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Dear Friends:

Some New Harbinger books are so trusted by readers and so often recommended by professionals, it’s essential to keep them updated with the latest research and treatment information. The Anxiety and Phobia Workbook is one of these. With over one million copies in print, this workbook has been an invaluable tool for thousands of anxiety sufferers and the mental health professionals who treat them.

The OCD Workbook is another title that has helped hundreds of thousands of people overcome obsessive-compulsive disorder (OCD), and continues to be recommended by therapists across the country and abroad. Both are available in new editions this season, The Anxiety and Phobia Workbook in its fifth edition and The OCD Workbook in its third, to ensure readers have access to the most current research and cutting-edge techniques for moving past anxiety disorders.

In our effort to make acceptance and commitment therapy (ACT) techniques more accessible to medical and behavioral healthcare providers, we are also introducing a new book targeted to clinicians seeking ways to help patients on all fronts, both psychologically and physically. Real Behavior Change in Primary Care offers primary care providers easy ten-minute interventions for making permanent changes in the lives of patients whose psychological distress, inability to comply with treatment, or lifestyle habits keep them from being healthy. This is an extraordinary book if your work involves any form of behavioral medicine. I urge you not to miss it.

Therapists who already use acceptance and commitment therapy (ACT) in their practices may find that our new book, Your Life on Purpose, makes useful adjunctive reading for clients. I wrote this book with John Forsyth and Georg Eifert to help readers not only identify their values and life purpose, but also overcome the many practical obstacles that face us daily as we attempt to live more meaningful lives. Thank you, as always, for supporting New Harbinger books and recommending them to your clients.

All the best,

Matthew McKay, Ph.D., Publisher

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**American Psychological Association (APA):** August 4 – 7 ~ Washington, DC

**Association for Behavior and Cognitive Therapy (ABCT):** November 10 – 13 ~ Toronto, Ontario
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THE ANXIETY & PHOBIA WORKBOOK, FIFTH EDITION
EDMUND J. BOURNE, PH.D.

The definitive workbook for people suffering with any type of anxiety, The Anxiety and Phobia Workbook has already helped over one million people calm their fears and enjoy lives free from the ceaseless worrisome thoughts characteristic of anxiety disorders. This fifth edition has been thoroughly updated with information on new medications, such as Cymbalta and Pristiq, and new neurobiology research that can help your clients better understand and treat their anxiety. For the first time, this workbook delves into acceptance and commitment therapy and mindfulness meditation, therapeutic approaches which are gaining in popularity among clinicians, researchers, and anxiety sufferers.

This edition features a new chapter that addresses specific phobias that clients may have, including fear of flying, fear of public speaking, fear of disease, and fear of heights, offering strategies for overcoming each one. With this workbook, clients can learn and practice a range of proven methods for overcoming anxiety:

• Relaxation and breathing techniques
• Imagery and real-life desensitization
• Challenging negative self-talk and mistaken beliefs
• Acceptance and commitment therapy
• Skills for preventing and coping with panic attacks

★★★★★ “This is a concise, practical, and comprehensive directory on how to reduce anxiety. A highly regarded and widely known resource.”
—Authoritative Guide to Self-Help Resources in Mental Health, Revised Edition

“A great resource for a holistic approach.”
—Reid Wilson, author of Don’t Panic

“Extremely well done.”
—Christopher McCullough, author of Managing Your Anxiety

“Any who’ve struggled with panic attacks and fears will find this packed with self-help exercises and guidelines to overcoming anxiety and stress, from understanding how to assert oneself to creating a positive recovery strategy.”
—Midwest Book Review

“This workbook offers a practical and comprehensive guide to anyone struggling to cope with the many-faceted manifestations of panic and anxiety.”
—Child & Behavior Therapy

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From The Anxiety & Phobia Workbook:

Start out by clearly defining your goals. What situations would you most like to stop avoiding? Do you want to be able to drive on the freeway alone? Buy the week’s groceries by yourself? Give a presentation at work? Fly on a jet? Be sure to make your goals specific. Instead of aiming for something as broad as being comfortable with all types of shopping, define a specific goal such as “buying the week’s groceries at the local grocery store by myself” or “making a one-hour flight.” Eventually you will want to remove all restrictions—in other words, be comfortable in any store or on any flight.

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Elise E. Labbé, Ph.D., is a clinical psychologist and professor of psychology at the University of South Alabama. She has published numerous research papers in clinical and health psychology and presents at national and international conferences. She is the editor in chief of Journal of Sport and Health Psychology and presents at many national and international conferences. She is the editor in chief of Journal of Sport and Health Psychology and presents at many national and international conferences.

