Viewers learn how to structure ACT work. Help your clients see the real costs of their attempts to avoid and control painful experience. Start encouraging clients to be with themselves and to start figuring out what needs to change in their lives.

STEVEN C. HAYES, PH.D., WITH ANN BAILEY, M.PSYC.

ACT in Action DVD

COGNITIVE DEFUSION

One of the more central processes in the ACT model, Cognitive Defusion, is the subject of the third episode in the series. Viewers learn what defusion is and watch as Steven C. Hayes starts out a client with defusion work. Viewers find out how to integrate defusion into treatment. In the latter part of the program, it explores a variety of alternative ways to practice defusion.

STEVEN C. HAYES, PH.D., WITH RAINER F. SONNTAG, MD
**ACT in Action DVD**

**MINDFULNESS, SELF & CONTACT WITH THE PRESENT MOMENT**

In episode 4, *Mindfulness, Self, and Contact with the Present Moment*, viewers will be introduced to the mindfulness components of ACT. Viewers find out how to use mindfulness in session, help their clients foster a transcendent sense of self, and coach others to remain in contact with the present moment while focusing on their values.

**STEVEN C. HAYES, PH.D., with KELLY G. WILSON, PH.D.**

**ACT in Action DVD**

**VALUES & ACTION**

*Values and Action*, the fifth episode in the series, describes the ACT approach to values. This program shows how to guide a client through a values assessment and help make the transition from process goals to a life oriented to valued directions. This episode also includes a segment where values are connected to work with clients in chronic pain.

**STEVEN C. HAYES, PH.D., with JOANNE DAHL, PH.D., RIKARD K. WICKSELL, MSC, & RAINER F. SONNTAG, MD**

**ACT in Action DVD**

**PSYCHOLOGICAL FLEXIBILITY**

In the final episode, *Psychological Flexibility*, you’ll learn how to mix the various ACT processes in actual treatment scenarios. Viewers discover how to use ACT as a brief intervention model. Explore issues related to ACT and the relationship between client and therapist. Also, viewers find out how traditional exposure work has a place in ACT.

**STEVEN C. HAYES, PH.D., with ROBYN D. WALSER, PH.D., & KIRK D. STROSAHL, PH.D.**

**ACT in Action DVD**

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*Mindfulness, Self & Contact with the Present Moment*

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MINDFULNESS FOR TWO
An Acceptance & Commitment Therapy Approach to Mindfulness in Psychotherapy

Mindfulness for Two is a practical and theoretical guide to the role mindfulness plays in psychotherapy, specifically acceptance and commitment therapy (ACT). In the book, Kelly Wilson explores the relationship of mindfulness to the six ACT processes and to the therapeutic relationship itself. The book includes a DVD with more than six hours of sample therapy sessions.

KELLY G. WILSON, PH.D., WITH TROY DUFRENE

LEARNING ACT
An Acceptance & Commitment Therapy Skills-Training Manual for Therapists

This important book describes the six core therapeutic processes of ACT, outlining the theoretical background that sets the stage for the rest of the book. Then it outlines a process for case conceptualization from an ACT perspective and gives readers an opportunity to practice conceptualizing cases. Readers learn the ACT approach to establishing effective and powerful therapeutic relationship skills. The remainder of the book explores each of the six core processes in detail.

JASON B. LUOMA, PH.D., STEVEN C. HAYES, PH.D.,
& ROBYN D. WALSER, PH.D.

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ACT VERBATIM FOR DEPRESSION & ANXIETY
Annotated Transcripts for Learning Acceptance & Commitment Therapy

An invaluable aid for clinicians using the acceptance and commitment therapy (ACT) model, this book offers transcripts of actual therapy sessions annotated by ACT cofounder Steven Hayes. The annotations coach therapists on how to work through the ACT core processes and how to deal with common situations encountered in therapy sessions.

Also available as an ebook at newharbinger.com

MICHAEL P. TWOHIG, PH.D., & STEVEN C. HAYES, PH.D.

ACT

A CBT PRACTITIONER’S GUIDE TO ACT
How to Bridge the Gap Between Cognitive Behavioral Therapy & Acceptance & Commitment Therapy

Cognitive behavioral therapy (CBT) practitioners who have integrated acceptance and commitment therapy (ACT) strategies into their practices find this revolutionary third-wave treatment enormously effective. This practical guide, grounded in current research, clarifies how CBT and ACT differ, how they are similar, and includes all the information you need to begin incorporating ACT techniques into your clinical practice.

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JOSEPH V. CIARROCHI, PH.D., & ANN BAILEY, MA
FOREWORD BY STEVEN C. HAYES, PH.D.

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MICHAEL P. TWOHIG, PH.D., & STEVEN C. HAYES, PH.D.

ACT
TALKING ACT
Notes & Conversations on Acceptance & Commitment Therapy

For more than three years, British psychologist David Chantry followed the daily activity on the acceptance and commitment therapy (ACT) Listserv, recognizing that he was witnessing one of the most innovative and exciting discussions in the field of contemporary psychotherapy. In this book, he has collected many of his observations of this nascent period, a selection of proposals, arguments, and elucidations from many of the leaders in this area, including Steven Hayes, Kelly Wilson, and other leading figures in the world ACT community.

EDITED BY DAVID CHANTRY

GET OUT OF YOUR MIND & INTO YOUR LIFE
The New Acceptance & Commitment Therapy

This book offers a five-step plan for coping with painful emotions such as anxiety and depression. It teaches readers life-enhancing behavior strategies that work to further the goals they value most. Readers learn to engage with painful thoughts and feelings through step-by-step acceptance and mindfulness-based techniques. They find out how to let go of control, and develop compassion and flexibility. Once present, engaged, and aware, readers begin to build new lives for themselves filled with significance and meaning. This book is not about overcoming pain or fighting emotions; it’s about embracing life and feeling everything it has to offer.

Also available as an ebook at newharbinger.com

STEVEN C. HAYES, PH.D., with SPENCER SMITH

THE ABCs OF HUMAN BEHAVIOR
Behavioral Principles for the Practicing Clinician

The ABCs of Human Behavior is the first book to present modern behavioral psychology to practicing clinicians. The book focuses both on the classical principles of learning, as well as the more recent developments that help explain language and cognition.

JONAS RAMNERÖ, PH.D., & NIKLAS TÖRNEKE, MD

ANALYZING SOCIAL BEHAVIOR
Behavior Analysis & the Social Sciences

This book provides an up-to-date introduction to behavior analysis and an analysis of a broad range of human social behaviors, using research from psychology, anthropology, sociolinguistics, and sociology. The book demonstrates why most individualistic concepts of psychology—such as the self, thinking, and grammar—are inherently social events. While the special properties of verbal communities that maintain such behaviors are unique and delineate the social sciences, this book shows that these properties can be understood from a natural sciences perspective.

BERNARD GUERIN
BEHAVIOR ANALYSIS OF LANGUAGE & COGNITION

This book, originating from the Fourth International Institute on Verbal Relations, provides a contemporary look at the nature of stimulus relations and verbal events and their impact on cognitive activity. The book covers a range of basic and applied topics, but throughout the book, authors return to a common question: how do language and cognition work? Some of the best authors in the field present their answers to that question here.

EDITED BY STEVEN C. HAYES, LINDA J. HAYES, MASAYA SATO & KOICHI ONO

BEHAVIORAL FAMILY THERAPY FOR PSYCHIATRIC DISORDERS, SECOND EDITION

Although serious psychiatric disorders have a devastating effect on families, parents and siblings can learn to cope in a manner that promotes the patient's independence and reduces relapses and rehospitalizations. This guide explains how to assess family units, educate family members about the patient's disorder, and involve them in treatment.

KIM T. MUEUSER & SHIRLEY M. GLYNN

BEHAVIORAL HEALTH AS PRIMARY CARE

Beyond Efficacy to Effectiveness

This book presents the perspectives of a distinguished group of national experts on the process of integrating behavioral health with primary care. The result of a national conference sponsored by the Nicholas and Dorothy Cummings Foundation and the University of Nevada, Reno, this volume assists practitioners, researchers, administrators, and decision makers in understanding the practical issues surrounding the integration of behavioral healthcare with medical and surgical care.

EDITED BY NICHOLAS A. CUMMINGS, WILLIAM T. O’DONOHUE & KYLE E. FERGUSON
In the past decade, an increasing number of scholars and practitioners have contributed to the developing field of clinical behavior analysis. These writers have drawn upon long-standing behavior-analytic principles and recent advances in verbal behavior research to explain the development of a variety of clinical disorders, advocate alternative approaches to clinical assessment and classification, develop new therapeutic interventions, and suggest new treatment goals. The field has grown enormously and it is fair to say that clinical behavior analysis has made some unique contributions to the fields of psychopathology, clinical assessment, and psychotherapy. The purpose of this book is to bring together in a single place a sampling of the work that constitutes the growing field of clinical behavior analysis.

EDITED BY MICHAEL J. DOUGHER

While the general wisdom has it that behaviorism is dead, behaviorism not only survives but is intellectually active in areas such as psychological theory, the analysis of language and cognition, and behavioral economics. This essay proposes a model of behaviorism that can explore complex behavior in a meaningful, experimental way.

GORDON R. FOXALL

This volume, originating from the First International Institute on Verbal Relations, is current, innovative, and broad in scope. It brings together some of the leading behavioral theorists and researchers. Each of twelve challenging chapters is followed by discussion and commentary. This is the first of a series of book-length treatments of verbal behavior from a contemporary behavioral point of view. The volume contains behavioral approaches to such topics as rules, connectionism, stimulus equivalence, referential relations, methodological advances in the study of verbal interactions, memory, artificial intelligence, and the analysis of cognition.

EDITED BY LINDA J. HAYES & PHILIP N. CHASE

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EXPERIMENTAL & APPLIED ANALYSIS OF HUMAN BEHAVIOR

This volume, which developed out of the Third European Meeting for the Experimental Analysis of Behavior held in Dublin, Ireland, in July of 1997, presents sixteen essays from leading behavioral scholars. Topics include selectionism, reinforcement, stimulus equivalence, relational frame theory, bridging the gap between experimental and applied behavior analysis, and more.

EDITED BY JULIAN C. LESLIE & DEREK E. BLACKMAN

HANDBOOK FOR ANALYZING THE SOCIAL STRATEGIES OF EVERYDAY LIFE

The social sciences are becoming increasingly multidisciplinary. Knowing only one perspective isn’t enough. Researchers need to be able to interact with social scientists of different backgrounds every day, and they all need to be able to understand each other. This book brings together, for the first time, social science research from all major fields to analyze the social behaviors of everyday life.

BERNARD GUERIN

HANDBOOK OF APPLIED BEHAVIOR ANALYSIS

In this volume, some of the field’s foremost practitioners offer their expert perspectives on a range of topics within ABA. Each chapter is fully referenced and contains a set of reading objectives to facilitate deeper understanding and further discussion of its subject area. While these discussions will be of particular interest to academic behavior analysts and graduate students, clinicians and other practitioners will find the research review helpful and informative.

EDITED BY JOHN AUSTIN & JAMES E. CARR

NEW DIRECTIONS IN BEHAVIOR DEVELOPMENT

The product of an international conference on the behavior-analytic theory of development psychology, this book presents the most recent thinking of some of the best-known voices in behavior development. This volume is an important one for anybody who wants to keep up with behavioral views of development, which are constantly evolving as new research findings open up new perspectives.

EDITED BY SIDNEY W. BIJOU & EMILIO RIBES
**RADICAL BEHAVIORISM**
*Willard Day on Psychology & Philosophy*

From the mid-1960s until his death in 1989, Willard Day wrote and spoke on two central themes: the distinctive characteristics of Skinner’s scientific philosophy, and the implications of Skinner’s work for the development of scientific methods relevant to verbal behavior. Only some of this work made its way to publication. Edited by Sam Leigland, this book brings together in one place the most important papers, published and unpublished, of the leader in behavioral philosophy.

**EDITED BY SAM LEIGLAND**

---

**UNDERSTANDING BEHAVIOR DISORDERS**
*A Contemporary Behavioral Perspective*

Because traditional behaviorism overlooked function-altering behavior processes that are critical to understanding many behavior disorders, other theoretical models took the lead in the explanation of pathological human behavior. Current trends in behavior analysis, however, account for these processes, returning behavior analysis to a strong position in this area of research. This book presents a cogent and comprehensive theory of behavior disorders from a behavior-analytic perspective.

**DOUGLAS W. WOODS, PH.D., & JONATHAN W. KANTER, PH.D.**

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*Getting the Most Out of Your Brief Therapy*

This concise handbook offers special techniques that can help client and therapist make the most out of each brief therapy session. Included are exercises and strategies to help clients stay motivated, solve problems, reduce stress, and choose a healthy, supportive lifestyle.

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**FOREWORD BY SIMON BUDMAN, PH.D.**

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*A Manual for the Practice of Brief Solution-Focused Therapy*

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A Guide to Teaching Brief Solution-Focused Therapy
A teacher’s guide to be used with On the Client’s Path for conducting training sessions on solution-focused techniques.
A. J. CHEVALIER, PH.D.

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Taking Control of Your Moods & Your Life
This is the most complete and useful guide to cognitive behavioral techniques ever written—and the only client manual you’ll ever need. Covered techniques include identifying automatic thoughts, changing patterns of limited thinking, combating hot thoughts, flooding, thought stopping, stress inoculation, testing core beliefs, covert modeling, and much more.
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Matthew McKay, Ph.D., guides three clients through the P-A-C method of cognitive behavioral assessment (Problem, Antecedents, Consequences).

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Valerie Hearn, Ph.D., helps three clients understand their symptoms as they work toward developing a working contract to begin cognitive restructuring.

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THOMAS MARRA, PH.D.

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The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety
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MATTHEW McKay, PH.D., JEFFREY C. WOOD, PSY.D., & JEFFREY BRANTLEY, MD

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How Dialectical Behavior Therapy Can Put You in Control
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FRED FRIEDBERG, PH.D.
FOREWORD BY MATTHEW MCKAY, PH.D.

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How to Rapidly Eliminate Anxiety, Depression, Cravings & More Using Energy Psychology
This book presents a step-by-step approach to self-administering energy psychology techniques. Readers learn to tap into their own energy systems and balance them in just minutes a day for better psychological and physical well-being. New chapters address coping with physical pain, lowering blood pressure, stopping allergy attacks, overcoming overeating, and sustaining the passion in relationships.

FRED P. GALLO, PH.D., & HARRY VINCENZI, ED.D.

ENERGY TAPPING FOR Trauma
Rapid Relief from Post-Traumatic Stress Using Energy Psychology

Energy Tapping for Trauma applies energy psychology techniques specifically to acute trauma and post-traumatic stress symptoms. Some techniques in this book are adapted from Energy Tapping by Fred Gallo and Harry Vincenzi.

FRED P. GALLO, PH.D.

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How to Change Your Brain’s Response to Anger, Fear, Pain & Desire
This book introduces readers to neural network learning theory. The basic idea is that neural pathways strengthen with use and weaken with disuse. While certain events are likely to provoke a hardwired neural response in us, we are capable of creating new neural paths with no more than a thought. Instead of letting automatic triggers dictate our responses to painful events, we can use this characteristic of our nervous systems to short-circuit the responses that lead to painful thoughts and emotions.

MATTHEW MCKAY, PH.D., & DAVID HARP, MA
therapeutic methods & modalities

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MATTHEW McKay, PH.D., & PATRICK FANNING

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US $15.95

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*Meditations & Practices for Calming the Body & Mind*

Yoga for Anxiety examines the causes of anxiety and helps readers create personal yoga programs designed to heal their symptoms and promote personal growth. The book includes yoga self-healing practices that have been used for centuries to quell anxious feelings and restore mental clarity.

MARY NURRIESTEARNS, LCSW, RYT, & RICK NURRIESTEARNS

6 x 9 / 224 pages / 2010
US $17.95

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*Letting Go of Anxious & Depressive Thoughts*

People who worry and ruminate put excessive focus on the past and the future, a tendency which, left unchecked, can lead to mental health problems such as depression and generalized anxiety disorder. The Mindful Path Through Worry and Rumination offers proven strategies to help readers find contentment in the present moment.

SAMEET M. KUMAR, PH.D

6 x 9 / 200 pages / 2010
US $16.95

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*A Step-by-Step Program*

This workbook offers a step-by-step program clients can use to end anxiety and get back to living a rich and productive life. Readers will develop a personal plan using techniques from rational emotive behavior therapy (REBT) and cognitive behavioral therapy (CBT), learn to recognize their anxiety triggers, develop skills to stop anxious thoughts before they get out of control, and stop needless fears from coming back.

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WILLIAM J. KNAUS, ED.D.
FOREWORD BY JON CARLSON, PSY.D., ED.D., ABPP

8 x 10 / 264 pages / 2008
US $21.95
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FOREWORD BY STEVEN C. HAYES, PH.D.

OVERCOMING GENERALIZED ANXIETY DISORDER
A ten- to thirteen-session treatment. Techniques include relaxation, realistic risk assessment, problem solving, worry exposure, and worry prevention.
JOHN WHITE, PH.D.

10 SIMPLE SOLUTIONS TO WORRY
How to Calm Your Mind, Relax Your Body & Reclaim Your Life
Drawing on powerful psychotherapeutic techniques, this book is a succinct resource of cognitive-behavioral techniques for controlling worry and reducing stress. Exercises include self-assessments, motivation builders, relaxation training, and cognitive restructuring. After identifying and changing the negative thoughts that result in worry, readers will learn to replace worry behaviors with other activities.
KEVIN L. GYOERKOE, PSY.D., & PAMELA S. WIEGARTZ, PH.D.

THE ANXIETY & PHOBIA WORKBOOK, FOURTH EDITION
Whether used as an adjunct to therapy or as a self-help resource, there is simply no more respected or effective text available dealing with anxiety and related problems. Bourne’s engaging exercises and worksheets have helped hundreds of thousands of readers make real progress in overcoming problems with anxiety and phobic disorders. This new edition includes alternative approaches to anxiety management, including mindfulness meditation, mind-body techniques, and nutrition and lifestyle enhancement advice.
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EDMUND J. BOURNE, PH.D.

