Dear Friends—

As mental health awareness increases, more and more people are making time for self-care and personal improvement. That’s why New Harbinger continues its mission to provide readers with the tools needed to reach their goals. This season, we’re proud to publish several new books that support wellness and vitality for readers of all ages.

Studies show that kids who learn healthy coping skills early in life are more likely to succeed as adults. For that reason, we’re excited to bring you *Breath Friends Forever*—a new book from the creators of the highly successful *Master of Mindfulness*. This fun and engaging story follows two friends who share the gift of mindfulness, and teaches young readers essential skills to build lasting resilience in times of stress.

This season, we’re also publishing *The No-Self Help Book*, an irreverent guide that takes the “self” out of “self-help,” and instead offers wise and inspiring insights based in positive psychology. With this book, readers will learn to break free from self-limiting beliefs and discover the unlimited potential of who they really are.

For many people, romantic relationships begin passionately—butterflies in the stomach; that “love drunk,” “walking on air” feeling. But as time goes by many find themselves too busy or tired to devote quality time and attention to nurture that connection. Enter *Buddha’s Bedroom*—a smart and sexy guide that’s chock-full of tips and techniques from couples therapy and Buddhist teachings to ignite lasting intimacy.

Finally, this season we’re publishing fully revised and updated editions of two self-help classics. Now in its fourth edition, *Messages* has already helped thousands of people build solid communication skills. This edition includes an important new chapter on communication in the digital age. Also coming out is a second edition of *Anger Management for Everyone*, which features brand new mindfulness and communication techniques to help readers move past anger, once and for all.

As always, we thank you for your support in helping us provide readers with real tools for real change.

Sincerely,

Matthew McKay, PhD, Publisher
Messages, Fourth Edition
The Communications Skills Book
Matthew McKay, PhD, Martha Davis, PhD, and Patrick Fanning
This classic, best-selling communication skills book has already helped thousands of people cultivate better relationships with friends, family members, coworkers, and partners. Now fully revised and updated, this long-awaited fourth edition of Messages teaches readers to become active listeners, read body language, identify communication styles, practice conflict resolution, improve public speaking skills, and much more. In addition, the book features a new, crucial chapter on digital communication to help readers thrive in the modern world.

Heal the Body, Heal the Mind
A Somatic Approach to Moving Beyond Trauma
Susanne Babbel, PhD
Traumatic events can leave mental and physical scars—but these scars don’t have to define us. Heal the Body, Heal the Mind takes trauma survivors on a supportive and healing journey toward well-being. By practicing the somatic exercises and mind-body interventions in this compassionate guide, readers will learn to move past difficult experiences, restore their relationships, and cultivate spiritual awareness.

Coping with Critical, Demanding, and Dysfunctional Parents
Powerful Strategies to Help Adult Children Maintain Boundaries and Stay Sane
David M. Allen, MD
Adult children whose parents are invalidating, critical, demanding, or hateful require skills to advocate for their own needs. In this much-needed guide, readers will learn how to employ unique assertiveness strategies based on the characteristics of their own family dynamics; uncover the hidden motives behind their parents’ behavior; put a stop to repetitive, hurtful interactions without cutting off their problem parents; and foster healthier relationships.

I Hate You, Tell Me You Love Me
Talking to a Loved One with Borderline Personality Disorder
Jerold J. Kreisman, MD
Communicating with a loved one who has borderline personality disorder (BPD) can be fraught with explosive emotions and intense conflict. In this compassionate guide, Jerold Kriesman—best-selling author of I Hate You, Don’t Leave Me—offers a powerful set of tools to help the loved ones of people with BPD express themselves, be heard, and have a productive conversation without playing the blame game.
Overcoming Harm OCD
Mindfulness and CBT Tools for Coping with Unwanted Violent Thoughts
Jon Hershfield, MFT

- Author Jon Hershfield is a leading expert in the treatment of OCD, and author of The Mindfulness Workbook for OCD.

People with harm OCD—a form of obsessive-compulsive disorder (OCD)—often suffer from violent, unwanted thoughts and a crippling fear of harming others. They may also resist seeking treatment for fear of being judged. In Overcoming Harm OCD, psychologist and OCD expert Jon Hershfield offers powerful cognitive behavioral therapy (CBT) and mindfulness tools to help readers break the endless cycle of pain and self-doubt caused by their disorder, and overcome their most debilitating symptoms.

978-1684031474 | US $16.95
6 x 9 | 176 pp
trade paper | self-help
WORLD RIGHTS
PUB DATE: December 1, 2018

How to Stop Feeling So Damn Depressed
The No BS Guide for Men
Jonas A. Horwitz, PhD

- Men experience depression differently than women, and there are few guides available that speak directly to a male audience.