LEARNING RFT
An Introduction to Relational Frame Theory & Its Clinical Application
NIKLAS TÖRNEKE, MD
FOREWORD BY DERMOT BARNES-HOLMES, PH.D.
AFTERWORD BY STEVEN C. HAYES, PH.D.

In the book, author Niklas Törneke presents the building blocks of RFT: language as a particular kind of relating, derived stimulus relations, and transformation of stimulus functions. He then shows how these concepts are essential to understanding acceptance and commitment therapy and other therapeutic models. Learning RFT shows how to use experiential exercises and metaphors in psychological treatment and explains how they can help your clients. This book belongs on the bookshelves of psychologists, psychotherapists, students, and others seeking to deepen their understanding of psychological treatment from a behavioral perspective.

“There is no better place to start learning about RFT than this excellent book. Törneke teaches the principles of RFT simply and elegantly…. I wish a book like this had existed when I first learned about RFT.”

—Russ Harris, author of The Happiness Trap and ACT Made Simple

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REAL BEHAVIOR CHANGE IN PRIMARY CARE
Improving Patient Outcomes and Increasing Job Satisfaction
PATRICIA J. ROBINSON, PH.D., DEBRA A. GOULD, MD, MPH, & KIRK D. STROSAHL, PH.D.

Between repeat patient visits and the frustrating progression of preventable symptoms and conditions, it’s no wonder so many medical and behavioral health providers feel burned out and at a loss for effective solutions. Real Behavior Change in Primary Care offers ten-minute interventions that provide your patients with the tools they need to change unworkable and unhealthy behaviors. Each short, yet powerful intervention utilizes empirically supported skills from acceptance and commitment therapy (ACT) to help empower patients to take charge of the psychological blocks that keep them from resolving their health problems.

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ACCEPTANCE & COMMITMENT THERAPY FOR EATING DISORDERS
A Process-Focused Guide to Treating Anorexia & Bulimia
EMILY K. SANDOZ, PH.D., KELLY G. WILSON, PH.D., & TROY DUFRENE

Acceptance and Commitment Therapy for Eating Disorders presents, for the first time, a step-by-step acceptance and commitment therapy (ACT) guide for clinicians who work with clients with anorexia and bulimia. The book will help you assess and treat eating disorders, which are among the deadliest and most difficult-to-treat psychological disorders. It discusses specific problems you may encounter when treating eating disorder sufferers. The content does not assume any prior familiarity with eating disorders, mindfulness and acceptance-based therapies, or cognitive behavioral treatments in general.

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Emily K. Sandoz, Ph.D., is assistant professor of psychology at Louisiana State University.
Kelly G. Wilson, Ph.D., is on the faculty of the Psychology Department at the University of Mississippi. He is coauthor of Acceptance and Commitment Therapy, Terapia de Aceptación y Compromiso: Un Tratamiento Conductual Centrado en los Valores, Acceptance and Commitment Therapy for Chronic Pain, and over forty-five articles and chapters on related basic and applied issues.
Troy DuFrene, is a writer who lives and works in the San Francisco Bay Area.
EATING WITH FIERCE KINDNESS
A Mindful & Compassionate Guide to Losing Weight
SASHA T. LORING, M.ED., LCSW

Eating with Fierce Kindness presents a new approach to weight loss, one that focuses on breaking that destructive cycle with self-compassion. This book will help your clients become aware of the present moment so that they can make healthy food choices, but also shows them how to manage the inevitable obstacles to weight loss: disappointment at the rate of weight loss, guilt about “cheating” on a diet, emotional issues surrounding food, negative body image, and low self-confidence. Clients will learn to move beyond pursuing weight loss in order to meet a social standard or because of a bad self-image and instead develop healthier eating habits out of kindness toward themselves and their bodies. The book also offers advice for changing eating patterns, recognizing the signs of hunger and fullness, and navigating food triggers, such as emotional eating, that may be affecting eating patterns. Four meditation practices at the end of the book will help your clients practice the art of self-compassion and get started seeing their weight loss journey in a brand new way.

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YOUR LIFE ON PURPOSE
How to Find What Matters & Create the Life You Want
MATTHEW MCKAY, PH.D., JOHN P. FORSYTH, PH.D., & GEORGH. EIFERT, PH.D.

So many people postpone pursuing their goals and dreams because they think they’ll get to them later, when they have more time or feel they’re worthy of them. As a result, they go through life feeling weighed down by daily responsibilities and their own self-doubts, entirely disconnected from a sense of real purpose.