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LARINA KASE, PSY.D., MBA
FOREWORD BY JOE VITALE

BEYOND ANXIETY & PHOBIA
A Step-by-Step Guide to Lifetime Recovery
This guide goes beyond symptom management, providing clients with strategies for long-term recovery. The book guides them to explore alternative therapies. It addresses the impact of perfectionism and other personality issues on anxiety. It offers suggestions to help them enlarge their view of life and embrace a higher vision for their recovery.

EDMUND J. BOURNE, PH.D.

CALMING YOUR ANXIOUS MIND, SECOND EDITION
How Mindfulness & Compassion Can Free You from Anxiety, Fear & Panic
A clear and concise guide to using mindfulness practice as an approach to overcoming anxiety. It helps clients find out how to become more present in life experiences. They learn to develop skills for calming and relaxing the mind and body. By putting the exercises into practice, they find more power to control disruptive feelings in their lives. The resources and techniques in this book foster attitudes that facilitate thought restructuring at a deep and experiential level, which can lead to rapid and lasting relief from anxiety.

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JEFFREY BRANTLEY, MD
FOREWORD BY JON KABAT-ZINN, PH.D.

COPING WITH ANXIETY
Ten Simple Ways to Relieve Anxiety, Fear & Worry
A no-nonsense synopsis of the most effective treatments available, this book contains everything clients need to know to move beyond anxiety. They’ll learn ten simple solutions for the physical, mental, and emotional symptoms of this problem and find out how to achieve relaxation, realistic thinking, and a reasonable response to fears by employing in-the-moment techniques. All the theoretical information in this book is jargon-free and limited to just what readers need to know to start on the path to recovery.

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NATURAL RELIEF FOR ANXIETY
Complementary Strategies for Easing Fear, Panic & Worry

From the best-selling author of The Anxiety and Phobia Workbook and a naturopathic physician, this book can help you structure a treatment strategy for your client’s anxiety that is totally drug-free. Lifestyle enhancement, nutrition, supplementation, and alternative therapies join with proven CBT techniques to make an unbeatable approach to anxiety management.

EDMUND J. BOURNE, PH.D., ARLEN BROWNSTEIN, ND, & LORNA GARANO

OVERCOMING THE FEAR OF FEAR
How to Reduce Anxiety Sensitivity

Anxiety sensitivity is the fear of anxiety-related sensations, a condition that affects approximately 16 percent of the population. People with high anxiety sensitivity often fear these bodily sensations even more than the situation that caused their anxiety in the first place. This book provides readers with cognitive behavioral techniques for reducing anxiety sensitivity, preventing recurrence of panic attacks, and living without fear.

MARGO C. WATT, PH.D., & SHERRY H. STEWART, PH.D.
FOREWORD BY STEVEN TAYLOR, PH.D.

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FOREWORD BY LAURA J. MILLER, MD

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Your Step-by-Step Guide to Overcoming Paruresis

Paruresis is a condition that prevents people from urinating in public facilities—and sometimes in their own homes—when others are in nearby rooms. In this guide, supportive strategies and easy-to-follow exercises help clients desensitize to their fears and practice feeling comfortable while using public facilities.

STEVEN SOIFER, MSW, PH.D., GEORGE D. ZGOURIDES, PSY.D., JOSEPH HIMLE, MSW, PH.D., & NANCY L. PICKERING

TRANSFORMING ANXIETY

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DOC CHILDRÉ & DEBORAH ROZMAN, PH.D.
FOREWORD BY JEFFREY STEVENS, MD

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Strategies for Coping with Perfectionism

In this fully revised and updated second edition of *When Perfect Isn’t Good Enough*, readers discover the root cause of their perfectionism, explore the impact of perfectionism on their lives, and find new, proven-effective coping skills to help them overcome their anxiety about making mistakes. This guide also includes tips for dealing with other perfectionists and discussions about how perfectionism is linked to worry, depression, anger, social anxiety, and body image.

MARTIN M. ANTONY, PH.D., & RICHARD P. SWINSON, MD
WOMEN WHO WORRY TOO MUCH
How to Stop Worry & Anxiety from Ruining Relationships, Work & Fun

Following an introduction from noted psychologist and researcher Michelle Craske that explores the reasons women worry more than men, this book addresses the fundamentals of worry: what it is, how it differs from anxiety, and how it can develop into a chronic state of mind. The book offers strategies for overcoming worry that include monitoring personal worry triggers, breaking worry-provoking habits, and avoiding avoidance—a major aggravating factor for all anxiety disorders.

HOLLY HAZLETT-STEVEN, PH.D.
INTRODUCTION BY MICHELLE G. CRASKE, PH.D.

THE WORRY TRAP
How to Free Yourself from Worry & Anxiety Using Acceptance & Commitment Therapy

This book is the first for general readers to adapt ACT principles for chronic worry and GAD. It offers a step-by-step approach to learning and practicing ACT, from the first steps of acceptance to a lifetime of rich, values-guided living. The book’s wry, witty, and engaging style—a virtual trademark of ACT—makes it an easy and even enjoyable approach for your clients to explore.

CHAD LEJEUNE, PH.D.
FOREWORD BY STEVEN C. HAYES, PH.D.

THE MINDFUL PATH THROUGH SHYNESS
How Mindfulness & Compassion Can Help Free You from Social Anxiety, Fear & Avoidance

This guide uses techniques from mindfulness-based stress reduction and cognitive behavioral therapy to help readers cultivate awareness of their own thoughts so that they can act with more wisdom and compassion toward themselves. Over time, clients will be able to free themselves of the old mental habits of self-consciousness and social anxiety.

STEVE FLOWERS, MFT
FOREWORD BY JEFFREY BRANTLEY, MD

THE SHYNESS & SOCIAL ANXIETY WORKBOOK, SECOND EDITION
Proven, Step-by-Step Techniques for Overcoming Your Fear

This new edition offers a comprehensive program to help clients suffering from social anxiety find their strengths and weaknesses, explore and examine their fears, create a personalized plan for change, and put that plan into action through gentle and gradual exposure to social situations. Information on additional resources and medications is also included.

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10 Simple Solutions to Shyness examines shyness by its symptoms: physical discomfort, anxious thoughts, and bothersome behaviors. Solutions follow, directly addressing all three. Clients can carry the book in a briefcase or purse for last minute support and extra confidence. Once they learn the ten simple solutions, the exercises will become their constant companions, providing courage, poise, and composure when they need them most.

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OVERCOMING PANIC DISORDER & AGORAPHOBIA
A twelve- to sixteen-session treatment. Techniques include psycho-education, breathing retraining, interoceptive exposure, in vivo exposure, and relapse prevention.

ELKE ZUERCHER-WHITE, PH.D.

TREATING PANIC DISORDER & AGORAPHOBIA
A Step-by-Step Clinical Guide

A must-read for all professionals who work with clients suffering from these two common conditions, this book offers a twelve-session treatment program that covers breath control training as a coping skill, changing automatic thoughts and underlying beliefs, interoceptive desensitization, and assertiveness training. Includes worksheets derived from Zuercher-White’s client workbook.

ELKE ZUERCHER-WHITE, PH.D.
10 SIMPLE SOLUTIONS TO PANIC
How to Overcome Panic Attacks, Calm Physical Symptoms & Reclaim Your Life
This book provides readers with the ten most powerful techniques for countering panic attacks. By monitoring episodes of panic, they’ll discover how to replace anxious thoughts with calm, realistic thinking. By facing the places and feelings that lead them to panic, they’ll move beyond avoidance. Breathing exercises and stress reduction techniques—along with the possibility of medication—round out an approach to dealing with panic that promises the recovery of security and peace of mind.

MARTIN M. ANTONY, PH.D., & RANDI E. MCCABE, PH.D.

THE AGORAPHOBIA WORKBOOK
A Comprehensive Program to End Your Fear of Symptom Attacks
This book provides agoraphobia sufferers with a comprehensive explanation of symptoms and a list of resources for treatment. Readers follow step-by-step exercises to confront and overcome persistent fears. They regain the control and quality of life that agoraphobia takes away.

C. ALEC POLLARD, PH.D., & ELKE ZUERCHER-WHITE, PH.D.

AN END TO PANIC, SECOND EDITION
Breakthrough Techniques for Overcoming Panic Disorder
Clients can use this supportive guide to conquer panic and anxiety. They’ll master the skill of breath retraining and take charge of fear-fueling thoughts. They’ll learn to overcome the fear of physical symptoms, cope with phobic situations, avoid relapse, and learn to live in the here and now.

ELKE ZUERCHER-WHITE, PH.D.

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overcoming specific phobias

FLYING WITHOUT FEAR, SECOND EDITION
Effective Strategies to Get You Where You Need to Go
Based in cognitive behavioral therapy, the program in this book will prepare readers with aerophobia for every sight, sound, and sensation they will experience in the airport and airplane. This fully revised and updated edition also includes new information about terrorism concerns and airport security measures adopted after 9/11.

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EDMUND J. BOURNE, PH.D.

OVERCOMING SPECIFIC PHOBIA
A ten-session treatment. Techniques include relaxation, coping skills, systematic desensitization, and in vivo exposure.

EDMUND J. BOURNE, PH.D.

OVERCOMING ANIMAL & INSECT PHOBIAS
How to Conquer Fear of Dogs, Snakes, Rodents, Bees, Spiders & More
A must-read for your clients struggling with animal phobias. First they’ll learn about their phobia, where it comes from, what factors influence it, and how best to prepare for treatment. Then they’ll learn to confront and overcome their fear. The proven, CBT techniques in this book are proven-effective and fast-acting.

MARTIN M. ANTONY, PH.D., & RANDI E. MCCABE, PH.D.

OVERCOMING FEAR OF HEIGHTS
How to Conquer Acrophobia & Live a Life Without Limits
Specific phobias are among the easiest psychological problems to treat, with fear of heights being very treatable. With a safe and effective exposure-based, cognitive behavioral program to work with, most sufferers will experience relief from their fear after only a few sessions. This book distills the most effective treatments for acrophobia into an easy-to-follow, effective program for overcoming fears for good.

MARTIN M. ANTONY, PH.D., & KAREN ROWA, PH.D.
OVERCOMING MEDICAL PHOBIAS
How to Conquer Fear of Blood, Needles, Doctors & Dentists
Readers learn the basics about medical phobias: where they come from, what factors influence them, and how best to prepare for treatment. They learn to confront and overcome medical phobias with safe and gradual exposure exercises. These techniques are effective and fast.

MARTIN M. ANTONY, PH.D., & MARK A. WATLING, MD

DIGGING OUT
Helping Your Loved One Manage Clutter, Hoarding, & Compulsive Acquiring
In Digging Out, readers will find a complete guide to helping their loved ones with hoarding problems live safely and comfortably in their own homes or apartments. Included are realistic harm reduction strategies that readers can use to help loved ones manage health and safety hazards, avoid eviction, and make long-term lifestyle changes.

MICHAEL A. TOMPKINS, PH.D., & TAMARA L. HARTL, PH.D.
FOREWORD BY RANDY O. FROST, PH.D., & GAIL STEKETEE, PH.D.

COGNITIVE THERAPY FOR OBSESSIVE-COMPULSIVE DISORDER
A Guide for Professionals
The manual begins with a brief review of current facts about OCD. Then it describes how cognitive therapy can be applied to OCD. The several treatment modules that follow outline a brief three- to four-session approach therapists can use to help clients make real progress on their OCD beliefs and behavioral symptoms. Each module is complemented by a series of client worksheets and handouts.

SABINE WILHELM, PH.D., & GAIL S. STEKETEE, PH.D.

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OVERCOMING OBSESSIVE-COMPULSIVE DISORDER

A fourteen-session treatment. Techniques include imagined exposure, in vivo exposure, response prevention, and avoidance reduction.

GAIL STEKETEE, PH.D.

THE OCD WORKBOOK, SECOND EDITION

Your Guide to Breaking Free from Obsessive-Compulsive Disorder

Since its first publication in 1999, The OCD Workbook has become among the most trusted and recommended OCD resources available. More than 40,000 copies have provided help and hope to people with the disorder, and therapists have come to regard the book as a useful adjunct to their private practices. This fully revised and expanded edition includes new findings on the causes of OCD, including genetic research. It offers information on treatment options including neurosurgery, new medications, and a whole new chapter on day-to-day coping strategies for people with OCD.

Also available as an ebook at newharbinger.com

BRUCE M. HYMAN, PH.D., & CHERRY PEDRICK, RN

COPING WITH OCD

Practical Strategies for Living Well with Obsessive-Compulsive Disorder

Coping with OCD offers a brief yet comprehensive and effective approach to dealing with the symptoms of obsessive-compulsive disorder (OCD). A great book for people recently diagnosed with OCD and a source of in-the-moment strategies for managing symptoms for those already receiving treatment.

Also available as an ebook at newharbinger.com

BRUCE HYMAN, PH.D., LCSW, & TROY DUFRENE

LOVING SOMEONE WITH OCD

Help for You & Your Family

This book contains basic information about OCD—its definition, cause, and symptoms—and a brief overview of treatments available for the disorder. After these introductory sections, the book focuses on ways readers can foster a healthy relationship with someone with OCD. It includes tips for increasing family involvement, making accommodation for the disorder in daily life, and creating an action plan for change using family contracts.

KAREN J. LANDSMAN, PH.D., KATHLEEN M. RUPERTUS, MA, MS, & CHERRY PEDRICK, RN

FOREWORD BY BRUCE HYMAN, PH.D.
OVERCOMING COMPULSIVE CHECKING
Free Your Mind from OCD
This is the first book to apply the proven-effective techniques of cognitive behavioral therapy specifically to overcome checking. Its engaging exercises teach readers to identify their specific ritualistic compulsion, and then help them build skills to free themselves from obsession. The book helps them confront their fears and experiment with safe, controlled exposure to situations they’ve been avoiding. Chapters further help you to troubleshoot particularly difficult situations and educate family members and loved ones.

PAUL R. MUNFORD, PH.D.

OVERCOMING COMPULSIVE HOARDING
Why You Save & How You Can Stop
This book, the first ever written for savers and their families, provides an overview of compulsive hoarding and how it relates to obsessive-compulsive disorder. It discusses hoarding broadly, offering readers perspectives on the physical, behavioral, and value-oriented aspects of the condition. Skill-building exercises help readers determine how to beat the hoarding problem by addressing issues that often underlie compulsive saving.

FUGEN NEZIROGLU, PH.D., ABBP, JEROME BUBRICK, PH.D., & JOSE A. YARYURA-TOBIAS, MD

OVERCOMING COMPULSIVE WASHING
Free Your Mind from OCD
Fear of contamination leads washing sufferers to compulsively avoid places and situations that cause their anxiety. This book helps readers identify their specific ritualistic compulsion, helps them to stop obsessing by experimenting with exposure to their fears, and includes ways to troubleshoot particularly difficult situations.

PAUL R. MUNFORD, PH.D.

OVERCOMING OBSESSIVE THOUGHTS
How to Gain Control of Your OCD
People with obsessive-compulsive disorder present a wide range of symptoms. Some people with OCD wash compulsively, others hoard objects, while still others—the audience of this book—struggle with obsessive thoughts they perceive as violent, disgusting, or blasphemous. The book offers safe and effective exposure exercises readers can use to limit the effect obsessive thoughts have on their lives. In addition to self-care strategies, the book includes information about choosing and making the most of professional care.

CHRISTINE PURDON, PH.D., C. PSYCH., & DAVID A. CLARK, PH.D., L. PSYCH.
**ACT**

**Acceptance & Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder & Trauma-Related Problems**

*A Practitioner’s Guide to Using Mindfulness & Acceptance Strategies*

A major advance in the treatment of trauma, this book gives an overview of trauma and the nature of experiential avoidance—a central problem to the ACT model. It explains and defines the nature of experiential avoidance and ACT solutions to avoidance. Also included is practical, step-by-step advice you can easily integrate into your practice.

**ROBYN D. WALTER, PH.D., & DARRAH WESTRUP, PH.D.**

**FOREWORD BY STEVEN C. HAYES, PH.D.**

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**OVERCOMING POST-TRAUMATIC STRESS DISORDER**

A fifteen-session (or less) treatment. Techniques include relaxation training, eye-movement technique, marginal brief exposure, prolonged exposure, and relapse prevention.

**LARRY SMYTH, PH.D.**

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**TREATING PTSD IN BATTERED WOMEN**

*A Step-by-Step Manual for Therapists & Counselors*

Based on a new treatment model for post-traumatic stress disorder (PTSD), this manual offers an effective and comprehensive therapy targeting symptoms of PTSD in battered women. This innovative intervention pioneered by Dr. Kubany is called cognitive trauma therapy (CTT). CTT involves modules including trauma history exploration, negative self-talk monitoring, stress management, and PTSD education.

**EDWARD S. KUBANY, PH.D., ABPP, & TYLER C. RALSTON, PSY.D.**

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**ACT IT OUT**

25 Expressive Exercises to Help You Heal from Childhood Abuse

In her therapy practice, the author of this book discovered that drama exercises help child-abuse survivors uncover buried feelings and experiences. In the process, they deal directly with trauma symptoms. Because the survivor is in charge, these exercises can be done safely alone or in a group and with or without a therapist.

**STEFANIE AUERBACH STOLINSKY, PH.D.**

**FOREWORD BY TRUDY MOSS, PH.D.**
FINDING LIFE BEYOND TRAUMA
Using Acceptance & Commitment Therapy to Heal from Post-Traumatic Stress & Trauma-Related Problems

Instead of controlling painful experiences, the book encourages readers recovering from trauma to develop psychological flexibility and a willingness to embrace "clean" painful experience that is a necessary and unavoidable part of living. By committing to live in ways that really matter to them despite painful experiences, they move beyond problems with past trauma.

VICTORIA M. FOLLETTE, PH.D., & JACQUELINE PISTORELLO, PH.D.
FOREWORD BY STEVEN C. HAYES, PH.D.

HEALING THE TRAUMA OF ABUSE
A Women’s Workbook

This workbook offers skills for coping to women who have experienced physical, sexual, or emotional abuse. Exercises and techniques help reestablish safety and self-worth as well as the capacity to trust and be close to others.

MARY ELLEN COPELAND, MA, MS, & MAXINE HARRIS, PH.D.