Sometimes depression can feel like a relentlessly pessimistic and overbearing beast. To overcome this beast, one must understand its nature. In this no-nonsense guide for men, psychologist Jonas Horwitz presents evidence-based, straightforward, and jargon-free strategies for men struggling with severe depression. Grounded in proven-effective cognitive behavioral therapy (CBT), the skills in this book will help readers find actionable solutions for identifying, naming, and moving past the depression that is standing in the way of living the life they want.

978-1684032112 | US $16.95
6 x 9 | 176 pp
trade paper | self-help
WORLD RIGHTS
PUB DATE: December 1, 2018

Embrace Your Greatness
50 Ways to Build Unshakable Self-Esteem
Judith Belmont, MS, LPC

- Self-esteem is a best-selling category for New Harbinger. Self-Esteem and The Self-Esteem Workbook have sold more than one million copies combined.

In our image-obsessed world, it’s easy to compare ourselves to friends, celebrities, and models. Social media has skewed our perception of reality by only offering images of people at their best. Embrace Your Greatness offers 50 quick tips and tools to help readers overcome self-doubt, silence their inner critic, be assertive, boost self-esteem, and embrace their greatness using a variety of evidence-based modalities—including mindfulness, acceptance, self-compassion, and positive psychology.

978-1684032204 | US $16.95
5 x 7 | 200 pp
trade paper | self-help
WORLD RIGHTS
PUB DATE: January 2, 2019
Mastering Adulthood
Go Beyond Adulting to Become an Emotional Grown-Up
Lara E. Fielding, PsyD

Whoever said being a grownup was easy? For millennials up to the challenge, Mastering Adulthood offers smart and entertaining strategies for dealing with difficult emotions while facing the new realities of adulthood—such as graduating from college, starting a career, gaining financial independence, and creating meaningful relationships. More than just ‘adulting’—this book gives readers the emotional skills they need to thrive!

Anger Management for Everyone, Second Edition
Ten Proven Strategies to Help You Control Anger and Live a Happier Life
Raymond Chip Tafrate, PhD, and Howard Kassinove, PhD

Presenting a new edition of a self-help classic. Written by two clinical psychologists with decades of experience in treating anger, this long-awaited, fully revised and updated second edition of Anger Management for Everyone offers brand new skills to help readers stay calm in the midst of triggering situations, manage their anger, and experience more happiness.

The Perfectionism Workbook
Practical Skills to Help You Let Go of Self-Criticism, Find Balance, and Reclaim Your Self-Worth
Sharon Martin, MSW, LCSW

For people who hold themselves, and others, to impossibly high standards, this evidence-based workbook offers real strategies based in cognitive behavioral therapy (CBT) to help readers overcome perfectionism and create a more balanced perspective. Readers will identify the causes of their perfectionism, discover how perfectionism is negatively impacting their lives, and gain invaluable skills for cultivating self-compassion toward themselves and others.

Freedom from Anxious Thoughts and Feelings
A Two-Step Mindfulness Approach for Moving Beyond Fear and Worry
Scott Symington, PhD

Mindfulness is a powerful treatment for anxious thoughts and negative emotions. However, many people find it difficult to apply the principles of mindfulness when they are in the throes of anxious worries and destructive moods. In this book, psychologist Scott Symington presents a ridiculously easy, breakthrough mindfulness approach called the two-screen method to help when the painful thoughts feel overwhelming.
NEW RELEASES • PARENTING

The Gifted Kids Workbook
Mindfulness Skills to Help Children Reduce Stress, Balance Emotions, and Build Confidence
Heather Boorman, MSW, LCSW

- This is the first workbook to address the psychological needs of gifted children using mindfulness, acceptance and commitment therapy (ACT).

Gifted children are often seen as intellectually or academically blessed; however, being gifted can also create unique challenges. In this workbook, a therapist and parent of three gifted kids offers activities and strategies based in mindfulness and self-compassion to help children ages 7 to 12 embrace their uniqueness, navigate social relationships, boost self-confidence, reduce stress and overwhelm, and balance emotions.

978-1684030880 | US $16.95
8 x 10 | 160 pp
trade paper | parenting
WORLD RIGHTS
PUB DATE: August 1, 2018

When Your Teen Has an Eating Disorder
Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia, and Binge Eating
Lauren Muhlheim, PsyD

- 15 percent of all women ages 17 to 24 will suffer from an eating disorder.

Having a teen with an eating disorder can leave parents feeling helpless. To help empower these parents, a clinical psychologist and expert in eating disorders offers an evidence-based program using family-based treatment (FBT) to help parents and caregivers take charge of their teen’s nutritional rehabilitation, which includes normalizing eating behaviors, managing meals, expanding food flexibility, teaching independent and intuitive eating habits, and utilizing coping strategies and recovery skills to prevent relapse.