Your Life on Purpose is about doing what matters every day instead of waiting for the perfect time to feel fulfilled and alive. With this book, your clients will learn to move past daily distractions, fear of failure, and self-judgment, and zero in on the passions that connect them with their true selves. Everyone deserves to live a life of purpose, aligned with their deepest values.

With Your Life on Purpose, your clients will discover how to:

- Find and do what they are passionate about
- Keep mental obstacles, fears, and daily demands from blocking their path to fulfillment
- Find their way when values conflict
- Focus on what truly matters to make their dreams a reality
- Make a lasting impact on the world

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THE OCD WORKBOOK, THIRD EDITION
Your Guide to Breaking Free from Obsessive-Compulsive Disorder

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

Trusted and recommended by therapists, The OCD Workbook offers valuable information and effective, step-by-step advice for breaking the hold this disorder has over your client's life. This revised edition contains new findings on the causes of OCD, including developments in genetic research. It offers information on treatment options like neurosurgery and new medications and a new chapter on day-to-day coping strategies for people with OCD. The new edition includes expanded coverage of related disorders like body dysmorphic disorder, trichotillomania, and skin picking. New information on relapse prevention, OCD in children, and family involvement in OCD round out this important book.

“This is the best book on behavior therapy for OCD... a remarkable triumph.”
—IAN OSBORN, MD, psychiatrist, assistant professor of psychiatry at the University of New Mexico Health Science Center, and author of Tormenting Thoughts and Secret Rituals: The Hidden Epidemic of Obsessive-Compulsive Disorder

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THE WORRIER’S GUIDE TO OVERCOMING PROCRASTINATION
Breaking Free from the Anxiety That Holds You Back

PAMELA S. WIEGARTZ, PH.D., & KEVIN L. GYOERKOE, PSY.D.

The Worrier’s Guide to Overcoming Procrastination explores the links between procrastination and self-doubt, fear of failure, and perfectionism, and it presents clients with a four-step plan for overcoming the doubts and fears that lead them to put things off. Your clients will learn to set goals, manage their time, and cope with feelings of overstimulation. Through numerous exercises and worksheets designed to teach cognitive therapy techniques, behavioral strategies, and mindfulness skills, clients learn to accept imperfection and uncertainty and work past the behavioral patterns that keep the procrastination cycle going. The book concludes with a guide to preventing relapse by seeking support from others and celebrating accomplishments in overcoming procrastination.

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PART 13 = Chapter 13. Prevent a Relapse

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THE POST-TRAUMATIC INSOMNIA WORKBOOK
A Step-by-Step Program for Overcoming Sleep Problems After Trauma
KARIN ELORRIAGA THOMPSON, PH.D., &
C. LAUREL FRANKLIN, PH.D.
This workbook is based in cognitive behavioral therapy, a powerful approach that has been proven to be more effective over the long run than sleeping pills. Included are easy tips and techniques clients can start doing right away to help them sleep better. They’ll learn a variety of relaxation and sleep-scheduling skills that will help them put an end to broken sleep, the need to stay on high alert throughout the night, and sleep-sabotaging habits they may have developed. Find the root cause of your clients’ restless nights and help them rediscover peaceful sleep.

“Enhanced with clear worksheets and easy-to-understand, step-by-step instructions, Thompson and Franklin provide a procedurally adept, evidence-based, authoritative self-help guide to mastering complex insomnia and nightmares associated with PTSD.”
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8. Understanding and Coping with Trauma-Related Nightmares
9. Chronic Pain and Sleep
10. Staying Motivated: Making Treatment Work

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THE ONE-WAY RELATIONSHIP WORKBOOK
Step-by-Step Help for Coping With Narcissists, Egotistical Lovers, Toxic Coworkers & Others Who Are Incredibly Self-Absorbed
NEIL J. LAVENDER, PH.D., & ALAN CAVAIOLA, PH.D.
It can be extremely difficult to maintain a relationship with someone with NPD while keeping one’s self-respect intact. This workbook is filled with strategies and exercises designed to teach you or your clients to empower themselves and set firm boundaries with NPD sufferers without irreparably damaging the relationship. Readers learn the different ways narcissism can manifest itself in real-life situations, such as at work and in intimate relationships, and practice identifying NPD behavior. The communication skills, coping skills, and NPD information in this workbook comprise a complete toolkit for navigating narcissistic behavior in every area of life.