HEALING THE TRAUMA OF DOMESTIC VIOLENCE
A Workbook for Women

Second only to survivors of war and victims of rape, women who are severely assaulted by their husbands or partners are the group of trauma victims most likely to suffer from the symptoms of post-traumatic stress disorder, or PTSD. Researchers estimate that as many as 80 percent of these women will manifest signs of the disorder in the months and years following an assault. Until now there has been no book specifically written to help these women deal with PTSD. This sensitive and compassionate book, at last, offers them hope.

EDWARD S. KUBANY, PH.D., MARI A. McCAIG, MSCP, & JANET R. LACONSAY, MA

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HEALING TOGETHER
A Couple’s Guide to Coping with Trauma & Post-traumatic Stress
One or both partners can use this book to recover from trauma or help their partner recover by learning to communicate their needs, managing anger, dealing with traumatic memories, recapturing lost intimacy, and recognizing their resiliency as a couple. This practical, step-by-step program is inspired and informed by the authors’ clinical experiences with patients suffering from post-traumatic stress disorder and their work with firefighters and their partners in the aftermath of 9/11.

SUSANNE B. PHILLIPS, PSY.D., ABPP, & DIANNE KANE, DSW

I CAN’T GET OVER IT, SECOND EDITION
A Handbook for Trauma Survivors
This is the first book to guide readers through the healing process of recovering from post-traumatic stress disorder one step at a time. Cope with violent memories and emotions. Identify triggers that reactivate traumatic stress. Relieve secondary wounding. Gain a sense of empowerment and hope.

APHRODITE MATSAKIS, PH.D.

THE PTSD WORKBOOK
Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms
Give your clients the most effective tools available to conquer trauma-related symptoms. Start with the exercises best suited to their symptoms and then work through the rest of the book. As they complete the workbook, clients will gain valuable information about post-traumatic stress disorder (PTSD) in the process.

Also available as an ebook at newharbinger.com
MARY BETH WILLIAMS, PH.D., LCSW, CTS & SOILI POIJULA, PH.D.

THE RAPE RECOVERY HANDBOOK
Step-by-Step Help for Survivors of Sexual Assault
Victims of rape often suffer from symptoms of post-traumatic stress disorder. This new handbook helps rape victims cope with the reality of the experience and deal with the aftermath of conflicting feelings. Recovery begins by establishing a safety plan that includes what to expect from the book, what to expect from recovery, and how victims should treat themselves during this process. Survivors learn how to cope with the anxiety and anger that often arise during recovery.

APHRODITE MATSAKIS, PH.D.
TRUST AFTER TRAUMA

Trauma survivors find that the experience of tragic events not only shatters their internal sense of well-being but also leaves them withdrawn or isolated. This book helps readers deal with unresolved issues and make their relationships a context for healing.

APHRODITE MATSAKIS, PH.D.

DEPRESSION 101
A Practical Guide to Treatments, Self-Help Strategies & Preventing Relapse

There are plenty of depression books on the market, but none of them distill critical information about cognitive skills, lifestyle changes, medications, social skills, and relapse prevention into this small and potent of a package. In less than 200 pages, Depression 101 presents readers with everything they need to know to begin treatment and overcome the disorder.

JOHN D. PRESTON, PSY.D., ABPP, & MELISSA KIRK

ACT FOR DEPRESSION
A Clinician’s Guide to Using Acceptance & Commitment Therapy in Treating Depression

This research-proven program introduces therapists to the ACT model on theoretical and case-conceptual levels. Then it delves into the specifics of structuring interventions for clients with depression, using the ACT method of acceptance and values-based behavior change. Written by one of the pioneering researchers into the effectiveness of ACT for the treatment of depression, this book is a much-needed professional resource for the tens of thousands of therapists who are becoming ever more interested in ACT.

ROBERT D. ZETTLE, PH.D.

OVERCOMING DEPRESSION

A ten-session treatment. Techniques include reestablishing goals, motivational skills, and management of thoughts, feelings, and moods.

GARY EMERY, PH.D.
TREATING DEPRESSION IN THE MEDICALLY ILL
A Clinician’s Guide
This guide helps you assess depression in your medically ill patients and understand how medical symptoms and the effects of medication can mimic depression. The authors include a comprehensive twelve-session treatment plan.
LORI STEVIC-RUST, PH.D., & ANITA MAXIMIN, PSY.D.

TREATING DEPRESSION IN PRIMARY CARE
A Manual for Primary Care & Mental Health Providers
This brief practitioner’s guide describes simple and practical strategies for assessing and treating depression using techniques adapted to the fast pace of primary care. These strategies may be implemented by physicians alone or in coordination with an on-site mental health provider. The integrated-care program focuses on selecting appropriate medication and behavioral interventions for patients, involving him or her as a partner to treatment. The book contains necessary clinical forms and specific protocols for communicating with managed care reviewers.
PATRICIA ROBINSON, PH.D., CHARLES WISCHMAN, MD, & ALISON DEL VENTO, RNC

BEATING THE SENIOR BLUES
How to Feel Better & Enjoy Life Again
Untreated symptoms of depression can lead seniors to isolation and feelings of helplessness. This workbook develops the skills necessary to overcome these debilitating feelings. Deal with underlying problems. Reconnect with others. Enjoy life again.
LESLIE ECKFORD, RN, LCSW, & AMANDA LAMBERT, MS

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A CANCER PATIENT’S GUIDE TO OVERCOMING DEPRESSION & ANXIETY

Getting Through Treatment & Getting Back to Your Life

This book presents a gentle and effective kind of therapy called behavior activation that cancer patients can use to overcome depression and anxiety. Relieved from these two sources of emotional pain, patients will be able to live life more fully and apply their energy to the task of getting better.

DEREK R. HOPKO, PH.D., & CARL W. LEJUEZ, PH.D.
FOREWORD BY JOHN L. BELL, MD

COPING WITH DEPRESSION (VIDEO)

Self-Help Strategies

Depression had a major impact on Mary Ellen Copeland’s life until she achieved long-term stability. Based on years of research and hundreds of interviews, the wellness program she describes offers a powerful message of hope for anyone struggling with depression.

MARY ELLEN COPELAND, MS

CHOOSING TO LIVE

How to Defeat Suicide Through Cognitive Therapy

This is the first self-help guide addressed directly to people considering suicide. A step-by-step program, it shows how to replace negative beliefs, feel better through coping, and develop alternative problem-solving skills.

THOMAS E. ELLIS, PSY.D., & CORY F. NEWMAN, PH.D.
FOREWORD BY AARON T. BECK, MD

THE COGNITIVE BEHAVIORAL WORKBOOK FOR DEPRESSION

A Step-by-Step Program

This workbook is written in an easy-to-use, step-by-step format. It offers readers powerful strategies for overcoming depression in simple, direct language, reinforced by techniques they can practice right away. Along with other New Harbinger titles like The Anxiety and Phobia Workbook and The Anger Control Workbook, this major CBT/REBT workbook for depression is destined to become a trusted resource for people with depression and the therapists who treat them.

Also available as an ebook at newharbinger.com

WILLIAM J. KNAUS, ED.D. FOREWORD BY ALBERT ELLIS, PH.D.
DEPRESSION & YOUR THYROID

*What You Need to Know*

Here is a combined medical and psychological approach to dealing with depression. The book includes helpful diagnostic advice and tips on working with physicians.

GARY S. ROSS, MD, & PETER J. BIELING, PH.D.

THE DEPRESSION SOLUTIONS WORKBOOK

*A Strengths & Skills-Based Approach*

Because depression depletes motivation and self-esteem, it can trap sufferers in a vicious circle—though they want to escape how they’re feeling, it seems impossible to work up the energy to change. Using solution-focused therapy, cognitive behavior therapy (CBT), and motivational interviewing, this workbook will help motivate readers to combat the negative beliefs they have about themselves and end the self-destructive behaviors that sink them further into depression.

Also available as an ebook at newharbinger.com

JACQUELINE CORCORAN, PH.D.

THE DEPRESSION WORKBOOK, SECOND EDITION

*A Guide for Living with Depression & Manic Depression*

Learn to avoid conditions that exacerbate mood swings. Use relaxation, diet, and exercise to stabilize moods. The book introduces the concept of a wellness recovery action plan (WRAP), a personalized set of goals and checkpoints readers set for themselves to manage symptoms and stay well.

MARY ELLEN COPELAND, MS, MA

ENDING THE DEPRESSION CYCLE

*A Step-by-Step Guide for Preventing Relapse*

This book deals with the period after recovery, when as many as half of those who have defeated depression will suffer relapse. It deals directly with the repeating cycle of depression. Use the self-assessment tools and exercises to explore the reoccurring stages of depression. Get practical advice about clinical options, including antidepressant medication and continuing psychotherapy.

PETER J. BIELING, PH.D., & MARTIN M. ANTONY, PH.D.

FOREWORD BY AARON T. BECK, MD
THE INTERPERSONAL SOLUTION TO DEPRESSION
A Workbook for Changing How You Feel by Changing How You Relate

Interpersonal psychotherapy (IPT) is a short-term therapy proven effective for the treatment of depression. It works to identify the connection between interpersonal conflicts and depression. This book offers a step-by-step program readers can use to make IPT work for them. Through worksheets and exercises, readers learn to develop more healthy social skills. They are coached to practice assertive behaviors, overcome inhibitions, and conquer their fear of failure.

JEREMY PETTIT, PH.D., & THOMAS ELLIS JOINER, JR., PH.D.
FOREWORD BY LYNN P. REHN, PH.D., ABPP

IS HE DEPRESSED OR WHAT?
What to Do When the Man You Love Is Irritable, Moody & Withdrawn

If a client thinks a man in their life is struggling with depression, this book can help them recognize his symptoms and encourage him in overcoming his depressed feelings. The book will also show readers how to take care of themselves and not get lost in the loved one’s depression. It provides a range of strategies they can use to communicate with him effectively, cope with his physical symptoms like insomnia and sexual dysfunction, and rebuild intimacy in a relationship.

Also available as an ebook at newharbinger.com
DAVID B. WEXLER, PH.D. • FOREWORD BY TERRENCE REAL

LIVING LIFE WELL
New Strategies for Hard Times

This cognitive behavioral self-help ICP workbook is designed for use by a depressed patient. This book can be used to support the ICP intervention of a primary care provider or may be used in its own right as a home-based treatment. When used in the context of on-site mental health services, this book supports the brief two- to four-hour ICP behavioral health intervention. It focuses heavily on building coping skills that have been shown empirically to reduce depression.

PATRICIA ROBINSON, PH.D.

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LIVING WITHOUT DEPRESSION & MANIC DEPRESSION
A Workbook for Maintaining Mood Stability

The program in this book is based on an extensive study of people who have overcome depression and kept symptoms controlled for more than two years. Its easy-to-follow strategies will help readers manage their depression care effectively and make gradual changes in their lifestyle that will reduce risk factors for depression symptoms. Follow this step-by-step program to achieve real breakthroughs in dealing with depression. Get symptom-prevention strategies. Find a career that works. Deal with sleep problems. Explore vitamin and herbal therapies and learn about medication side effects.

MARY ELLEN COPELAND, MS

LISTENING TO DEPRESSION
How Understanding Your Pain Can Heal Your Life

Each chapter of the book discusses a different aspect of depression as a gift or positive opportunity. Depression can be the start of a reorientation in life, a step in the search for meaning, or a chance for letting go of hurtful aspects of the self. It can also be a chance to deal with grief and loss and learn to expand possibilities. The book concludes with a section of advice about when it is important to defend against depression and how best to go about it when the need arises.

Also available as an ebook at newharbinger.com

LARA HONOS-WEBB, PH.D.

THE MINDFULNESS & ACCEPTANCE WORKBOOK FOR DEPRESSION
Using Acceptance & Commitment Therapy to Move Through Depression & Create a Life Worth Living

From Kirk Strosahl, cofounder of acceptance and commitment therapy (ACT), this book offers a powerful new treatment plan for depression. Clients will learn, step-by-step, how to stop the cycle of depression by focusing on activities that bring fulfillment and meaning to their lives.

Also available as an ebook at newharbinger.com

KIRK D. STROSAHL, PH.D., & PATRICIA J. ROBINSON, PH.D.
FOREWORD BY STEVEN C. HAYES, PH.D.

MOVE YOUR BODY, TONE YOUR MOOD
The Workout Therapy Workbook

A sports psychologist shows readers how to put together a program of playful physical activity that will help them ease tension and anxiety, lift depression, manage stress, and feel an invigorating enthusiasm about using exercise as a form of emotional healing.

KATE F. HAYS, PH.D.
OVERCOMING DEPRESSION ONE STEP AT A TIME
The New Behavioral Activation Approach to Getting Your Life Back

With easy, step-by-step techniques, this book helps readers put together a list of enjoyable activities. As they start by doing the simplest things on their lists, readers begin to live their lives in ways that can make feelings of depression literally fade away. The simple act of doing meaningful, enjoyable things connects them to naturally occurring rewards, which are powerful antidotes to feelings of depression.

MICHAEL E. ADDIS, PH.D.,
& CHRISTOPHER R. MARTELL, PH.D., ABPP

PEACEFUL MIND
Using Mindfulness & Cognitive Behavioral Psychology to Overcome Depression

From this book, readers will learn how to find the motivation to confront depressive feelings. They’ll find out how to reduce the frequency of depressive episodes. Using meditation practices for observation and awareness, they’ll develop the ability to recognize triggers that can lead to aggravated periods of the disorder. When readers change how they approach their day-to-day lives, they strengthen the skills they need to move beyond depression and develop lasting peace of mind.

JOHN R. McQUAID, PH.D., & PAULA E. CARMONA, RN, MSN
FOREWORD BY ZINDEL V. SEGAL, PH.D.

QUEER BLUES
The Lesbian & Gay Guide to Overcoming Depression

This is the first guide to focus on depression in the gay and lesbian community and to offer practical strategies for dealing with the problem. Readers learn to evaluate the impact of depression on their lives. They explore core beliefs about their self-worth and identify self-sabotaging habits that may make them vulnerable to insecurity.

KIMERON HARDIN, PH.D., & MARNY HALL, PH.D.
FOREWORD BY BETTY BERZON, PH.D.

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YOUR DEPRESSION MAP
Find the Sources of Your Depression & Chart Your Own Recovery
Research suggests that the definition and treatment of specific symptoms of major depression can speed recovery and help prevent relapse. Use this workbook to help your clients create their own depression maps. Exercises and evaluations help them to identify the causes and symptoms of their particular manifestations of depression.

RANDY J. PATERSON, PH.D.

A SECRET SADNESS
The Hidden Relationship Patterns That Make Women Depressed
Can a woman’s relationships make her depressed? Past and current patterns, expectations, and assumptions about roles in relationships can often cause or worsen depression. A Secret Sadness offers a groundbreaking new perspective on this phenomenon, as well as powerful tools readers can use to explore the issue.

VALERIE E. WHIFFEN, PH.D.

TRANSFORMING DEPRESSION
The HeartMath® Solution to Feeling Overwhelmed, Sad & Stressed
By using the HeartMath® techniques found in this book, patients feeling hopeless and uninterested in things that they used to enjoy learn how to tap into new reserves of energy and creativity and find new ways to connect with the people in their lives. In no time, feelings of depression will lessen and dramatic change will take place in mind and body that will result in better health and greater peace of mind. (HeartMath® is a registered trademark of the Institute of HeartMath.)

DOC CHILDRE & DEBORAH ROZMAN, PH.D.
FOREWORD BY FRANK LAWLIS, PH.D.

BIPOLAR 101
A Practical Guide to Identifying Triggers, Managing Medications, Coping with Symptoms & More
This straightforward guide to understanding bipolar disorder includes all the information readers need to control symptoms and live better. Authored by both a psychologist and a mental health expert who has bipolar disorder herself, this pocket guide is the only book on bipolar disorder anyone with bipolar will ever need.

RUTH C. WHITE, PH.D., MPH, MSW, & JOHN D. PRESTON, PSY.D., ABPP
THE CYCLOTHYMIA WORKBOOK
Learn How to Manage Your Mood Swings & Lead a Balanced Life
This is the first book written specifically to cyclothymia sufferers. It can help them recognize their emotional cycles and any conditions that might trigger changes from one phase to another. The book introduces them to cognitive behavioral techniques that are effective at limiting and controlling shifting moods. Later chapters explore treatment options—medical and psychotherapeutic—and offer advice on how to manage relationships when one partner suffers from cyclothymia.
PRENTISS PRICE, PH.D.

THE DIALECTICAL BEHAVIOR THERAPY SKILLS WORKBOOK FOR BIPOLAR DISORDER
Using DBT to Regain Control of Your Emotions & Your Life
This workbook provides readers with dialectical behavior therapy (DBT) skills such as mindfulness, emotion regulation, and radical acceptance to help them move away from the destructive behaviors that often accompany bipolar disorder. The book also includes helpful information for friends, family, and caregivers.
Also available as an ebook at newharbinger.com
SHERI VAN DIJK, MSW
FOREWORD BY ZINDEL V. SEGAL, PH.D.

LOVING SOMEONE WITH BIPOLAR DISORDER
Understanding & Helping Your Partner
Readers learn how to control episodic crises; direct their energies into preventing problems rather than dissipating them in incessant crisis control. The agreements they make with their bipolar partner set boundaries and encourage trust. Whatever goals they set for their relationship are specific and reasonable. Understand that the ultimate goal of this book, the development of a peaceful and loving relationship, is absolutely achievable with patience and good advice.
Also available as an ebook at newharbinger.com
JULIE A. FAST & JOHN D. PRESTON, PSY.D.

OVERCOMING BIPOLAR DISORDER
A Comprehensive Workbook for Managing Your Symptoms & Achieving Your Life Goals
This workbook will help readers learn how to recognize their mania and depression triggers, develop coping skills for managing symptoms, form more productive partnerships with healthcare providers, and keep their lives in balance as they work toward their goals. They will also discover how simple changes to eating, exercise, and sleeping habits can improve their mood and keep symptoms at bay.
MARK S. BAUER, MD, AMY M. KILBOURNE, PH.D., MPH, DEVRA E. GREENWALD, MPH, & EVETTE J. LUDMAN, PH.D.
with LINDA McBRIDE, MSN
CHILD & ADOLESCENT CLINICAL PSYCHOPHARMACOLOGY MADE SIMPLE, SECOND EDITION

This second edition offers all the information parents and medical professionals need about the use of psychoactive medications in the treatment of childhood and adolescent psychological disorders, including new information on medications, autism treatment, and child-onset bipolar disorder.

JOHN PRESTON, PSY.D., ABPP, JOHN H. O’NEAL, MD, & MARY C. TALAGA, R.PH, PH.D.

ACCEPTANCE & MINDFULNESS TREATMENTS FOR CHILDREN & ADOLESCENTS

A Practitioner’s Guide

Edited by two luminaries in the field of third-wave behavior therapy, these essays will be invaluable in helping young patients reap the benefits of acceptance and mindfulness approaches such as acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindfulness-based stress reduction (MBSR).

Also available as an ebook at newharbinger.com

EDITED BY LAURIE A. GRECO, PH.D., & STEVEN C. HAYES, PH.D.

BEHAVIOR ANALYSIS OF CHILD DEVELOPMENT

This book offers a concise introduction to the natural scientific approach to child psychology. It defines basic behavioral terms and principles, and includes many examples of the application of these principles to the understanding of children. In addition to its contribution to the field of child development, this book offers an easily readable and understandable account of the greater topic of behavior analysis itself. Readers may apply the overview presented here to other topics in the wider study of human behavioral development and learning.

SIDNEY W. BIJOU

TREATING ANXIOUS CHILDREN & ADOLESCENTS

An Evidence-Based Approach

The practical approach in this handbook has been adapted from years of ongoing research at the authors’ clinic for children and adolescents in Sydney, Australia. Treatment strategies include relaxation skills, cognitive restructuring, parent management, exposure, social skills, and assertiveness.

RONALD M. RAPEE, PH.D., ANN WIGNALL, M. PSYCH., JENNIFER L. HUDSON & CAROLYN A. SCHNIERING
TREATING DEPRESSED CHILDREN
A Therapeutic Manual of Proven Cognitive Behavioral Interventions
This is the first book to show therapists how to break down concepts used to treat depression in adults into terms understandable to children. Incorporating cartoons, stories, games, and role-playing, the author provides a full twelve-session course of treatment—everything the therapist needs to help children recognize emotions, change negative or distorted thoughts, identify positive traits and gain confidence, and learn crucial interpersonal skills.
CHARMA D. DUDLEY, PH.D.

DRUGS & YOUR KID
How to Tell If Your Child Has a Drug/Alcohol Problem & What to Do About It
If readers suspect that their child has a drug problem, how can they know for sure? With this guide, learn to assess your child’s problem, and to intervene successfully. Choose intervention styles that match your parenting style. Learn tips for setting limits, dealing with uncooperative behavior, and making informed decisions about treatment programs.
PETER D. ROGERS, PH.D., & LEA GOLDBEIN, PH.D.
FOREWORD BY DAVID E. SMITH, MD

THE ANGER WORKBOOK FOR TEENS
Activities to Help You Deal with Anger & Frustration
This book includes thirty-seven exercises designed to show readers effective skills to help them deal with feelings of rage without losing it. By completing just one ten-minute worksheet a day, readers will find out what’s triggering their anger, look at the ways they react, and learn skills and techniques for getting their anger under control.
RAYCHELLE CASSADA LOHMANN, MS
Instant Help Books, A Division of New Harbinger Publications, Inc.

I’M NOT BAD, I’M JUST MAD
A Workbook to Help Kids Control Their Anger
This anger management workbook for children contains forty activities that cover topics such as recognizing anger triggers, better problem solving, and communication tips for defusing conflict before it gets out of hand. These fun games will help children talk about their feelings and learn to control them.
The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.
LAWRENCE E. SHAPIRO, PH.D., ZACK PELTA-HELLER & ANNA F. GREENWALD
Instant Help Books, A Division of New Harbinger Publications, Inc.

newharbinger.com
HELPING YOUR ANGRY CHILD
A Workbook for You & Your Family

Anger control is a valuable skill to impart to children, but finding the activities and approaches to do so can be a challenge. Learn the skills necessary to parent an angry child. Teach children anger management skills. Examine issues in the past that keep readers from being nurturing parents when confronted with their child’s unpredictable rages.

DARLYNE GAYNOR NEMETH, PH.D., KELLY PAULK RAY, PH.D., & MAYDEL MORIN SCHEXNAYDER, MS

anxiety disorders

THE ANXIETY WORKBOOK FOR TEENS
Activities to Help You Deal with Anxiety & Worry

This workbook shows teens how to deal with the day-to-day challenges of anxiety, develop a positive self-image, and stop being paralyzed by anxious thoughts. Also included are resources readers can use to seek additional help and support.

The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.

Also available as an ebook at newharbinger.com

LISA M. SCHAB, LCSW

I BET I WON’T FRET
A Workbook to Help Children with Generalized Anxiety Disorder

The activities in this workbook teach children with generalized anxiety disorder how to manage their anxious feelings, relax, and enjoy life more fully. Children can do these activities with the help of a parent between sessions and put into practice the concepts taught to them in therapy. The book offers a range of proven-effective techniques that can support any treatment program.

The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.

TIMOTHY A. SISEMORE, PH.D.

A PARENT’S GUIDE TO GETTING KIDS OUT OF THE FAMILY BED
A 21-Day Program

This workbook presents a twenty-one-day program for parents to help them move children back into their own bedrooms and to end the wanderings of “ambulatory sleepers.” It includes separate sections for infants, toddlers, preschoolers, and older children who are sleeping in their parents’ bed due to special circumstances (e.g. divorce, fears, death in the family).

The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.

LAWRENCE E. SHAPIRO, PH.D.
HELPING YOUR ANXIOUS CHILD, SECOND EDITION
A Step-by-Step Guide for Parents
This expanded and updated edition guides readers to help a child overcome anxiety and fears. The strategies and techniques described in this book can be used to develop a comprehensive self-help program for a child’s particular needs. From separation anxiety to general anxiety, social anxiety, specific phobia, and panic disorder, the book describes the common types of childhood anxiety, how anxiety originates, and options for dealing with the problem. Throughout, the book employs a step-by-step approach that is both structured and directive.
RONALD M. RAPEE, PH.D., ANN WIGNALL, D. PSYCH, SUSAN H. SPENCE, PH.D., VANESSA COBHAM, PH.D., & HEIDI LYNEHAM, PH.D.

HELPING YOUR CHILD WITH OCD
A Workbook for Parents of Children with Obsessive-Compulsive Disorder
Children with obsessive-compulsive disorder may need to engage in ritualistic behavior—counting, checking, washing, hoarding—as a part of their daily routine. Left untreated, this problem can lead to debilitating stress and embarrassment during their school years and a lifetime of struggle with anxiety. This book is a personalized guide for parents of a child with OCD. After reading it, readers will better understand the causes of the disorder and the scope of available treatments. This engaging workbook is full of assessments, fill-ins, and progress charts that encourage parents to get involved and stay committed to their child’s recovery.
LEE FITZGIBBONS, PH.D., & CHERRY PEDRICK, RN

HELPING YOUR CHILD OVERCOME SEPARATION ANXIETY OR SCHOOL REFUSAL
A Step-by-Step Guide for Parents
Every parent is familiar with the clingy child who doesn’t want to be left alone. Separation anxiety, a clinical term for this kind of behavior, is usually a normal part of the developmental process. Sometimes, though, extreme or persistent kinds of behaviors can cause problems for both parents and children. This book offers parents effective techniques for dealing with both normal separation anxiety issues and with separation anxiety disorder (SAD). Step-by-step strategies for confronting and easing a child’s fears are given throughout the book.
ANDREW R. EISEN, PH.D., & LINDA B. ENGLER, PH.D. FOREWORD BY JOSHUA D. SPARROW, MD

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HELPING YOUR CHILD WITH SELECTIVE MUTISM

Steps to Overcome a Fear of Speaking

This book is the first available for parents of children with selective mutism. It offers a broad overview of the condition and reviews the diagnostic criteria for the disorder. The book details a plan parents can use to coordinate professional treatment of their child’s disorder. It also explains the steps they can take on their own to encourage their child to speak comfortably in school and in his or her peer group. All of the book’s strategies employ a gradual, “stepladder” approach.

ANGELA E. MCHOLM, PH.D., CHARLES E. CUNNINGHAM, PH.D.,
& MELANIE K. VANIER, MA
FOREWORD BY RONALD M. RAPEE, PH.D.

PARENTING YOUR ANXIOUS CHILD WITH MINDFULNESS & ACCEPTANCE

A Powerful New Approach to Overcoming Fear, Panic & Worry Using Acceptance & Commitment Therapy

Drawn from acceptance and commitment therapy, this program offers a new way to think about a child’s anxiety, as well as a set of techniques used by child psychologists to help children as young as four let go of anxious feelings and focus instead on relationships with friends, learning new things in school, and having fun. Readers learn these techniques, use them when they feel anxious, and teach them to their children.

Also available as an ebook at newharbinger.com

CHRISTOPHER McCURY, PH.D.
FOREWORD BY STEVEN C. HAYES, PH.D.

Sign up to receive Quick Tips for Therapists—

fast and free solutions to common sticky client situations mental health professionals encounter.

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THE SOCIAL SUCCESS WORKBOOK FOR TEENS
Skill-Building Activities for Teens with Nonverbal Learning Disorder, Asperger's Disorder & Other Social-Skill Problems
This engaging workbook includes forty activities to help teens with Nonverbal Learning Disorder (NLD) or Asperger’s recognize and use their strengths to compensate for and overcome their social skills deficits. The activities in this book help them to read social cues, understand emotions, and avoid meltdowns.
The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.
BARRABAR COOPER, MPS, & NANCY WIDDOWS, MS

HELPING A CHILD WITH NONVERBAL LEARNING DISORDER OR ASPERGER’S DISORDER, SECOND EDITION
A Parent’s Guide
Discover a step-by-step treatment approach for parenting a child with either of these two neurocognitive disorders. Learn strategies for assessing your child’s disorder. Understand symptoms. Explore effective intervention techniques to use at home, and get suggestions to help take advantage of community resources.
KATHRYN STEWART, PH.D.

MAKING THE GRADE WITH ADD
A Student’s Guide to Succeeding in College with Attention Deficit Disorder
This book helps young adults with attention deficit disorder (ADD) learn to harness their disorder in new ways in order to successfully make the transition from high school to the less structured college system. This easy-to-use guide will help create study habits that work with ADD in productive and positive ways. Written by a licensed mental health counselor who has ADD herself, this book will be a valuable resource through the college years and beyond.
STEPHANIE MOULTON SARKIS, PH.D.

THE GIFT OF ADHD
How to Transform Your Child’s Problems into Strengths
The book begins with an overview of ADHD diagnosis. Each subsequent chapter reframes ADHD traits in a positive way and reinforces this transformation with awareness exercises. The book isn’t only a discussion of kids with ADHD; it includes exercises to help readers recognize and shift negative thought patterns they might associate with ADHD. The book offers advice on how to navigate education and mental health systems to the best advantage of ADHD kids and how to understand and make the best use of conventional ADHD therapies, including prescription drugs.
LARA HONOS-WEBB, PH.D.
**THE GIFT OF ADHD ACTIVITY BOOK**

*101 Ways to Turn Your Child’s Problems into Strengths*

The chapters of this book are organized by strengths that can be developed in a child. There is a short discussion of the importance of each strength, and then the book offers simple activities that parents do with their child—often in just a few minutes—to help develop those strengths. Throughout, the book strikes a positive note, stressing things that parents can do themselves to encourage and support their child rather than things they should discourage or avoid.

*Also available as an ebook at newharbinger.com*

LARA HONOS-WEBB, PH.D.

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**HELPING YOUR CHILD WITH AUTISM SPECTRUM DISORDER**

*A Step-by-Step Workbook for Families*

Autism spectrum disorders (ASDs) are characterized by severe developmental impairments, including lowered social function and communication skills. With this workbook, patients learn the latest and most effective ASD management techniques, including the use of the family enhancement treatment model designed by the authors—a program that provides step-by-step guidelines for fostering children’s abilities and enhancing the health of the whole family.

STEPHANIE B. LOCKSHIN, PH.D., BCBA, JENNIFER M. GILLIS, MA, BCBA, & RAYMOND G. ROMANCZYK, PH.D., BCBA

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**THE BIPOLAR WORKBOOK FOR TEENS**

*DBT Skills to Help You Control Mood Swings*

Two therapists specializing in child and family mental health help teenage readers use dialectical behavior therapy to tap into their resources and develop new skills for managing their bipolar disorder, then use their newfound strengths to work towards living according to their goals and values.

*Also available as an ebook at newharbinger.com*

SHERI VANK DIJK, MSW & KARMA GUINDON, MSW

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**FACING BIPOLAR**

*The Young Adult's Guide to Dealing with Bipolar Disorder*

In *Facing Bipolar*, a psychiatrist and a psychologist show young adult readers with bipolar disorder how to overcome denial, work toward bipolar stability, and adjust to life with bipolar as they shape their identity in their late teens and early twenties.

RUSS FEDERMAN, PH.D., & J. ANDERSON THOMSON, JR., MD
PARENTING A BIPOLAR CHILD
What to Do & Why
In addition to a thorough explanation of the often necessary medical treatments for bipolar disorder, this book discusses the importance of emotional regulation in bipolar children. Techniques for dealing with displays of rage, anger, and irritability in children are covered. The book also addresses sleep deprivation, one of the most common symptoms of childhood bipolar disorder, and the issues young people with bipolar disorder face in school. Subjects of particular interest to parents of older children and adolescents are covered, such as substance abuse, eating disorders, violence, and suicide.
GIANNI L. FAEDDA, MD, & NANCY B. AUSTIN, PSY.D.

BEYOND THE BLUES
A Workbook to Help Teens Overcome Depression
This workbook helps teens cope with sad and difficult feelings, find new ways to make friends, and deal with conflicts. The activities show them how, little by little, they can make small changes in their lives that will lead them to brighter, more enjoyable futures.
The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.
LISA M. SCHAB, LCSW

MY FEELING BETTER WORKBOOK
Help for Kids Who Are Sad & Depressed
Over forty simple activities in this workbook help children with depression explore their feelings and combat the negative self-talk that depletes their motivation and self-esteem. Based on cognitive behavioral therapy, play therapy, and art therapy, this series of activities is designed to help children cope with painful feelings and feel happy again.
The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.
SARA HAMIL, LCSW

HELPING YOUR DEPRESSED CHILD
A Step-by-Step Guide for Parents
This book teaches parents how to assess the causes of childhood depression and identify symptoms. The book helps them to evaluate professional treatment options, including talking and drug therapy. Readers learn to help a child think positively through monitoring, positive affirmation, and creative visualization.
MARTHA UNDERWOOD BARNARD, PH.D.
What's Eating You?
A Workbook for Teens with Anorexia, Bulimia & Other Eating Disorders

This workbook takes aim at the motivations behind the relationships teens with eating disorders have to food. Each worksheet includes questions and exercises targeting the cultural myths, perfectionism, stress, and lack of self-confidence that are often at the heart of a dysfunctional relationship with food.

The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.

TAMMY NELSON, MS

Helping Your Child Overcome An Eating Disorder
What You Can Do at Home

Children need practical and supportive guidance to overcome eating disorders. Readers of this book will learn to communicate with a child about these problems and to facilitate proper eating and exercise habits at home with cognitive behavioral techniques. This book includes questionnaires and checklists to involve the entire family in the recovery process.

BETHANY A. TEACHMAN, PH.D., MARLENE B. SCHWARTZ, PH.D., BONNIE S. GORDIC, BA, & BRENDA S. COYLE, PH.D.

Foreword by KELLY D. BROWNELL, PH.D.

Why Did You Die?
Activities to Help Children Cope with Grief & Loss

The activities in this workbook use an art therapy approach to help grieving children express difficult feelings, separate myths from facts, and understand the finality of death. This direct yet non-threatening, secular workbook will help children learn, grow, and thrive. Includes a section for parents describing a child’s grief process and what can be expected as it progresses.

The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.

ERIKA LEEUWENBURGH, LPC, & ELLEN GOLDRING, LPC

Caring for Your Grieving Child
Engaging Activities for Dealing with Loss & Transition

Recognize the difficulty children have in dealing with grief. Learn to use easy and effective play-based techniques to heal emotional wounds. Establish healthy communication with your grieving child.

MARThA WAKeNSHAW, MA, LMHC

Foreword by HERMAN M. FRANKEL, MD
STOPPING THE PAIN
A Workbook for Teens Who Cut & Self-Injure
The exercises in this workbook help teens explore why they self-injure and teach them new ways for dealing with issues in their lives. As they work through this book, teens learn to reduce stress and reach out to others, freeing themselves from the pain, loneliness, and isolation of cutting.
The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.

GEORGE M. KAPALKA, PH.D., ABPP
FOREWORD BY MARK S. KISELICA, PH.D.

PARENTING YOUR OUT-OF-CONTROL CHILD
An Effective, Easy-to-Use Program for Teaching Self-Control
This book offers tips for helping readers clearly establish what is expected from a child and define the results of either compliant or noncompliant behavior. It especially outlines the function of a behavior contract for managing behavior change. With a little effort and patience and a lot of love, readers can use these techniques to control even the worst impulsivity problems.

GEORGE M. KAPALKA, PH.D., ABPP

WHEN YOUR CHILD IS CUTTING
A Parent’s Guide to Helping Children Overcome Self-Injury
This book tells parents why self-injury happens, how to spot it when it is happening, and how to address this sensitive topic with confidence. It outlines a clear and simple plan for approaching a child who self-injures—because good communication is a necessary first step in healing. The book strives to support and reassure parents as they move through this difficult experience.

MERRY E. McVEY-NOBLE, PH.D., SONY KHEMLANI-PATEL, PH.D., & FUGEN NEZIROGLU, PH.D., ABPP, ABPP

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Help for Kids to Stand Up to & Deal with Bullies
This book includes more than forty ten-minute activities children can do with their parents to learn how to effectively handle emotional and physical bullying and be conscientious bystanders if they witness this behavior. It also features advice for handling cyberbullying, harassment, and gossip.
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SUSAN EIKOV GREEN
Instant Help Books, A Division of New Harbinger Publications, Inc.