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MIND-BODY WORKBOOK FOR PTSD
A 10-Week Program for Healing After Trauma
STANLEY H. BLOCK, MD, & CAROLYN BRYANT BLOCK

People with post-traumatic stress disorder (PTSD) suffer with disturbing mental images and memories that cause stress and tension and make it difficult to concentrate on the here and now. The Mind-Body Workbook for PTSD presents a healing ten-week program that helps PTSD sufferers train their minds to focus on their bodies without distraction. Using this method, your clients can short-circuit painful memories and symptoms of PTSD.

This workbook teaches mind-body techniques drawn from biofeedback, progressive muscle relaxation, autogenic training, meditation, cognitive behavioral therapy, and hypnosis. These techniques, taught through short, simple mindfulness writing exercises, will help your clients bring forward traumatic thoughts and flashbacks and come to terms with rumination and stress.

“In my twenty years of clinical experience working with complex PTSD, I have found mind-body bridging... to be the most tolerated and effective treatment approach among other evidence-based models.”
—Lois Waldron, LCSW, Springfield, MA

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MINDFULNESS-BASED CANCER RECOVERY
A Step-by-Step MBSR Approach to Help You Cope with Treatment & Reclaim Your Life
LINDA E. CARLSON, PH.D., R.PSYCH., & MICHAEL P. SPECA, PSY.D., R.PSYCH
FOREWORD BY ZINDEL SEGAL, PH.D.

The authors’ own research-based program, mindfulness-based cancer recovery (MBCR), presented for the first time in this book, is proven to lower patients’ stress by 55 percent and reduce mood disorders by 65 percent. Patients also reported feeling more vigorous and less fatigued after undergoing the program.

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THE ADHD WORKBOOK FOR TEENS
Activities to Help You Gain Motivation & Confidence
LARA HONOS-WEBB, PH.D.

The ADHD Workbook for Teens, the first workbook for teens suffering from this disorder, shows your teen clients that it is possible to gain confidence and motivation by focusing on their gifts and talents instead of the things that are most difficult for them. This easy-to-read, engaging workbook shows teens how to identify and focus on their strengths and develop the skills they need to overcome the impulsiveness, difficulty organizing and finishing projects, social struggles, and poor attention common among teens with this disorder. Clients will learn that they can actually change the way their brain works and learn to adapt to ADHD tendencies by building emotional intelligence, one of the core deficits in ADHD sufferers.

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THE BULIMIA WORKBOOK FOR TEENS
Activities to Help You Stop Bingeing and Purging
LISA M. SCHAEB, LCSW

The Bulimia Workbook for Teens teaches teens who binge and purge how to replace unhealthy thoughts, feelings, and behaviors with a new set of habits. These activities are based in cognitive behavioral therapy, the professional treatment of choice for bulimia, and are arranged in a progressive format. Their order is based on the premise that bulimic behavior serves a purpose for your client and may even act as a lifeline. In order to let bulimia go, your client needs to feel confident that he or she has something just as good as binging and purging to take its place. Activities aim to boost your clients’ self-esteem, balance moodiness, restore a sense of power and confidence.

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MAKING SENSE OF YOUR SENSES
A Workbook for Children with Sensory Processing Disorder

CHRISTOPHER R. AUER, MA & MICHELLE M. AUER, MS, OTR

Making Sense of Your Senses is a workbook designed to help children with SPD reintegrate their senses and develop awareness and understanding of their SPD. While these activities can stand alone, as each focuses on a specific skill, all of them help children develop strategies to counter the tests of daily life, including morning routines, mealtimes, and classroom functioning. Many activities also involve physical activity, as becoming physically adept helps kids with SPD keep from becoming overwhelmed.

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- A Note to Kids
- A Note to Parents
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- Activity 2 Understanding Your Feelings
- Activity 3 Your Senses Help You Make Choices
- Activity 4 Tasting and Touching
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The Couple’s Guide to Preventing & Overcoming Postpartum Depression

SARA ROSENQUIST, PH.D.

FORWORD BY MICHAEL D. YAPKO, PH.D.

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- Chapter 2. Habits of Thought
- Chapter 3. The Social Side of Depression
- Chapter 4. Expectations Meet Reality: The Perfect Storm
- Chapter 5. Getting Some: Sleep and Sex After the Baby
- Chapter 6. The Dance of Parenting
- Chapter 7. Money: Beyond Smoke and Mirrors
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Christopher R. Auer, MA, is the disabilities and mental health administrator for the Head Start program in the Denver Mayor’s Office for Education and Children. He is also affiliate faculty at Regis University.

Michelle M. Auer, MS, OTR, is an occupational therapist for a school district in the Denver area. She also maintains a private practice providing hippotherapy for children.

Sara Rosenquist, Ph.D., maintains a clinical practice and specializes in reproductive health issues ranging from infertility to postpartum depression.

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This long-awaited book compares the role of the therapist to that of the life coach; the role of the patient to that of the client; the service of the mentally ill to that of the mentally healthy; treatment to collaboration; and finally the differences in professional standing between these two endeavors. Using real coaching exercises, this book teaches therapists everything they need to know to start and maintain a successful coaching practice. It includes information about necessary skills, tips on integrating coaching and therapy, business models, marketing advice, and more.

DAVID SKIBBINS, PH.D., CPCC
FOREWORD BY MARY E. OLK, PH.D., CPCC

NEURAL PATH THERAPY
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 hardcoded 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
BUDDHA’S BRAIN

The Practical Neuroscience of Happiness, Love & Wisdom

Buddha’s Brain draws on the latest research to show how your clients can stimulate and strengthen their brains for more fulfilling relationships, a deeper spiritual life, and a greater sense of inner confidence and worth. This book is filled with practical tools and exercises that you can do with your client.

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RICK HANSON, PH.D. & RICHARD MENDIUS, MD
FOREWORD BY DANIEL J. SIEGEL, MD
PREFACE BY JACK KORNFIELD, PH.D.

6 x 9 / 272 pages / 2009
US $17.95

ACCEP TANCE & COMMITMENT THERAPY FOR ANXIETY DISORDERS

A Practitioner’s Treatment Guide to Using Mindfulness, Acceptance & Values-Based Behavior Change Strategies

This book adapts the principles of acceptance and commitment therapy (ACT) into practical, step-by-step clinical methods that therapists can easily integrate into their practices. The book focuses on the broad class of anxiety disorders and includes detailed examples of individual therapy sessions as well as many worksheets and exercises.

Also available as an ebook at newharbinger.com

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

7 x 10 / 304 pages / 2005
hardcover + CD-ROM
US $59.95

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.

6 x 9 / 160 pages / 1991
US $15.95

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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 COGNITIVE BEHAVIORAL WORKBOOK
FOR ANXIETY
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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FOREWORD BY JON CARLSON, PSY.D., ED.D., ABPP

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How to Beat Worry, Stop Second-Guessing Yourself & Work with Confidence
Learn how anxiety develops in the workplace and, more importantly, how to stop it before it becomes overwhelming. Readers can customize the book's powerful exercises and self-evaluations to target their own personal workplace anxieties. In no time, they'll move past obstacles and begin building confidence, focus, and a successful and fulfilling career—-one day at a time.

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

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A Step-by-Step Guide to Lifetime Recovery
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EDMUND J. BOURNE, PH.D.

Also see The Anxiety & Phobia Workbook, Fifth Edition on page 1

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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FOREWORD BY JON KABAT-ZINN, PH.D.

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THE MINDFULNESS & ACCEPTANCE WORKBOOK FOR ANXIETY
A Guide to Breaking Free from Anxiety, Phobias & Worry
Using Acceptance & Commitment Therapy
This exciting and innovative ACT workbook is the first self-help book to adapt the techniques of ACT into a powerful program readers can use to overcome any of their anxiety disorders. The book includes a CD with audio mindfulness exercises and client worksheets.

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Also see The Mindfulness & Acceptance Workbook for Depression on page 45

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SAMEET M. KUMAR, PH.D

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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

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MARGO C. WATT, PH.D., & SHERRY H. STEWART, PH.D.

FOREWORD BY STEVEN TAYLOR, PH.D.

THE PROCRASTINATION WORKBOOK

Your Personalized Program for Breaking Free from the Patterns That Hold You Back

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WILLIAM KNAUS, ED.D.

FOREWORD BY ALBERT ELLIS, PH.D.
WHEN PERFECT ISN’T GOOD ENOUGH, SECOND EDITION

*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**

PRESENT PERFECT

*A Mindfulness Approach to Letting Go of Perfectionism & the Need for Control*

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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.

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THINGS MIGHT GO TERRIBLY, HORRIBLY WRONG

*A Guide to Life Liberated from Anxiety*

This book presents a series of thinking points and short games clients can do to easily and effectively begin to incorporate acceptance and commitment therapy techniques into their lives. This book is not a full-scale self-help approach for someone with serious anxiety problems, but an easy way for clients who have wrestled with worry, fear, and shyness to put those feelings into perspective and focus instead on what they want to do in life.