THE STRESS REDUCTION WORKBOOK FOR TEENS
Mindfulness Skills to Help You Deal with Stress
In The Stress Reduction Workbook for Teens, a psychotherapist specializing in mindfulness-based stress reduction shows overwhelmed and stressed-out teen readers how mindfulness skills can help them relax, prioritize, and keep calm during stressful times.
Also available as an ebook at newharbinger.com
GINA M. BIEGEL, MA, LMFT
Instant Help Books, A Division of New Harbinger Publications, Inc.

COOL, CALM & CONFIDENT
A Workbook to Help Kids Learn Assertiveness Skills
It’s not always easy for children to find a healthy middle ground between passivity and aggression. The easy and effective activities in this book can help both children who are frequent targets for bullies as well as those who have begun to tease and take advantage of other kids. These simple exercises help children stand up for themselves without coming across as aggressive, learn to be both kind and assertive, and develop self-confidence and a positive self-image.
The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.
Also available as an ebook at newharbinger.com
LISA M. SCHAB, LCSW
Instant Help Books, A Division of New Harbinger Publications, Inc.

COPING WITH CLIQUES
A Workbook to Help Girls Deal with Gossip, Put-Downs, Bullying & Other Mean Behavior
This workbook helps teenage girls deal with cliques, teasing, and gossip without getting caught up in this hurtful pattern of behavior. Also included are key strategies girls can use to stick up for themselves, maintain their self-esteem even when others tease them, and find friends who like them for who they are.
The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.
SUSAN SPRAGUE
Instant Help Books, A Division of New Harbinger Publications, Inc.
THE DIVORCE WORKBOOK FOR CHILDREN
Help for Kids to Overcome Difficult Family Changes & Grow Up Happy

This workbook offers simple and engaging activities that can help children address and cope with issues related to parental divorce. The goal of these activities is to help kids feel “out of the middle” of the parental conflict and learn to be more resilient and self-reliant. The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.

LISA M. SCHAB, LCSW
Instant Help Books, A Division of New Harbinger Publications, Inc.

THE DIVORCE WORKBOOK FOR TEENS
Activities to Help You Move Beyond the Breakup

This workbook helps teens face the challenges of coping with their parents’ divorce during the already difficult adolescent years. Includes activities to help teens develop self-awareness and communication skills and cope with both the emotional and practical ramifications of divorce. The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.

LISA M. SCHAB, LCSW
Instant Help Books, A Division of New Harbinger Publications, Inc.

HELPING YOUR SOCIALLY VULNERABLE CHILD
What to Do When Your Child Is Shy, Socially Anxious, Withdrawn, or Bullied

In this book, the husband-and-wife team of Eisen and Engler provides a clinically proven set of coping tools and social-skill strategies that tailor to a child’s unique social and emotional needs. Parents can use them to promote confidence, independence, and social ease in their child—whether in the classroom, on the playground, or at play in his or her peer group. As parents help their child manage his or her emotions, they’ll lay the groundwork for a more harmonious family life, better school adjustment, and ultimately social success.

ANDREW R. EISEN, PH.D., & LINDA B. ENGLER, PH.D.

LEARNING TO LISTEN, LEARNING TO CARE
A Workbook to Help Kids Learn Self-Control & Empathy

One of the nation’s leading experts on treating behavioral problems through play, Dr. Lawrence Shapiro, offers a positive way of teaching children behavioral skills like empathy, self-control, and compliance. Includes fun activities parents can do with their child. The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.

LAWRENCE E. SHAPIRO, PH.D.
Instant Help Books, A Division of New Harbinger Publications, Inc.
LETS BE FRIENDS

A Workbook to Help Kids Learn Social Skills & Make Great Friends

The activities in this book are effective tools for helping a child become a better friendmaker. This workbook teaches a wide variety of social skills including the making and keeping of new friends, finding friends with common interests, coping with rejection, and developing give and take in relationships.

The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.

LAWRENCE E. SHAPIRO, PH.D., & LINDA CHASE, LMSW

MY LIFEBOOK JOURNAL

A Workbook for Children in Foster Care

Children placed in foster homes face many difficult changes over which they have no control. The simple activities in this workbook offer children the tools they need to adjust to their new situation in a healthy way. Using the worksheets in this book, kids can journal about their positive experiences and memories, learn to develop a strong sense of self, identify the people they can rely on, and learn coping skills for dealing with feelings of anger and sadness.

The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.

THERESE ACCINELLI, LMFT

SAY GOODBYE TO BEING SHY

A Workbook to Help Kids Overcome Shyness

This book features more than forty fun activities children and parents can do together to build confidence and assertiveness, useful attributes with lifelong benefits. The first activity in this book helps parents create a reward system to encourage progress as their child learns to move past shyness. Also included are activities to help the child become more self-assured and comfortable interacting with others.

The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.

RICHARD BROZOVICh, PH.D., & LINDA CHASE, LMSW

FINDING SUNSHINE AFTER THE STORM

A Workbook for Children Healing from Sexual Abuse

These simple activities drawn from a variety of therapeutic modalities are best used in combination with counseling to help kids recover from sexual abuse. As children work through this book, they will learn to deal with painful feelings in positive ways, reach out for support, and feel proud of themselves by "taking a bow" after important accomplishments.

The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.

SHARON A. McGEE, LMFT, & CURTIS HOLMES, PH.D.
IT HAPPENED TO ME
A Teen’s Guide to Overcoming Sexual Abuse


WILLIAM LEE CARTER, ED.D.

OTHER DISORDERS

COPING WITH TOURETTE SYNDROME
A Workbook to Help Kids with Tic Disorders

This practical workbook includes forty activities to help children with Tourette Syndrome (TS), obsessive compulsive disorder (OCD), or attention-deficit hyperactivity disorder (ADHD) understand, prepare for, and mask their tics. Children will also learn how to best explain their tics to friends and curious strangers using humor, games, or brief scripts they have prepared.

The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.

SANDRA BUFFOLANO, MA

THE RELAXATION & STRESS REDUCTION WORKBOOK FOR KIDS
Help for Children to Cope with Stress, Anxiety & Transitions

This workbook, written by two child therapists, offers more than fifty activities readers can do together with their families to help children replace stressful and anxious feelings with feelings of optimism, confidence, and joy. Includes proven relaxation techniques, guided imagery, mindfulness, and yoga. The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.

Also available as an ebook at newharbinger.com

LAWRENCE E. SHAPIRO, PH.D., & ROBIN K. SPRAGUE, LCPC

PARENTING A CHILD WHO HAS INTENSE EMOTIONS
Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts & Aggressive Behaviors

Parenting a Child Who Has Intense Emotions provides dialectical behavior therapy strategies and skills to parents of children with explosive emotions. Readers learn to understand and accept their children’s emotion dysregulation and learn skills for changing both their own behaviors and those of the child.

PAT HARVEY, LCSW-C, & JEANINE A. PENZO, LICSW
PARENTING A CHILD WITH SENSORY PROCESSING DISORDER
A Family Guide to Understanding & Supporting Your Sensory-Sensitive Child
This book introduces SPD and offers an overview of what it means to advocate for a child with the condition. It describes a range of activities that help strengthen family relationships, improve communication about the disorder, and deal with problem situations and conditions a child with SPD may encounter. Throughout, the book stresses the importance of whole-family involvement in the care of a child with SPD, especially the roles fathers play in care-giving.

CHRISTOPHER R. AUER, MA, with SUSAN L. BLUMBERG, PH.D.
FOREWORD BY LUCY JANE MILLER, PH.D., OTR

DEVELOPMENTAL DISABILITIES
Etiology, Assessment, Intervention & Integration
This study examines current scholarship in the field of developmental disabilities from a perspective that recognizes the importance of both "people" issues and "technical" advances. It presents contributions from many of the best researchers, clinicians, educators, and service administrators working with developmental disabilities, examining the causes and assessment of and interventions for a range of challenges. The book also provides descriptions of recent developments from some of the most recognized leaders on issues of integration and accessibility of psychological and educational services.

EDITED BY W. LARRY WILLIAMS

DEVELOPMENTAL PSYCHOLOGY
Dynamic Systems & Behavior Analysis
This book breaks new ground by integrating dynamic systems concepts with a contextual behavioral view of development. The two make a dramatically good fit and something new emerges from the combination: a "behavioral systems approach" to development. With its consistent, natural-science, non-linear, contextual orientation, Novak has fashioned an undergraduate text that will have broad appeal for courses in developmental psychology.

GARY NOVAK

ETHICAL ISSUES IN DEVELOPMENTAL DISABILITIES
Views of the ethical treatment of persons with disabilities are changing rapidly. The fervently held goals of yesterday are often the rejected status quo of today. Bringing together behavioral psychologists, physicians, consumers, and advocates, this book deals with how things ought to be for persons with developmental disabilities. If you work with persons who have disabilities, you need this book.

EDITED BY LINDA J. HAYES, GREGORY J. HAYES, STEPHEN C. MOORE, & PATRICK M. GHEZZI
50 WAYS TO SOOTHE YOURSELF WITHOUT FOOD
Susan Albers, author of Eating Mindfully, offers this collection of 50 mindfulness skills and practices for relaxing the body in times of stress and ending dependence on eating as a means of coping with difficult emotions. Readers will discover easy ways to soothe urges to overeat and learn how to differentiate emotion-driven hunger from healthy hunger.

SUSAN ALBERS, PSY.D.

THE COGNITIVE BEHAVIORAL WORKBOOK FOR WEIGHT MANAGEMENT
A Step-by-Step Program
The Cognitive Behavioral Workbook for Weight Management is a different kind of weight management guide that focuses on helping clients stay disciplined and dedicated to their weight management goals by using cognitive behavioral therapy. This workbook includes exercises and worksheets to help readers design a customized weight management strategy most likely to be effective for them based on their current habits and lifestyle.

MICHELE LALIBERTE, PH.D., RANDI E. MCCABE, PH.D., & VALERIE TAYLOR, MD, PH.D.

BITING ANOREXIA
A First Hand Account of an Internal War
Tinged with a wicked sense of humor, this beautifully written, penetrating memoir captures the overpowering anxiety that comes with anorexia and reveals the challenge of recovery. This courageous and compelling story will inspire and support those troubled with the condition, and their family and friends, the world over.

LUCY HOWARD-TAYLOR
FOREWORD BY SHARON HODGSON

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THE ANOREXIA WORKBOOK
*How to Accept Yourself, Heal Your Suffering & Reclaim Your Life*

This book adapts a revolutionary model of psychotherapy called acceptance and commitment therapy, or ACT, to teach readers that efforts to control and stop anorexia may do more harm than good. This approach encourages the mindful observance of unwanted thoughts and feelings without reacting to them in a self-destructive way. The step-by-step exercises and techniques in this book can help redirect energy formerly spent on weight loss into committed actions that heal the body and mind.

**MICHELLE HEFFNER, MA, & GEORG H. EIFERT, PH.D.**

FOREWORD BY STEVEN C. HAYES, PH.D.

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THE APPETITE AWARENESS WORKBOOK
*How to Listen to Your Body & Overcome Bingeing, Overeating & Obsession with Food*

By learning to recognize their body’s natural hunger cues, readers take control of their eating habits. The result is a natural, healthful, and pleasurable relationship with food. Easy to learn and easier to practice, appetite awareness is the solution to making peace with appetite and the body.

**LINDA W. CRAIGHEAD, PH.D.**

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THE BINGE EATING & COMPULSIVE OVEREATING WORKBOOK
*An Integrated Approach to Overcoming Disordered Eating*

This book offers proven-effective complementary, alternative, and allopathic techniques for correcting nutritional deficiencies, stopping bingeing, and learning healthy approaches to eating. People with binge eating disorder and other overeating disorders can use this workbook to assess their binge eating triggers and develop personalized “New Me / Healthy Me” plans for the future.

*Also available as an ebook at newharbinger.com*

**CAROLYN COKER ROSS, MD, MPH**

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BINGE NO MORE
*Your Guide to Overcoming Disordered Eating*

This guide helps readers understand binge-eating problems. Deal with the causes of binge eating and explore the anatomy of a binge. Learn a step-by-step program to assess binge behavior patterns. Change the thoughts that fuel binge eating. Cope with conflicting emotions, and build interpersonal skills.

**JOYCE D. NASH, PH.D.**
THE DIALECTICAL BEHAVIOR THERAPY SKILLS WORKBOOK FOR BULIMIA

Using DBT to Break the Cycle & Regain Control of Your Life

Using skills drawn from dialectical behavior therapy (DBT) and motivational interviewing, readers learn to regulate their emotions in effective ways that are healthy for mind and body. Worksheets and exercises throughout the book help readers put new skills like commitment, mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness into practice.

ELLEN ASTRACHAN-FLETCHER, PH.D.,
& MICHAEL MASLAR, PSY.D.

FEEDING THE STARVING MIND

A Personalized, Comprehensive Approach to Overcoming Anorexia & Other Starvation Eating Disorders

Starvation eating disorders such as anorexia not only affect the body, but also take a devastating toll on the mind. No matter how thin sufferers become, it’s impossible to be happy when they are controlled by anxious and obsessive thoughts. As readers work through the program in this book, they will discover the source of their eating disorder, identify the compulsive thoughts that contribute to it, and take steps toward developing a healthy relationship with food and exercise.

DOREEN A. SAMELSON, ED.D., MSCP
FOREWORD BY ROBERT GRAFF, MD

THE OVERCOMING BULIMIA WORKBOOK

Your Comprehensive Step-By-Step Guide to Recovery

Severe dieting often results in periods of reactive binge eating. This workbook contains proven-effective tools to help bulimics break the cycle of bingeing and reacting, allowing them to take control of their lives and make positive behavioral changes.

RANDI E. MCCABE, PH.D., TRACI L. MCFARLANE, PH.D.,
& MARION P. OLMSTED, PH.D.

OVERCOMING NIGHT EATING SYNDROME

A Step-by-Step Guide to Breaking the Cycle

Perhaps as many as 6 million Americans suffer from night eating syndrome, or NES. Experts agree that NES not only shares the characteristics of eating disorders but also sleep and mood disorders. Sufferers tend to exhibit symptoms such as feelings of anxiety and guilt, insomnia, or interrupted sleep. This book, the first written specifically to people struggling with NES, offers a step-by-step strategy for managing and overcoming this disorder.

KELLY C. ALLISON, PH.D., ALBERT J. STUNKARD, MD,
with SARA L. THIER

newharbinger.com
INTEGRATIVE TREATMENT FOR BORDERLINE PERSONALITY DISORDER
Effective, Symptom-Focused Techniques, Simplified for Private Practice

Skills for regulation of out-of-control emotions, including some from the much-acclaimed dialectical behavior therapy (DBT), make up the core of the program. The book also benefits from the psychopharmacological expertise of its author, John Preston, whose Handbook of Clinical Psychopharmacology for Therapists is the essential resource for therapists about psychoactive medication.

JOHN D. PRESTON, PSY.D., ABPP

THE BORDERLINE PERSONALITY DISORDER SURVIVAL GUIDE
Everything You Need to Know About Living with BPD

This book provides answers to many of the questions readers might have about BPD: What is BPD? How long does it last? What other problems co-occur with BPD? Overviews of what we currently know about BPD make up the first section of the book. Later chapters cover several common treatment approaches to BPD: DBT, mentalization-based treatment (MBT), and medication treatments. The last sections of the book cover techniques for coping with the disorder.

Also available as an ebook at newharbinger.com

ALEX L. CHAPMAN, PH.D., & KIM L. GRATZ, PH.D.
FOREWORD BY PERRY D. HOFFMAN, PH.D.

STOP WALKING ON EGGSHELLS, SECOND EDITION
Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder

This fully revised and updated edition helps the friends and family members of people with borderline personality disorder understand the condition, help their loved ones find effective treatment, and stop feeling as though they are walking on eggshells to avoid confrontations.

Also available as an ebook at newharbinger.com

PAUL T. MASON, MS, & RANDI KREGER

THE STOP WALKING ON EGGSHELLS WORKBOOK
Practical Strategies for Living with Someone Who Has Borderline Personality Disorder

This book will help readers face their core beliefs about BPD, handle negative feelings, and gain the perspective necessary to see the disorder objectively. Step-by-step exercises show them how to set and enforce limits with a person with BPD, cope with put-downs and rage, and make safe and realistic decisions.

Also available as an ebook at newharbinger.com

RANDI KREGER with JAMES PAUL SHIRLEY, LMSW
SURVIVING A BORDERLINE PARENT
How to Heal Your Childhood Wounds & Build Trust, Boundaries & Self-Esteem

Parents with BPD are often unable to provide for the basic physical and emotional needs of their children. Plagued by irrational fears and anxieties, BPD parents transfer feelings of self-hatred onto their children. This book offers step-by-step guidance to understanding and overcoming the lasting effects of being raised by a person suffering from this disorder.

Also available as an ebook at newharbinger.com

KIMBERLEE ROTH & FRED A. FRIEDMAN, PH.D., LCSW
FOREWORD BY RANDI KREGER

CHILDREN OF THE SELF-ABSORBED,
SECOND EDITION
A Grown-Up’s Guide to Getting Over Narcissistic Parents

Now in its second edition, this book offers readers a step-by-step approach to dealing with a destructive childhood caused by a self-absorbed parent. Readers are assured that they are not helpless against their parents’ behavior. Realistic strategies and steps are suggested for learning to set mutually agreed upon behaviors that can help fulfill the needs and expectations of both readers and their parents.

Also available as an ebook at newharbinger.com

NINA W. BROWN, ED.D., LPC

DISARMING THE NARCISSIST
Surviving & Thriving with the Self-Absorbed

Disarming the Narcissist is a step-by-step guide to treating and communicating with narcissists with compassion and empathy in a way that still preserves the reader’s personal boundaries and sanity.

Also available as an ebook at newharbinger.com

WENDY T. BEHARY, LCSW
PREFACE BY DANIEL J. SIEGEL, MD
FOREWORD BY JEFFREY YOUNG, PH.D.

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LOVING THE SELF-ABSORBED
How to Create a More Satisfying Relationship with a Narcissistic Partner

Someone in the reader’s life always puts his or her needs ahead of the reader’s—and everyone else’s. This person can be demeaning, manipulative, and controlling—but, still the reader loves him or her. This book will help readers learn to develop sound love relationships with narcissistic people. They learn to identify the five types of destructive narcissism and how to recognize their effects on relationships. Readers will learn to avoid feeding their loved one’s self-obsessive behavior with unconscious behavior cues.

NINA W. BROWN, ED.D., LPC, NCC

WORKING WITH THE SELF-ABSORBED
How to Handle Narcissistic Personalities on the Job

Readers learn to manage the destructive behaviors of narcissists in the workplace and ensure that their work gets the credit it deserves. They find out how to establish a separate but equal working environment with a narcissistic coworker and gain the validation they need to feel good about the work they do.

NINA BROWN, ED.D., LPC, NCC

ADD & YOUR MONEY
A Guide to Personal Finance for Adults with Attention Deficit Disorder

People with attention-deficit disorder don’t spend money like most others. Past-due bills and impulsive spending can throw their finances into turmoil. This friendly guide, written with ADD in mind, includes information on everything readers need to know about managing finances and staying in control.

STEPHANIE MOULTON SARKIS, PH.D., & KARL KLEIN, JD
FOREWORD BY HARVEY C. PARKER, PH.D.

INTEGRATIVE TREATMENT FOR ADULT ADHD
A Practical Easy-to-Use Guide for Clinicians

This book offers clinicians a comprehensive, research-derived treatment model for use with adult clients suffering from attention deficit/hyperactivity disorder (ADHD). The treatment model integrates coaching, effective medication, cognitive behavioral therapy, and family education to support treatment. Written for the busy professional in private practice, the step-by-step session guidelines can be put to use to help clients quickly and effectively.

ARI TUCKMAN, PSY.D., MBA
FOREWORD BY KEVIN R. MURPHY, PH.D.
THE GIFT OF ADULT ADD
How to Transform Your Challenges & Build on Your Strengths

In this book, Lara Honos-Webb adapts the revolutionary approach first introduced in the parenting book *The Gift of ADHD* to the lives of adults with ADD. Instead of focusing on weaknesses, this book shows readers how to transform ADD symptoms into strengths to improve their relationships, job performance, parenting skills, and overall quality of life. Readers will also read inspiring stories of real people with ADD who have become successful in part because of their ability to meet the challenges of ADD and make the most of its gifts.

*Also available as an ebook at newharbinger.com*

LARA HONOS-WEBB, PH.D.

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LIVING WITH ADD
A Workbook for Adults with Attention Deficit Disorder

Interactive exercises help readers deal with self-esteem issues and change the distorted thought patterns associated with ADD. Manage stress, and develop a structured approach to starting and finishing tasks. Learn strategies for handling common problems at work and school. Find out how to grow in intimate relationships, and find support when needed.

M. SUSAN ROBERTS, PH.D., & GERARD J. JANSEN, PH.D.

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10 SIMPLE SOLUTIONS TO ADULT ADD
How to Overcome Chronic Distraction & Accomplish Your Goals

People think of ADD as a kid’s problem. But kids grow up. Many adults also struggle with ADD. Other books on the market for this condition are often too long. Or too complicated. Or too dry and clinical. This book offers straightforward tools for coping with real experiences. Each chapter takes up an issue pertinent to adults with ADD: “My mind wanders.” “I’m always misplacing things.” “I have trouble keeping friends.” “I have a hard time getting started.” In no more than five to seven pages, the book outlines strategies for each problem that are simple to put into practice.

*Also available as an ebook at newharbinger.com*

STEPHANIE MOULTON SARKIS, PH.D.

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FREEDOM FROM SELF-HARM
Overcoming Self-Injury with Skills from DBT & Other Treatments
This complete guide to stopping self-injury gives readers the facts about self-harm, corrects common myths about this behavior, and provides self-soothing techniques sufferers can begin using right away for regulating difficult or overwhelming emotions. Drawn from treatments such as dialectical behavior therapy and acceptance and commitment therapy, the tools in this book can help readers cope with their emotions whenever they feel the urge to self-harm.

Also available as an ebook at newharbinger.com
KIM L. GRATZ, PH.D., & ALEXANDER L. CHAPMAN, PH.D.
FOREWORD BY BARENT WALSH, PH.D.

GAMBLING
Behavior Theory, Research & Application
The book is designed to allow readers familiar with the general concepts and principles of behavior analysis to understand how the field is addressing the area of gambling. Graduate students taking classes in behavioral applications, or those enrolled in seminars specific to gambling, will find this collection of papers a vital resource. The book will also be useful to clinicians interested in understanding the basic and conceptual foundations that underlie successful prevention and treatment approaches.

EDITED BY PATRICK M. GHEZZI, CHARLES A. LYONS, MARK R. DIXON & GINGER R. WILSON

HELP FOR HAIR PULLERS
Understanding & Coping with Trichotillomania
This self-care guide reviews the latest medications and treatment options for trichotillomania. Learn simple and effective techniques for controlling compulsive hair pulling. Find out how to find motivation for change and discover how to connect to the growing support community.

NANCY J. KEUTHEN, PH.D., DAN J. STEIN, MD, & GARY A. CHRISTENSON, MD

THE SCARRED SOUL
Understanding & Ending Self-Inflicted Violence
This book takes victims of self-inflicted violence (SIV) through a step-by-step program designed to help them overcome self-harming behavior. Worksheets and exercises help sufferers to monitor triggers and eliminate occurrences of SIV.

TRACY ALDERMAN, PH.D.
**THE SEX ADDICTION WORKBOOK**
*Proven Strategies to Help You Regain Control of Your Life*

The Sex Addiction Workbook first helps readers assess the degree of their sexual self-control problem. Then it teaches them to set goals and assess the functionality of their life choices. A second section of the book explores cognitive restructuring that can produce positive change, helping them examine their need for immediate or risky gratification. The book addresses relapse prevention in a third section, which also counsels them to be more accepting of themselves and aware of the impact their behaviors have on the ones they love.

TAMARA PENIX SBRAGA, PH.D., & WILLIAM T. O’DONOHUE, PH.D.
FOREWORD BY JOHN BANCROFT, MD

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**AUTISM**
*Behavior Analytic Perspectives*

This book gathers together leaders in the fields of behavior analysis and autism research, who discourse on a range of topics including: the science and ethics of early autism interventions, stimulus control and the treatment of early autism, establishing communication repertoires with disabled persons, teaching strategies for language acquisition in children with autism, strategies for integrating children with autism into public schools, and more.

EDITED BY PATRICK M. GHEZZI, W. LARRY WILLIAMS & JAMES E. CARR, PH.D.

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**DIAGNOSIS & TREATMENT OF SOCIOPATHS & CLIENTS WITH SOCIOPATHIC TRAITS**

Sociopaths elicit strong feelings in most people, and clinicians are no exception. To a large extent, these negative attitudes are reflected in current treatment strategies. Diagnosis and Treatment of Sociopaths offers the newest and by far the most effective treatment for sociopathy yet to emerge. It describes a psychodynamic diagnostic approach that avoids the contradictions of current models, explores countertransference issues, and goes on to present a full course of treatment, covering the therapy relationship from the day it begins to the day that it ends.

DEBRA H. BENVENISTE, MSW

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DERIVED RELATIONAL RESPONDING APPLICATIONS FOR LEARNERS WITH AUTISM & OTHER DEVELOPMENTAL DISABILITIES
A Progressive Guide to Change
This book offers a series of revolutionary intervention programs drawn from derived stimulus relations that you can use to help students with autism and other developmental disabilities acquire foundational and advanced verbal, social, and cognitive skills.
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EDITED BY RUTH ANNE REH Feldt, PH.D., BCBA, & YVONNE BARNES-HOLMES, PH.D. • FOREWORD BY STEVEN C. HAYES, PH.D.
Copublished with Context Press

THE BODY IMAGE WORKBOOK, SECOND EDITION
An Eight-Step Program for Learning to Like Your Looks
Now in its second edition, this workbook offers a comprehensive program to help clients stop focusing on their perceived imperfections and start feeling more confident about the way they look. Includes discussions on society’s obsession with physical appearance and body fixing.
THOMAS F. CASH, PH.D.

THE BDD WORKBOOK
Overcome Body Dysmorphic Disorder & End Body Image Obsession
Individuals who suffer from body dysmorphic disorder (BDD) obsess about the appearance of their bodies. This highly treatable disorder can lead to unnecessary plastic surgery, eating disorders, and in some cases suicide. Count on this step-by-step workbook to guide readers through an intervention plan and develop a healthier body image.
JAMES CLAIBORN, PH.D., & CHERRY PEDRICK, RN

THE PROCRASTINATION WORKBOOK
Your Personalized Program for Breaking Free from the Patterns That Hold You Back
Readers learn to identify their personal procrastination style, and then change the underlying mechanisms that reinforce their procrastination. Step-by-step exercises keep them motivated. Readers can use these techniques to counter procrastinating tendencies at work, school, and home.
WILLIAM KNAUS, ED.D. • FOREWORD BY ALBERT ELLIS, PH.D.
AMONGST OURSELVES
A Self-Help Guide to Living with Dissociative Identity Disorder
A clinical psychologist and a licensed social worker with dissociative identity disorder (DID) offer perspectives on this condition. Learn practical suggestions for dealing with DID, and employ them to lead a happier, better-adjusted life.
TRACY ALDERMAN, PH.D., & KAREN MARSHALL, LCSW

THE ANGRY HEART
Overcoming Borderline & Addictive Disorders
This self-help guide uses a variety of exercises and step-by-step techniques to help readers deal with borderline and addictive disorders. It will show them how to come to terms with a destructive lifestyle and take steps to break its dysfunctional cycle of self-defeating thoughts and behavior.
JOSEPH SANTORO, PH.D., & RONALD COHEN, PH.D.

GETTING YOUR LIFE BACK TOGETHER WHEN YOU HAVE SCHIZOPHRENIA
This guide helps readers suffering from this disorder take charge of their illness. A unique set of self-help strategies is included for making use of the innovative collaborative cure approach, a method that brings together a support team to help the person with schizophrenia find a way back to a safe and stable life.
ROBERTA TEMES, PH.D.
FOREWORD BY RITA SEIDEN, PH.D.

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New Edition

**HANDBOOK OF CLINICAL PSYCHOPHARMACOLOGY FOR THERAPISTS, SIXTH EDITION**

Now in its sixth edition fully revised and updated, this handbook continues to be among the most important references in the field of mental health. Learn the indications, contraindications, efficacy, side effects, and success indicators for each medication. This major revision includes numerous research-derived updates and features new quick-reference guides in each section highlighting withdrawal symptoms and signs of toxicity.

JOHN D. PRESTON, PSY.D., ABPP, JOHN H. O’NEAL, MD & MARY C. TALAGA, R.PH., PH.D.

New Edition

**CHILD & ADOLESCENT CLINICAL PSYCHOPHARMACOLOGY MADE SIMPLE, SECOND EDITION**

This second edition fully revised and updated, offers all the information parents and medical professionals need about the use of psychoactive medications in the treatment of childhood and adolescent psychological disorders, including new information on medications, autism treatment, and child-onset bipolar disorder.

JOHN PRESTON, PSY.D., ABPP, JOHN H. O’NEAL, MD, & MARY C. TALAGA, R.PH., PH.D.

New Edition

**INTRODUCTION TO BEHAVIORAL PHARMACOLOGY**

There are hundreds, if not thousands, of substances that are used to modify behavior. Why do substances have the behavioral effects they do, and why do individuals vary in their responses to them? This book provides a conceptual framework for answering such questions. The book includes a short overview of behavioral analysis and general pharmacology, followed by detailed discussion of assessment of drug effects, the stimulus properties of drugs, drug abuse, and more.

EDITED BY ALAN POLING, & THOMAS BYRNE

New Edition

**PRESCRIPTION PRIVILEGES FOR PSYCHOLOGISTS A Critical Appraisal**

This book presents the first critical and comprehensive examination of the issue. The result of a conference sponsored by the American Association of Applied and Preventive Psychology, an opponent of prescription privileges for psychologists, this book includes positions both for and against the granting of prescription privileges to psychologists from experts in the field. Whether he or she has taken a side or is still considering the arguments, this issue is one every psychologist needs to understand.

EDITED BY STEVEN C. HAYES & ELAINE M. HELBY
The Family Intervention Guide to Mental Illness
Recognizing Symptoms & Getting Treatment
This book offers readers the step-by-step support and information for determining whether a loved one is suffering from a mental disorder and what to do about it. It outlines the fundamental steps to recognizing, managing, and recovering from mental illness and provides both diagnostic information and detailed therapy and medication options.
BODIE MOREY & KIM T. MUESER, PH.D.

Getting Help
The Complete & Authoritative Guide to Self-Assessment & Treatment of Mental Health Problems
Identify the signs and symptoms of major mental health problems, assess a mental health problem, learn about proven-effective, most current treatments, find the right therapist, and know what to expect from therapy—all in this comprehensive, authoritative guide to mental health.
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CHANGING CULTURAL PRACTICES
A Contextualist Framework for Intervention Research
This book offers a contextualist approach both for learning how to affect the incidence and prevalence of behavior and for changing the cultural practices that direct individual behavior. Beginning with a philosophical and theoretical framework for analyzing cultural practices and conducting research on how to change them, it then applies this framework to important areas of cultural practice—tobacco use, childrearing, sexism, and environmental preservation. Finally, the book outlines the development of a science of changing of cultural practices.

ANTHONY BIGLAN

HANDBOOK OF INTERVENTIONS FOR CHANGING PEOPLE & COMMUNITIES
This book pulls apart the components of a number of different interventions, showing readers the basic things being done by different groups. It offers a way of talking about interventions that synthesizes different approaches without the added challenge of professional jargon. The book examines typical interventions for drug and alcohol abuse, sports psychology, hypnosis, violence, health promotion, organizations, self-help groups, peer mediation, family planning, education, cognitive therapy, counseling, social marketing, injury prevention, racism and discrimination, and more.

BERNARD GUERIN

A HISTORY OF THE BEHAVIORAL THERAPIES
Founders’ Personal Histories
In this unique work, eighteen of the most influential and significant figures in the various subareas of behavior therapy (from behavior analysis through cognitive therapy) are brought together to discuss their work and the sources and influences that affected it. These intellectual biographies range in tone and intensity as each author uses their own particular style to convey their views about the field and their individual impact on it.

EDITED BY WILLIAM T. O’DONOHUE, DEBORAH HENDERSON, PH.D., STEVEN C. HAYES, JANE E. FISHER & LINDA J. HAYES

THE IMPACT OF MEDICAL COST OFFSET ON PRACTICE AND RESEARCH
Making It Work for You
This volume, the result of a national conference sponsored by The Nicholas and Dorothy Cummings Foundation and the University of Nevada, Reno, examines the phenomenon called medical cost offset. The specific question this book poses is: Can the cost of detecting and treating patients’ psychosocial problems (from subclinical problems such as stress, to mental disorders such as depression, to addictive problems such as treatment adherence, or, finally, lifestyle issues such as poor exercise habits) be offset by decreased medical utilization in the future?

EDITED BY NICHOLAS A. CUMMINGS, WILLIAM T. O’DONOHUE & KYLE E. FERGUSON
INVESTIGATIONS IN BEHAVIORAL EPISTEMOLOGY
What does it mean to take a behavioral approach to such core philosophical topics such as epistemology, consciousness, meaning, and truth? After all, the philosophy of science is not cut off from scientific work, but rather is central to it. In this volume, the authors examine the relationship between scientific knowing and the philosophical assumptions that underlie such activity. An all-star cast of researchers and theoreticians examine these questions in this volume.
EDITED BY LINDA J. HAYES & PATRICK M. GHEZZI

MODERN PERSPECTIVES ON J. R. KANTOR & INTERBEHAVIORISM
J. R. Kantor (1888-1984) did not achieve the prominence of his contemporaries, such as John B. Watson and B. F. Skinner. However, he established the most naturalistic and conceptually systematic psychology since Aristotle. Today, his interbehavioral psychology is consistent with converging movements in the naturalization of the behavioral, developmental, social, and cognitive sciences. Kantor, his interbehavioral psychology, and these movements are the focus of this text.
EDITED BY BRYAN D. MIDGLEY & EDWARD K. MORRIS

ORGANIZATIONAL CHANGE
This is an important text for interested readers in both private and public settings. The 1998 Nevada Conference on Organizational Change brought to light many old issues and new opportunities in the field of organizational behavior management. The contributors include some of the leading names in the fields of applied behavior analysis and organizational behavior management.
EDITED BY LINDA J. HAYES, JOHN AUSTIN, RAMONA HOUMANFAR & MICHAEL C. CLAYTON

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PARADOX OF ORGANIZATIONAL CHANGE
Engineering Organizations with Behavioral Systems Analysis

Paradox of Organizational Change illustrates a systematic approach to creating sustainable change in any type of organization attempting to compete effectively in its environment. This book is founded on general systems principles and the scientific study of behavior. Stories based on real cases are presented to address fundamental issues of organizational change. The reader will learn how to restructure an organization to succeed in the ever-changing marketplace, how to identify and design processes that change organizations, and how to ensure that new processes are continuously implemented, managed, and adapted to ongoing organizational changes.

MARIA E. MALOTT, PH.D.

PSYCHOLOGICAL APPROACHES TO CHRONIC DISEASE MANAGEMENT

Behavioral and psychological factors have repeatedly been shown to have a profound impact on the onset, progression, and management of chronic diseases. Traditional health care models of disease management do not adequately address the behavioral health issues associated with the current chronic disease epidemic. An integrated approach to disease management where experts in the fields of physical and behavioral medicine synthesize their knowledge to create psychologically informed management protocols offers a promising alternative to traditional medicine.