**KELLY G. WILSON, PH.D., & TROY DUFRENE**

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DOC CHILDRE & DEBORAH ROZMAN, PH.D.
INTRODUCTION BY JEFFREY STEVENS, 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-STEVENS, 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 PREGNANCY & POSTPARTUM ANXIETY WORKBOOK
Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions & Compulsions

New moms have a lot to be anxious about, and it’s perfectly natural to have some fears during and after pregnancy. The problem is, anxiety can grow, disrupting daily life and keeping moms from enjoying motherhood. This workbook provides proven-effective strategies drawn from cognitive behavioral therapy (CBT) for keeping anxious thoughts at bay and getting back to productive and positive thinking.

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FOREWORD BY LAURA J. MILLER, MD

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MARY NURRIESTEARN, LCSW, RYT, & RICK NURRIESTEARN

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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MARTIN M. ANTONY, PH.D., & RICHARD P. SWINSON, MD

10 SIMPLE SOLUTIONS TO SHYNESS

*How to Overcome Shyness, Social Anxiety & Fear of Public Speaking*

*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.

MARTIN M. ANTONY, PH.D.
**DYING OF EMBARRASSMENT**  
*Help for Social Anxiety & Social Phobia*

The simplest acts of human interaction terrify persons suffering from social phobia. This book helps your clients with social phobia assess their fears, develop new social skills, and change self-defeating patterns. They’ll learn to break out of the confines of shyness and embarrassment and start living their lives again.

BARBARA G. MARKWAY, PH.D., CHERYL N. CARMIN, PH.D., C. ALEC POLLARD, PH.D., & TERESA FLYNN, PH.D.

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ELKE ZUERCHER-WHITE, PH.D.

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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.

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*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.

EDMUND J. BOURNE, PH.D., & ELKE ZUERCHER-WHITE, PH.D.

8.5 x 11 / 192 pages / 2003
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US $19.95

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ELKE ZUERCHER-WHITE, PH.D.

8.5 x 11 / 232 pages / 1998
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EDMUND J. BOURNE, PH.D.

8.5 x 11 / 131 pages / 1998
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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.

Also available as an ebook at newharbinger.com

DUANE BROWN, PH.D.

6 x 9 / 184 pages / 2009
US $16.95
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 it comes from, what factors influence it, 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

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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.

OVERCOMING OBSESSIVE-COMPULSIVE DISORDER
A fourteen-session treatment. Techniques include imagined exposure, in vivo exposure, response prevention, and avoidance reduction.
GAIL STEKETEE, PH.D.

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.
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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.

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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.

6 x 9 / 176 pages / 2005
US $14.95

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.

6 x 9 / 168 pages / 2004
US $19.95

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

6 x 9 / 160 pages / 2004
US $16.95

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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.

6 x 9 / 176 pages / 2005
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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.

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. WALSER, PH.D., & DARRAH WESTRUP, PH.D.
FOREWORD BY STEVEN C. HAYES, PH.D.

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.

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.
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.

FINING 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.

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

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.

SUZANNE 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.

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

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

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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.
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WILLIAM J. KNAUS, ED.D. FOREWORD BY ALBERT ELLIS, PH.D.

Order online at: www.newharbinger.com
DEPRESSION & YOUR THYROID
*What You Need to Know*
As a person develops a thyroid condition, he or she often becomes depressed. This depression can lead to more problems with the thyroid which, in turn, lead to further depression—a vicious cycle that is difficult to treat unless the problem is addressed on several levels. This book proposes a number of diet and lifestyle changes readers can experiment with in addition to conventional medical treatment to try to correct a thyroid condition, as well as cognitive techniques for overcoming depression.

MARY ELLEN COPELAND, MS, MA

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

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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.

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

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.

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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.

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.

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.

MICHAELE. 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

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mood disorders

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.

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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

THE CYCLOTHYMIAN 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.

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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. TALAQA, 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).

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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
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

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 GOLDSTEIN, PH.D.
FOREWORD BY DAVID E. SMITH, MD

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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-HELLE & ANNA F. GREENWALD
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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.

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RAYCHELLE CASSADA LOHMANN, MS
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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

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
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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.

FREE FROM OCD
A Workbook for Teens with Obsessive-Compulsive Disorder
The activities in this book help teens and parents work together to assess the severity of the symptoms and offer teens cognitive behavioral skills to overcome them. Teen readers learn essential information about the biology and dynamics of OCD, then discover a multitude of skills for moving beyond the most common types of obsessions and compulsions.