EDITED BY NICHOLAS A. CUMMINGS, WILLIAM T. O’DONOHUE & ELIZABETH V. NAYLOR

RULE-GOVERNED BEHAVIOR
Cognition, Contingencies & Instructional Control

Behavior-alalytic research on rule-governed behavior was first gathered in this book in 1989. Shortly after that time, the area slowed, perhaps in part due to the difficulties in distinguishing verbal from non-verbal processes within behavior analysis. Recently, however, there has been a notable pickup in interest in the topic. This previously out-of-print volume has been reprinted by Context Press in order to provide a readily accessible resource to behavioral psychologists as they move ahead in their research and practical work.

EDITED BY STEVEN C. HAYES

SCIENTIFIC STANDARDS OF PSYCHOLOGICAL PRACTICE, SECOND EDITION
Issues & Recommendations

This book is the first to examine standards of practice as a method of linking practical psychological work to contemporary scientific knowledge. The result of a national conference sponsored by the American Association of Applied and Preventive Psychology, these essays challenge the discipline to ensure that scientific knowledge is actually used by practitioners.

EDITED BY STEVEN C. HAYES, PH.D., VICTORIA M. FOLETTI, PH.D., ROBYN M. DAWES, PH.D., & KATHLEEN E. GRADY, PH.D.
A SMALL MATTER OF PROOF
The Legacy of Donald M. Baer

This volume tells personal and scholarly stories about the exemplary career and comprehensive impact of Professor Donald Baer, an internationally renowned behavioral scientist and the intellectual leader of applied behavior analysis. In this book, his students and colleagues, many of whom are accomplished leaders in their respective fields, provide historical and conceptual accounts of Baer’s influence based on their personal experiences of his mentorship.

EDITED BY KAREN S. BUDD & TREvor STOKES
FOREWORD BY BARBARA C. ETZEL

UNDERSTANDING VERBAL RELATIONS

This volume, originating from the Second and Third International Institutes on Verbal Relations, summarizes some of the more recent developments in the analysis of rule-governance and especially of stimulus equivalence, exclusion, and other derived stimulus relations. There is no more detailed and comprehensive treatment of stimulus equivalence anywhere. This volume will be of interest to anyone who wishes to understand verbal relations from a behavioral point of view.

EDITED BY STEVEN C. HAYES & LINDA J. HAYES

UNIVERSAL HEALTHCARE
Readings for Mental Health Professionals

President Bush’s New Freedom Commission on Mental Health has identified several inadequacies in the current system of behavioral health services delivery that are contributing to increased spending. This volume presents the work of a distinguished group of national experts who address the issues outlined by the President’s Commission. Important systems and policy issues such as integrated care and universal healthcare are discussed here within the context of reshaping the American healthcare system to meet its citizens’ healthcare needs.

EDITED BY NICHOLAS A. CUMMINGS, WILLIAM T. O’DONOHUE & MICHAEL A. CUCCIARE

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VARIETIES OF SCIENTIFIC CONTEXTUALISM
Contextualism as a philosophy of science has been receiving increased attention from psychologists and other social scientists frustrated with the dominant mechanistic view within psychology. This volume explores a wide range of contextualistic views within psychology and the social sciences. These are fresh approaches that cut across old quarrels and polarities. This volume is composed of thirteen chapters, each followed by brief discussions that elaborate and elucidate the contributions. It is intended for professionals and students in the social sciences. Varieties is one of only a small number of contemporary volumes focusing exclusively on contextualism as a world-view.
EDITED BY STEVEN C. HAYES, LINDA J. HAYES, HAYNE W. REESE & THEODORE R. SARBIN

VISUAL BASIC 2005 FOR PSYCHOLOGISTS, SECOND EDITION
Filled with illustrative "screen shots," this book will show you how to computerize your experimental apparatus, stimulus presentations, and data collection procedures. It will also provide you with specific programming routines (code) that you can customize and incorporate into your own experiments.
OTTO H. MACLIN, PH.D., MARK R. DIXON, PH.D., & JAMES W. JACKSON, MS
FOREWORD BY STEVEN C. HAYES, PH.D.

10 SIMPLE SOLUTIONS FOR BUILDING SELF-ESTEEM
How to End Self-Doubt, Gain Confidence & Create a Positive Self-Image
This book distills the best techniques from the author’s successful Self-Esteem Workbook. It also incorporates techniques that make use of mindfulness practice. With a little patience and practice, readers will discover what wonderful, valuable people they really are.
Also available as an ebook at newharbinger.com
GLENN R. SCHIRALDI, PH.D.

AWAKENING SELF-ESTEEM
Spiritual & Psychological Techniques to Enhance Your Well-Being
Learn to overcome poor self-esteem with an integration of psychological strategies and spiritual techniques. Sections of this book guide readers to spiritual awareness, greater life purpose, and an enhanced sense of personal peace.
CHRISTINE MAGUTH NEZU, PH.D., ABPP, & ARTHUR M. NEZU, PH.D., ABPP
FOREWORD BY E. THOMAS DOWD, PH.D.
CONQUER YOUR CRITICAL INNER VOICE
A Revolutionary Program to Counter Negative Thoughts & Live Free from Imagined Limitations
Voice therapy externalizes damaging self-criticism to minimize its impact on readers’ thoughts and feelings. The step-by-step exercises and self-assessments in this book help them employ these ideas to develop their self-esteem and reverse self-critical damage to their lives and goals.
ROBERT W. FIRESTONE, PH.D., LISA FIRESTONE, PH.D., & JOYCE CATLETT, MA
FOREWORD BY PAT LOVE, ED.D.

MY MOTHER, MY MIRROR
Recognizing & Making the Most of Inherited Self-Images
In My Mother, My Mirror, an experienced psychotherapist explores how mothers unwittingly pass on their self-esteem and body image issues to their daughters, helps readers break the cycle when parenting their own daughters, and guides them through the process of overcoming the hidden negative messages that keep them from reaching their fullest potential. Without blaming their mothers, readers learn to rethink and rebuild their self-image.
Also available as an ebook at newharbinger.com
LAURA ARENS FUERSTEIN, PH.D.

SELF-ESTEEM, THIRD EDITION
A Proven Program of Cognitive Techniques for Assessing, Improving & Maintaining Your Self-Esteem
With over 600,000 copies sold, this classic has long been the most comprehensive guide on the subject. Proven cognitive techniques help readers talk back to the self-critical voice inside them and change the ways they think and feel about themselves.
Also available as an ebook at newharbinger.com
MATTHEW McKay, PH.D., & PATRICK FANNING

THE SELF-ESTEEM WORKBOOK
This comprehensive program guides readers through twenty essential self-esteem-building activities. Each focuses on developing a different aspect of a healthy self-image. Dozens of checklists and exercises help readers conquer self-doubt, achieve a positive self-image, and begin to live a happier, healthier life.
Also available as an ebook at newharbinger.com
GLENN R. SCHIRALDI, PH.D.
THE SELF-ESTEEM COMPANION

Simple Exercises to Help You Challenge Your Inner Critic & Celebrate Your Personal Strengths

This motivating companion presents more than sixty simple exercises readers can use to overcome a punishing inner critic. They make a realistic inventory of their abilities and weaknesses and learn to celebrate their personal strengths. Each exercise includes tips for maximizing the technique’s effectiveness and simple step-by-step instructions for putting it into practice.

MATTHEW MCKAY, PH.D., PATRICK FANNING, CAROLE HONEYCHURCH & CATHARINE SUTKER

THE SELF-ESTEEM GUIDED JOURNAL

A 10-Week Program

This journal offers readers a ten-week program of writing exercises that will help them shift their focus from the things wrong with their lives to the things that are right. The book begins with a week of journaling about non-judgment—regarding everything from people in the news to their own behavior. Then it guides readers to discover their strengths and redefine their weaknesses. Readers review their pasts to see how formative events have affected their self-esteem. They directly explore their experiences with their own self-esteem Achilles heel and learn to create daily opportunities to experience their personal worth.

MATTHEW MCKAY, PH.D., & CATHARINE SUTKER

THE WOMAN’S GUIDE TO TOTAL SELF-ESTEEM

The Eight Secrets You Need to Know

This comprehensive approach to reconstructing self-esteem helps women discover how to heal old wounds, assess their strengths and weaknesses, and test their skills at work, at home, and in their relationships.

STEPHANIE DILLON, PH.D., WITH M. CHRISTINA BENSON, MD

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MANAGING CLIENT ANGER
What to Do When a Client Is Angry with You
When clients direct their anger at the therapist, the resulting emotional overload can derail the entire therapy process. Managing Client Anger is designed to help therapists understand their own reactions to client anger and guide them in making constructive interventions when clients express anger toward them.

APHRODITE MATSAKIS, PH.D.

OVERCOMING SITUATIONAL & GENERAL ANGER
A nine-session treatment. Techniques include relaxation, cognitive restructuring, and coping skills training for moderate to high to worse anger scenes.

JERRY L. DEFFENBACHER, PH.D., & MATTHEW McKay, PH.D.

THE ANGER CONTROL WORKBOOK
The toxic costs of anger are well understood: sabotaged careers, alienated family and friends, and even physical damage to the point of illness or an early death. Unlike previous models of anger control that began by combating anger-provoking thoughts at a relatively low level of anger, this workbook introduces a streamlined new approach that allows readers to begin at a higher level of anger, so that fewer steps are involved. Throughout, the techniques are presented in a clear, step-by-step format that makes it easy for readers to tailor a program to their own personal obstacles and triggering events.

MATTHEW McKay, PH.D., & PETER ROGERS, PH.D.

THE ANGER WORKBOOK FOR WOMEN
How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance & Your Relationships
This workbook offers cognitive behavioral and attitude adjustment exercises that will help readers limit the power of anger-triggering situations. Worksheets and assessments guide the examination of family-of-origin issues that might contribute to problems with anger. Sections of the workbook explore the connection between anger and substance abuse, mood disorders, and spirituality.

LAURA J. PETRACEK, PH.D., LCSW
FOREWORD BY SANDRA P. THOMAS, PH.D., RN, FAAN

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STOP THE ANGER NOW
A Workbook for the Prevention, Containment & Resolution of Anger
This brief, intense course in anger management focuses on the essentials of what readers need to do in order to prevent most angry outbursts, contain the rest, and resolve longstanding issues that perpetuate anger. They will learn to identify triggering situations and self-talk, quickly damp anger down when it flares up, and begin to work on resolving the frustrations that keep their anger at the boiling point.

RON POTTER-EFRON, MSW

ACT ON LIFE NOT ON ANGER
The New Acceptance & Commitment Therapy Guide to Problem Anger
This book offers your clients who have tried to control problem anger before with little success a new approach. Instead of asking them to struggle even harder with anger, this book helps them drop the rope in their tug-of-war with anger using acceptance and commitment therapy (ACT). Readers learn how to accept angry feelings as they occur and then use techniques based in mindfulness practice to watch their anger without identifying with it.

GEORG H. EIFERT, PH.D., MATTHEW McKay, PH.D., & JOHN P. FORSYTH, PH.D.
FOREWORD BY STEVEN C. HAYES, PH.D.

ANGRY ALL THE TIME, SECOND EDITION
An Emergency Guide to Anger Control
This book, a major revision of a classic book that has helped tens of thousands of people overcome problem anger, contains two completely new chapters and significant revision to many of the original sections. Tips for problem solving and directing anger in positive ways, new strategies for encouraging change, and a discussion of anger styles and the effects of jealousy on problem anger are included.

RONALD T. POTTER-EFRON, MSW, PH.D.

FREEING THE ANGRY MIND
How Men Can Use Mindfulness & Reason to Save Their Lives & Relationships
This book strives to offer men a real cure for anger, one based on deep introspection about the connection they share with other human beings. Drawing on basic principles from Buddhism, this book seeks to supplant anger with compassion, reaction with mindfulness, and self-importance with self-awareness.

C. PETER BANKART, PH.D.
FOREWORD BY DAVID B. WEXLER, PH.D.
LETTING GO OF ANGER, SECOND EDITION  
*The Eleven Most Common Anger Styles & What to Do About Them*

This book examines the eleven most common styles of anger expression and helps readers learn how to communicate about anger in healthy ways. Learn which anger styles work for different situations—and which ones lead to certain disaster. Find out how to become more flexible and creative at expressing anger. Once they understand the whole range of anger styles, readers will be able to better manage angry feelings and use anger as a positive force for building a better life.

RONALD T. POTTER-EFRON, MSW, PH.D.,  
& PATRICIA S. POTTER-EFRON, MS

RAGE  
*A Step-by-Step Guide to Overcoming Explosive Anger*

This book briefly discusses how the brain functions during extreme emotion, and then it turns to the task of helping stop episodes of rage—right now! In classic Potter-Efron style, the book places the responsibility for control squarely on the shoulders of the angry individual. There is no room in this dangerous situation for "whys" and "because." Instead, *Rage* offers no-nonsense, step-by-step, anger-management tools that really work.

RONALD T. POTTER-EFRON, MSW, PH.D.

TRANSFORMING ANGER  
*The HeartMath® Solution for Letting Go of Rage, Frustration & Irritation*

Learn how thoughts and feelings get stored in the nervous system and create cellular triggers of irritation, frustration, and anger. Identify triggers for anger at work and at home, and change them with techniques such as the sixty-second "freeze-frame," an exercise that calms the mind, synchronizes the nervous system, and increases the level of internal coherence. (*HeartMath® is a registered trademark of the Institute of HeartMath.*)

DOC CHILDRÉ & DEBORAH ROZMAN, PH.D.  
FOREWORD BY MATTHEW McKay, PH.D.

WHEN ANGER HURTS, SECOND EDITION  
*Quieting the Storm Within*

This book is a complete, step-by-step guide to changing habitual, anger-generating thoughts while developing healthier, more effective ways of meeting needs. It is ideal for therapists who work with families or teach anger control and helpful for health professionals who treat the effects of type-A personality.

MATTHEW McKay, PH.D., PETER D. ROGERS, PH.D.,  
& JUDITH McKay, RN
When Anger Hurts Your Kids
A Parent’s Guide
Being a parent is hard. They face situations every day that can make their temper flare and their pulse race. It’s easy to lash out at kids, but how parents express their anger toward kids affects how compliant they are, how much concern they show for others, and how accepting they are of themselves. This book, based on a two-year study of 285 parents, offers a powerful program of exercises that will help parents monitor their anger responses to their kids. They’ll acquire skills that will let them feel more effective as a parent and let their kids grow up free of anger’s damaging effects.

MATTHEW McKay, PH.D., KIM PALEG, PH.D., PATRICK FANNING & DANA LANDIS

When Anger Hurts Your Relationship
10 Simple Solutions for Couples Who Fight
Conflict in our personal relationships is inevitable; it’s how we handle the anger that arises during these conflicts that determine a difference between healthy discussion and ineffectual rage. In this first-aid manual for angry couples, find tools and strategies readers can use to reduce conflict, defuse rage, and avoid anger-provoking situations. Learn communication strategies that defuse anger rather than provoke it. Defeat the cycles that cause repeated anger dynamics to weaken and destroy relationships.

KIM PALEG, PH.D., & MATTHEW McKay, PH.D.

When Anger Scares You
How to Overcome Your Fear of Conflict & Learn to Express Your Anger in Healthy Ways
In this book, readers separate anger from rage or fear. They practice a series of simple, easy-to-follow exercises that coach them to openly express their anger and constructively address difficult people and situations. The book directs them to align themselves with anger, using it as a tool for positive change. With these exercises, they learn to set and achieve goals for constructive anger expression.

JOHN R. LYNCH, PH.D.

Working Anger
Preventing & Resolving Conflict on the Job
This step-by-step program is designed to help anyone who has had trouble dealing with their own anger or other people’s anger at work. It details the problems that arise when people fail to differentiate between conflicts at work and at home and offers practical suggestions for preventing unnecessary conflicts and resolving disagreements when they do arise.

RONALD T. POTTER-EFRON, MSW, PH.D.
EARLY DETECTION & TREATMENT OF SUBSTANCE ABUSE WITHIN INTEGRATED PRIMARY CARE

Most patients with substance abuse problems present in primary care settings, oftentimes with other complaints. When professionals, working in primary or integrated care settings, know what to look for and healthcare systems can respond with effective triage, it is possible to implement substance-abuse treatment programs early. This volume, the work of a number of leading scholars, presents a coherent framework through which primary care establishments can implement this kind of life-saving early detection and treatment of substance-abuse problems.

EDITED BY NICHOLAS A. CUMMINGS, MELANIE P. DUCKWORTH, WILLIAM T. O’DONOHUE, & KYLE E. FERGUSON

THE ADDICTION WORKBOOK
A Step-by-Step Guide to Quitting Alcohol & Drugs

This workbook explains the facts about addiction and provides simple, step-by-step directions for working through the stages of the quitting process. Get comprehensive advice on every facet of addiction recovery—from identification of the problem to preventing relapse.

PATRICK FANNING & JOHN T. O’NEILL, LCDC

RESPONSIBLE DRINKING
A Moderation Management Approach for Problem Drinkers

Problem use of alcohol is a behavioral decision that can be effectively treated by moderation rather than lifetime abstinence. Based on the ongoing work of the moderation management treatment approach, this book teaches the difference between a problem drinker and an alcoholic. Make informed choices about moderation or abstinence.

FREDERICK ROTGERS, PSY.D., MARC F. KERN, PH.D., & RUDY HOELTZEL • FOREWORD BY MARK B. SOBELL, PH.D., ABPP & LINDA C. SOBELL, PH.D., ABPP

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SUCH MANAGEMENT WORKBOOK
Your Guide to In-Depth Healing
This step-by-step program addresses the treatment needs of women struggling with addiction. Learn techniques for exploring the factors that drive addictions. Identify life patterns related to abusive consumption. Discover techniques to control impulses and reach out to others.

LISA M. NAJAVITS, PH.D.

THE FAMILY RECOVERY GUIDE
A Map for Healthy Growth
This guide teaches family members how to sustain their relationships with addicts without undermining their transformation from simple abstinence to lasting change.

STEPHANIE BROWN, PH.D., & VIRGINIA M. LEWIS, PH.D., WITH ANDREW LIOTTA

GRIEF'S COURAGEOUS JOURNEY
A Workbook
This workbook provides readers with a program for remembering and putting to rest grief issues from their past. Journaling exercises and suggestions for healing personal rituals help them safely redefine their life and re-create their future.