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TIMOTHY A. SISEMORE, 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

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 McCURRY, PH.D.
FOREWORD BY STEVEN C. HAYES, PH.D.
KNOWING YOURSELF, KNOWING OTHERS
A Workbook for Children with Asperger’s Disorder, Nonverbal Learning Disorder & Other Social-Skill Problems
This illustrated workbook—written by the founders of SuperKids, an innovative program that treats hundreds of children with Asperger’s disorder each year—offers simple activities to help kids with Asperger’s, Nonverbal Learning Disorder (NLD), and other social-skill problems. Kids will learn to read social cues, avoid meltdowns, and understand others’ needs and intentions.
The professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable client worksheets.
BARBARA COOPER, MPS, & NANCY WIDDOWS, MS
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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.
BARBARA COOPER, MPS, & NANCY WIDDOWS, MS
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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.

THE ADHD WORKBOOK FOR KIDS
Helping Children Gain Self-Confidence, Social Skills & Self-Control
Over forty simple and short activities in this workbook help children with ADHD build confidence and manage their symptoms in order to get along better with others and handle everyday tasks such as getting ready for school. The book includes age-appropriate information on medication, the importance of sleep and diet, and asking for help from adults when it’s needed. Professionals can use these effective activities to help guide children with ADHD through the process of learning to manage their behavior.
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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.
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LARA HONOS-WEBB, 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.
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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.

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SHERI VAN DIJK, MSW & KARMA GUINDON, MSW

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**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.

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*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

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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.

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SARA HAMIL, LCSW
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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.

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TAMMY NELSON, MS
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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.

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ERIKA LEEUWENBURGH, LPC, & ELLEN GOLDRING, LPC

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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

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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.

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LAWRENCE E. SHAPIRO, PH.D.

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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

FOREWORD BY MARK S. KISELICA, PH.D.
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., ABBP, ABPP

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.
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LISA M. SCHAB, LCSW
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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.
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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
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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.

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LISA M. SCHAB, LCSW

LEARNING TO LISTEN, LEARNING TO CARE
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LAWRENCE E. SHAPIRO, PH.D.

LET’S 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 friend-maker. 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.

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LAWRENCE E. SHAPIRO, PH.D., & JULIA HOLMES

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.

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THERESI ACCINELLI, LMFT

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A Workbook to Help Kids Overcome Shyness
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RICHARD BROZOVIČ, PH.D., & LINDA CHASE, LMSW

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US $16.95

DON’T PICK ON ME
Help for Kids to Stand Up to & Deal with Bullies
The activities in this book are designed to help children learn strategies they can use to avoid being victimized by bullies and stand up for themselves when they become a bully’s target. The book includes more than forty ten-minute activities children can do with their parents or a mental health professional to learn how to effectively handle emotional and physical bullying and be conscientious bystanders if they witness this behavior.

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SUSAN EIKO GREEN

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.

6 x 9 / 216 pages / 2007
ISBN-10: 1-57224-4585
US $15.95

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.

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GINA M. BIEGEL, MA, LMFT

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Also available as an ebook at newharbinger.com
LAWRENCE E. SHAPIRO, PH.D., & ROBIN K. SPRAGUE, LCPC
FOREWORD BY MATTHEW McKay, PH.D.

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.

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.
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SANDRA BUFFOLANO, MA

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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

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 REHFELDT, PH.D., BCBA, & YVONNE BARNES-HOLMES, PH.D. • FOREWORD BY STEVEN C. HAYES, PH.D. 
Copublished with Context Press

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

ACCEPTANCE & COMMITMENT THERAPY FOR BODY IMAGE DISSATISFACTION

A Practitioner’s Guide to Using Mindfulness, Acceptance & Values-Based Behavior Change Strategies

This manual shows practitioners how to help clients let go of self-judgment and preoccupation with body image. It presents a clear acceptance and commitment therapy (ACT) protocol, complete with sample scripts, therapy exercises, case studies, and worksheets, for treating body image dissatisfaction. Also available as an ebook at newharbinger.com

ADRIA N. PEARSON, PH.D., MICHELLE HEFFNER, PH.D., & VICTORIA M. FOLLETTE, PH.D.
FOREWORD BY STEVEN C. HAYES, 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 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.

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.

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CAROLYN COKER ROSS, MD, MPH

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.
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.

“A thoughtful volume filled with practical solutions for emotional eaters everywhere.”
—Madelyn H. Fernstrom, Ph.D., CNS, founding director of UPMC Weight Management Center

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.

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 binging and reacting, allowing them to take control of their lives and make positive behavior changes.

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

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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.

MICHÉLLE HÉFFNER, MA, & GÉORG H. EIPERT, PH.D.
FOREWORD BY RÔBERT GRÁFF, MD

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.