SANDI CAPLAN & GORDON LANG

SURVIVING THE DEATH OF YOUR SPOUSE
A Step-by-Step Workbook
This book proposes a three-step model for understanding and adjusting to life after the loss of a spouse. The book guides the grieving spouse through each phase with step-by-step advice. Exercises help the widow or widower immediately adjust to loss, deal with legal and business issues, and interact with others who wish to help. As the recovery progresses, the same tools help him or her to set goals and build new relationships.

DEBORAH S. LEVINSON, LCSW-C
FOREWORD BY FELIX M. BERARDO
THE END-OF-LIFE HANDBOOK
A Compassionate Guide to Connecting with & Caring for a Dying Loved One
This practical yet compassionate guide offers caring, compassionate, and practical advice to the families of individuals nearing the end of life, on dealing with the process of a loved one’s death. First, the book offers practical advice, clearly explaining medical information, treatment options, and practical decisions that must be made in many terminal-care situations. Then the book stresses the opportunities for hope, personal control, and loving family connection that occur during periods of palliative care.
DAVID B. FELDMAN, PH.D., & STEVEN ANDREW LASHER, JR., MD
FOREWORD BY IRA BYCOCK, MD

GRIEVING MINDFULLY
A Compassionate & Spiritual Guide to Coping with Loss
This book offers readers ways to cope with the events and situations that trigger personal grief by using mindfulness exercises and radical acceptance, a concept that encourages the experience of grief rather than its denial. Ultimately, the book presents strategies for making life more meaningful by acknowledging death and working to embrace life.
SAMEET M. KUMAR, PH.D.
FOREWORD BY JEFFREY BRANTLEY, MD

SAYING GOOD-BYE TO THE PET YOU LOVE
A Complete Resource to Help You Heal
Deal with the loss of a beloved pet with the help of this guide. Evaluate the level of pet attachment. Work through grief with specific bereavement techniques: memorializing a lost pet, recognizing problematic thinking, and finding support.
LORI A. GREENE, PH.D., & JACQUELYN LANDIS
FOREWORD BY ALAN M. BECK, SC.D.

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Or call 1-800-748-6273 and mention this code to receive the discount.
Offer expires: March 1, 2010. Valid only in the continental United States. Not to be combined with any other offer.
Acceptance & Commitment Therapy for Chronic Pain

Professional who work with patients and clients struggling with chronic pain will benefit from this values-based behavior change program for managing the effects of pain. The book addresses case formulation and clinical techniques for working with pain patients through a combination of practical instruction and a treatment scenario narrative that follows a patient through an ACT-based intervention. An invaluable resource for rehabilitation specialists, psychologists, physicians, nurses, and others.

JoAnne C. Dahl, Kelly G. Wilson, Carmen Luciano & Steven C. Hayes

10 Simple Solutions to Chronic Pain

How to Stop Pain from Controlling Your Life

Distilled from the very best pain-management techniques, this little book offers ten simple, effective solutions for thriving with chronic pain. First, patients get a quick introduction to the physiology of pain. Then it’s down to the business of improving their quality of life as they learn tips for getting better sleep, ways to build a strong support system, and techniques for overcoming fear, anxiety, and depression.

Blake H. Tearnan, Ph.D.

The Chronic Pain Care Workbook

A Self-Treatment Approach to Pain Relief Using the Behavioral Assessment of Pain Questionnaire

This book offers great control over the pain-management process through monitoring, self-awareness, and empowerment. Evaluations help assess levels of physical and emotional pain, sleep habits, and general ability to function throughout the day.

Michael J. Lewandowski, Ph.D.

Living Beyond Your Pain

Using Acceptance & Commitment Therapy to Ease Chronic Pain

Based on acceptance and commitment therapy (ACT), this book breaks with conventional notions of pain management, the traditional “feel good” approaches—including the use of pain-killing medication—that work to prevent painful sensations. The ACT approach to living with pain helps readers recognize pain as an event in their life that doesn’t need to interfere with the way they live. By accepting and learning to live with pain, they can limit the control it exerts over their lives. Mindfulness exercises, in particular, can help readers transform pain from a life-defining preoccupation to a simple experience.

Joanne Dahl, Ph.D., & Tobias Lundgren, MS

Foreword by Steven C. Hayes, Ph.D.
THE MINDFULNESS SOLUTION TO PAIN
Step-by-Step Techniques for Chronic Pain Management

While treatments like medication and physical therapy can be enormously beneficial to the body, to maximize pain relief, it’s necessary to take advantage of the mind’s healing abilities. This book offers a revolutionary new treatment approach, mindfulness-based chronic pain management, that helps readers use stationary meditations, movement meditations, mindful art, and other strategies to harness their mind’s power to quiet pain and put them in control.

Also available as an ebook at newharbinger.com

DR. JACKIE GARDNER-NIX with LUCIE COSTIN-HALL, MA
FOREWORD BY JON KABAT-ZINN, PH.D.

QUIET YOUR MIND & GET TO SLEEP
Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain

Two psychologists specializing in sleep and mood disorders show readers with insomnia and often comorbid disorders such as depression, anxiety, and chronic pain proven methods from cognitive behavioral therapy for getting the sleep they need and improving their symptoms in the process.

COLLEEN E. CARNEY, PH.D., & RACHEL MANBER, PH.D.
FOREWORD BY RICHARD R. BOOTZIN, PH.D.

THE CHEMOTHERAPY SURVIVAL GUIDE, THIRD EDITION
Everything You Need to Know to Get Through Treatment

Written by two experienced oncology nurses, this compassionate and comprehensive guide explains in plain English everything people undergoing chemotherapy need to know about treatment, including what they can expect at each stage of chemotherapy and what they can do to prevent or minimize side effects. Packed with practical suggestions, nutritional advice, relaxation skills, and other techniques to help strengthen the body and calm the mind, this book is a must-have resource for anyone navigating this difficult time.

Also available as an ebook at newharbinger.com

JUDITH McKAY, RN, OCN, & TAMERA SCHACHER, RN, OCN, MSN

THE GOOD NEWS ABOUT THE BAD NEWS
Herpes: Everything You Need to Know

Millions of people lead healthy, sexually active lives with herpes. Although herpes symptoms can be managed with medication and treatment, the stigma associated with the infection can negatively impact self-esteem and become a problem in itself. This complete guide to living with genital herpes, written by internationally recognized herpes expert Terri Warren, addresses every practical issue people with herpes face.

Also available as an ebook at newharbinger.com

TERRI WARREN, RN, NP
**THE MILD TRAUMATIC BRAIN INJURY WORKBOOK**
*Your Program for Regaining Cognitive Function & Overcoming Emotional Pain*

The book addresses the emotional issues that often accompany mild traumatic brain injury, especially anxiety and depression. Readers learn basic self-help strategies to counteract problems that may be caused by the injury. The later chapters discuss the four major domains of cognitive function and ways in which individuals can challenge their limitations and repair specific brain functions.

DOUGLAS J. MASON, PSY.D.

FOREWORD BY GOTTFRIED JEAN-LOUIS, MD

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**ACT WITH LOVE**
*Stop Struggling, Reconcile Differences & Strengthen Your Relationship with Acceptance & Commitment Therapy*

Through a simple program based in acceptance and commitment therapy (ACT), readers learn to handle painful thoughts and feelings more effectively and engage fully in the process of living and loving with their partners. Readers will learn how to let go of conflict, learn mindfulness to increase intimacy, resolve painful conflicts, and act on their values.

*Also available as an ebook at newharbinger.com*

RUSS HARRIS, MD

---

**CONTEMPLATING DIVORCE**
*A Step-by-Step Guide to Deciding Whether to Stay or Go*

This book helps readers decide whether to try to make a flagging marriage work or proceed with the difficult decision to divorce. Without taking one side or the other, the author helps the reader explore the issues in the marriage, and then provides insight into the next steps the reader should take, whether he or she decides to stay or go.

SUSAN PEASE GADOUA, LCSW

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**COPING WITH ERECTILE DYSFUNCTION**
*How to Regain Confidence & Enjoy Great Sex*

Continuing the momentum of their revolutionary book, *Coping with Premature Ejaculation*, Michael Metz and Barry McCarthy bring you the only complete self-help resource on the market for men dealing with erectile dysfunction. Not only is this book the first to address this problem using the most current research into male sexuality, but it is the first to propose a treatment approach that unites medical, psychological, and relationship-enhancing techniques into a cooperative process that couples can work through together.

MICHAEL E. METZ, PH.D., & BARRY W. MCCARTHY, PH.D.
COPIING WITH PREMATURE EJACULATION
*How to Overcome PE, Please Your Partner & Have Great Sex*

Countless thousands of couples experience frustration and conflict because of this most common sexual problem—unnecessarily. Premature ejaculation is an extremely complex condition, but one that is very treatable with the right tools. This book goes far beyond anything ever written about this condition to offer the very latest, most effective techniques for beating PE and creating the sizzling sex life readers have always dreamed of.

MICHAEL E. METZ, PH.D., & BARRY W. McCARTHY, PH.D.

COPIING WITH YOUR PARTNER’S JEALOUSY

Whether motivated by a desire for power, attention, control, or affection, feelings of jealousy often lead to moments of emotional or physical violence that can cripple and destroy a relationship. In this, the first book ever written specifically to partners of jealous people, a professional counselor offers a series of assessments designed to help them reflect on personality traits that contribute to jealousy, both in themselves and in their partner. The book contains exercises and strategies that will help them identify the triggers that provoke jealous reactions in their partner. Techniques for effective boundary-setting, enhanced communication, and deepened intimacy give them the tools they need to work through periods of jealous reaction.

NINA BROWN, ED.D., LPC, NCC

COUPLE SKILLS, SECOND EDITION
*Making Your Relationship Work*

This book, a revised and updated edition of a classic, shows how to work smarter in relationships. Improve communication, cope better with problems, and resolve conflicts with loved ones in healthy and creative ways with these helpful strategies.

Also available as an ebook at newharbinger.com

MATTHEW MCKAY, PH.D., PATRICK FANNING & KIM PALEG, PH.D.

COUPLE SKILLS: THE VIDEO

See the most important lessons of the New Harbinger classic, *Couple Skills* (above), come to life in an entertaining and informative video. Learn basic communication skills quickly. Watch Julie and Alex fight about time, money, and commitment, and then see them try out their newly acquired relating skills with all the details of tone and body language demonstrated in living color.

MATTHEW MCKAY, PH.D., PATRICK FANNING & KIM PALEG, PH.D.
FAMILY GUIDE TO EMOTIONAL WELLNESS


EDITED BY PATRICK FANNING & MATTHEW McKay, Ph.D.
FOREWORD BY MARY ELLEN COPELAND, MS, MA

THE EMOTIONAL AFFAIR
How to Recognize Emotional Infidelity & What to Do About It

Emotional affairs do not necessarily include sex or physical intimacy of any kind, but the effects can be just as devastating to relationships as sexual affairs—sometimes even more so. This book helps you evaluate a relationship to determine whether or not a partner is having an emotional affair, explains possible roots of the problem, offers suggestions for discussing the issue with your partner and repairing the relationship, and provides tools for recovering from the breach of trust and intimacy caused by the affair.

RONALD T. POTTER-EFRON, MSW, PH.D.,
& PATRICIA S. POTTER-EFRON, MS

GOING HOME WITHOUT GOING CRAZY
How to Get Along with Your Parents & Family (Even When They Push Your Buttons)

In this guide to painless family homecomings, readers learn techniques to communicate more effectively, deal with anger and resentment, and strengthen family relationships. They find out how to reconnect with their families and start enjoying the times they spend with them.

ANDRA MEDEA

THE HIGH-CONFLICT COUPLE
A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy & Validation

When out-of-control emotions are the root cause of problems in a relationship, no amount of effective communication or intimacy building will fix what ails it. These DBT-based strategies help manage emotions as a basis for making progress in a relationship.

ALAN E. FRUZZETTI, PH.D.
FOREWORD BY MARSHA M. LINEHAN, PH.D.
IN HARM’S WAY
Help for the Wives of Military Men, Police, EMTs & Firefighters

This book opens with a discussion of how women can cope with the fear, anger, and loneliness they feel related to their partner’s high-risk profession. Next, the book takes up the more practical aspects of life for women in this position, addressing issues like sex and sexual deprivation, role overload, self-care, and children’s fears and concerns. The book closes with a chapter about coping with a partner’s return from a dangerous assignment.

APHRODITE MATSAKIS, PH.D.

IN THE MOOD, AGAIN
A Couple’s Guide to Reawakening Sexual Desire

To readers who’ve experienced serious conflict in their relationship due to lack of interest in sex, this book offers real advice for real change. Learn to clearly identify what caused the lack of sexual desire. Develop effective communication skills that will improve every aspect of your relationship. Work through the steamy exercises together and turn up the sexual heat.

KATHLEEN A. CERVENKA, PH.D.

INFIDELITY
A Survival Guide

It is possible to recover from the crisis of infidelity. This step-by-step book helps readers deal with the shock of discovery and cope with the emotional impact of the realization of an affair. Decide what it tells about a relationship. Choose whether to abandon or rebuild a partnership.

DON-DAVID LUSTERMAN, PH.D.

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INTIMACY AFTER INFIDELITY
How to Rebuild & Affair-Proof Your Marriage

The book begins with an overview of the phenomenon of infidelity and the way a long-term relationship develops over time. The book develops a three-type model of intimacy and infidelity and analyzes each. The authors include a discussion of how to evaluate a relationship for infidelity risks and how to choose a partner who is less likely to be unfaithful.

STEVEN D. SOLOMON, PH.D., & LORIE J. TEAGNO, PH.D.

IT’S SO HARD TO LOVE YOU
Staying Sane When Your Loved One Is Manipulative, Needy, Dishonest, or Addicted

This book offers tools to help readers deal with the anguish of loving a difficult friend, relative, or partner while still maintaining a sane relationship with him or her. Using the strategies in this book, readers will learn how to shift their focus and change their reactions to the difficult person instead of trying to change him or her.

BILL KLATTE, MSW, LCSW, & KATE THOMPSON

THE MINDFUL COUPLE
How Acceptance & Mindfulness Can Lead You to the Love You Want

With strategies drawn from acceptance and commitment therapy (ACT), a powerful therapeutic approach, this book will help readers identify their core values and discover, as a couple, how to bring greater awareness and values-guided behavior to your relationship. Each chapter explores a key issue, such as passion, fidelity, and the balance between dependence and independence, and includes specific practices readers can do alone or with their partner to build a vital relationship.

ROBYN D. WALSER, PH.D., & DARRAH WESTRUP, PH.D.

PUNISHMENT ON TRIAL
A Resource Guide to Child Discipline

In these days of positive reinforcement and the ubiquitous “time out,” is punishment still a valuable tool for disciplining children? And what forms of punishment are effective—or even permissible? This must-have book for professionals, parents, and teachers demystifies the issue of punishment. It offers reliable techniques for altering undesirable behaviors, including a model for the responsible use of punishment. An engaging blend of sound science, clinical experience, and old-fashioned common sense, the book is also an excellent resource for individuals in training for teaching careers.

ENNIO CIPANI
TRANSFORMATIONAL DIVORCE
*Discover Yourself, Reclaim Your Dreams & Embrace Life’s Unlimited Possibilities*

This book is written to help divorcées avoid the destructive state of consuming resentment that often accompanies the dissolution of marriage. It teaches how to direct effort and energy toward thriving in life after divorce—toward achieving the sort of wonderful life that was missed in the problematic marriage. Learn how to map the journey through a future life and create a strong foundation for greater happiness.

**KAREN KAHN WILSON, E.D.D.**

6 x 9 / 176 pages / 2003
US $16.95

STOP RUNNING FROM LOVE
*Three Steps to Overcoming Emotional Distancing & Fear of Intimacy*

People who are afraid of intimacy and closeness often create distance between themselves and their partners. These “distancers” are often afraid of being engulfed or controlled by their partners and fear rejection, vulnerability, and dependence. This book offers a simple, step-by-step approach clients can use to move beyond their fear of intimacy and start building strong and lasting relationships.

**DUSTY MILLER, E.D.D.**

6 x 9 / 232 pages / 2008
US $16.95

SUCCESSFUL PROBLEM SOLVING
*A Workbook to Overcome the Four Core Beliefs That Keep You Stuck*

In this book readers learn that they deserve to get what they want and find the confidence to risk a change in a dangerous world. They discover the extent of their competence (it’s much greater than they think), and learn to give their own needs the priority they deserve. The book’s step-by-step instructions will get readers where they really want to go.

**MATTHEW McKay, PH.D., & PATRICK FANNING**

8.5 x 11 / 128 pages / 2002
US $19.95

**Sign up to receive Quick Tips for Therapists**—
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WHEN GOOD MEN BEHAVE BADLY
*Change Your Behavior, Change Your Relationship*

The premise of this book is that good, well-intentioned men can, in times of stress and emotional conflict, act in destructive ways that don’t reflect their true character. Learn to recognize and label your internal states. Find out why displays of “not so masculine” emotions are so difficult to deal with, and why they can provoke episodes of problematic behavior. Explore the father-son relationship and the reality of male peer relations; see why these patterned interactions can reinforce bad behavior from generation to generation. Structured exercises and strategies help transfer the concepts of the book into daily experience.  
**Also available as an ebook at newharbinger.com**  
DAVID B. WEXLER, PH.D.

THE WHITE KNIGHT SYNDROME
*Rescuing Yourself from Your Need to Rescue Others*

“White knights” enter into relationships with helpless, vulnerable, or damaged partners. Although they hope to receive admiration, validation, and love from their partners, they ultimately end up cheating themselves out of emotionally healthy relationships. This book will help people caught in an unhealthy rescuer-victim relationship pattern channel their energies into building balanced, healthy relationships.  
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MARY C. LAMIA, PH.D., & MARILYN J. KRIEGER, PH.D.

CONNECTING THE DOTS
*Breakthroughs in Communication as Alzheimer’s Advances*

*Connecting the Dots* reveals Judith London’s practical techniques for decoding the language of Alzheimer’s to improve communication. With this book as a guide, readers can better navigate their relationship with their loved ones and keep a meaningful connection.  
JUDITH L. LONDON, PH.D.  
FOREWORD BY JANE E. BRODY

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