DÔRE È. SÀMÆLÈN, È.D.D., MSCP
FOREWORD BY RÔBERT GRÁFF, MD

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.

KÈLLÈY C. ÀLLÌSON, PH.D., ÀLBÈRT J. STUNKÀRD, MD
WITH SÀRA L. THIÊR

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.

LÚCỲ HÔWÀD-TÀYLÒR
FOREWORD BY SHÀRÔN HÔDHGSÒN
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. This edition has been updated with the very latest BPD research and includes coping and communication skills readers can use to stabilize their relationship with the BPD sufferer in their life.

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PAUL T. MASON, MS, & RANDI KREGER

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.

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

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

A New Harbinger Classic

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.

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RANDI KREGER with JAMES PAUL SHIRLEY, LMSW

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

THE BUDDHA & THE BORDERLINE
My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism & Online Dating
Inspirational for people with borderline personality disorder (BPD) and their loved ones, this memoir presents an unblinking portrayal of one woman’s fight against the emotional devastation of BPD. This haunting, intimate story chronicles both the devastating period that led to Kiera’s eventual diagnosis and her inspirational recovery through dialectical behavior therapy, Buddhist spirituality, and a few online dates gone wrong.
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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.
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FOREWORD BY BARENT WALSH, PH.D.

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

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

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

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. Readers learn how narcissists view the world, how to navigate their coping styles, and how to avoid certain hot-button issues.

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ARI TUCKMAN, PSY.D., MBA

PREFACE BY KEVIN R. MURPHY, PH.D.
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.

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.

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

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.

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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.

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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 SBAGA, PH.D., & WILLIAM T. O’DONOHUE, PH.D.
FOREWORD BY JOHN BANCROFT, MD

THE COGNITIVE BEHAVIORAL THERAPY WORKBOOK FOR PERSONALITY DISORDERS
A Step-by-Step Program

Packed with exercises and worksheets, this book presents a series of eight social skills and coping skills clients can learn and practice to overcome their personality disorder. Clients learn to correct the self-defeating thoughts that hold them back, discover relaxation, visualization, and imagery techniques, and finally practice real-life exposure to those fears to keep their personality-disorder-related behaviors in check.

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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.

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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.

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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.

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Making It Work for You

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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.

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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.

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RULE-GOVERNED BEHAVIOR

Cognition, Contingencies & Instructional Control

Behavior-analytic 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

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EDITED BY KAREN S. BUDD & TREVOR STOKES
FOREWORD BY BARBARA C. ETZEL
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Readings for Mental Health Professionals
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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 long-standing 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.

RONALD POTTER-EFRON, MSW, PH.D.

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.

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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 “becauses.” Instead, Rage offers no-nonsense, step-by-step, anger-management tools that really work.

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

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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 CHILDRE & 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

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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.

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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.

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DEBORAH S. LEVINSON, LCSW-C
FOREWORD BY FELIX M. BERARDO

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DAVID B. FELDMAN, PH.D., & STEVEN ANDREW LASHER, JR., MD
FOREWORD BY IRA BYCOCK, MD

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SAMEET M. KUMAR, PH.D.
FOREWORD BY JEFFREY BRANTLEY, MD

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FOREWORD BY ALAN M. BECK, SC.D.

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JOANNE C. DAHL, KELLY G. WILSON, CARMEN LUCIANO & STEVEN C. HAYES

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How to Stop Pain from Controlling Your Life

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BLAKE H. TEARNAN, PH.D.

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MICHAEL J. LEWANDOWSKI, PH.D.
FOREWORD BY RICHARD J. KROENING, MD, PH.D.

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Using Acceptance & Commitment Therapy to Ease Chronic Pain

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JOANNE DAHL, PH.D., & TOBIAS LUNDGREN, MS
FOREWORD BY STEVEN C. HAYES, PH.D.
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*Step-by-Step Techniques for Chronic Pain Management*

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

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DOUGLAS J. MASON, PSY.D.
FOREWORD BY GOTTFRIED JEAN-LOUIS, MD

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**MICHAEL E. METZ, PH.D., & BARRY W. MCCARTHY, PH.D.**

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EDITED BY PATRICK FANNING & MATTHEW McKay, PH.D.

FOREWORD BY MARY ELLEN COPELAND, MS, MA

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

GOING HOME WITHOUT GOING CRAZY
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ANDRA MEDEA

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ALAN E. FRUZZETTI, PH.D.
FOREWORD BY MARSHA M. LINEHAN, PH.D.

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Judith L. London, Ph.D.

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