978-1684030439 | US $16.95
6 x 9 | 168 pp
trade paper | parenting
WORLD RIGHTS
PUB DATE: September 1, 2018

Mindfulness for Kids with ADHD
Skills to Help Children Focus, Succeed in School, and Make Friends
Debra Burdick, LCSW

- Debra Burdick—also known as “The Brain Lady”—is an ADHD and mindfulness expert whose books have sold more than 50,000 copies worldwide.

For kids with attention-deficit hyperactivity disorder (ADHD), everyday tasks and activities such as homework, making friends, and following rules feel overwhelming. Written by a psychologist specializing in ADHD, Mindfulness for Kids with ADHD offers fun and accessible mindfulness exercises designed to help kids with ADHD successfully navigate all areas of life—whether they’re at home, in school, or with friends.

978-1684031078 | US $16.95
8 x 10 | 152 pp
trade paper | parenting
WORLD RIGHTS
PUB DATE: October 1, 2018

www.newharbinger.com | 800-748-6273 | 5
Breath Friends Forever
A Mindfulness Story for Kids by Kids
Laurie Grossman, Angelina Manriquez,
and Ms. Moses’ 4th Grade Class

- Author Laurie Grossman is one of the original cofounders of Mindful Schools, one of the largest mindfulness-in-education programs in the world.
- Grossman and designer Angelina Manriquez are the creators of *Master of Mindfulness*, which has sold more than 35,000 copies since its publication in 2016.

From the creators of the hugely successful *Master of Mindfulness*, this charming children’s book for readers ages 4 to 7 tells the story of Nessa and Leo’s friendship, and how mindfulness helps them deal with strong emotions such as fear, shyness, and anger. Written and illustrated by a diverse group of kindergarten and fourth graders from Reach Academy in Oakland, California, and designed by Angelina Manriquez, this fun and engaging book helps young readers learn how to be present in the moment and manage stress in their daily lives.

Through story and images, children will learn the *shark fin technique*—a powerful and effective tool for fighting stress—as well as the *thumb technique*, which will help them deal with moments of extreme stress or anger in the moment, when they may not have a lot of time to react or process things. Kids will also learn important emotion regulation skills that will help them thrive, well on into their adult years.

*Laurie Grossman*, one of the founders of the mindfulness in education movement, has been an activist since 1975—she believes that mindfulness in schools is the tool most likely to help achieve social justice. Grossman is cofounder of Mindful Schools and cocreator, with Manriquez, of the children’s book, *Master of Mindfulness*. *Angelina Manriquez* holds a degree in photography from the San Francisco Art Institute. She works with Mindful Life Project in Richmond, CA, a nonprofit organization that teaches mindfulness, yoga, therapeutic art, and hip-hop/performing arts to elementary school students in underserved communities. *Grossman and Manriquez both reside in the Greater San Francisco Bay Area.*

**PUBLICITY & PROMOTION**
- Advertising in *Mindful* and the conference guides for the Mindfulness in Education Network, the Association for Mindfulness in Education, and Bridging the Hearts and Minds of Youth
- Online advertising at google.com, mindful.org, and in the Greater Good Science Center e-newsletter
- E-mail campaign to New Harbinger mindfulness, parenting, and families and relationships communities
- Goodreads giveaway and author promotion
- Author website, e-mail, and social media promotion
- Partnership promotion at mindfulteachers.com, kipp.org, and playworks.org
- Campaign to local print and broadcast media, parenting media, local thought leaders, teachers, librarians, and booksellers

**FULLY ILLUSTRATED BY KIDS**

**ALSO BY THE AUTHORS**

*Anxiety Relief for Kids*
- 978-1626259539 | US $16.95
- 11 x 8.5 | 40 pp | hardcover | parenting
- Pub Date: September 1, 2018

*The Relaxation & Stress Reduction Workbook for Kids*
- 978-1572245822 | US $17.95
- 11 x 8.5 | 40 pp | hardcover | parenting
- Pub Date: September 1, 2018

*Don’t Let Your Emotions Run Your Life for Kids*
- 978-1626258544 | US $16.95
- 11 x 8.5 | 40 pp | hardcover | parenting
- Pub Date: September 1, 2018

*I’m Not Bad, I’m Just Mad*
- 978-1572246065 | US $17.95
- 11 x 8.5 | 40 pp | hardcover | parenting
- Pub Date: September 1, 2018

*Also by the authors*
The Birth Guy’s Go-To Guide for New Dads
How to Support Your Partner Through Birth, Breastfeeding, and Beyond
Brian W. Salmon and Kirsten Brunner, MA

Brian Salmon, or “Brian the Birth Guy,” is a trained doula, certified lactation consultant, father, and creator of the Rocking Dads childbirth class. His websites receive more than 30,000 visitors monthly.

Today’s dads want to be involved in pregnancy and birth more than ever before. In this one-of-a-kind guide, dad, doula, and certified lactation consultant Brian Salmon and perinatal mental health and relationship expert Kirsten Brunner offer practical, modern-day survival tips for expectant dads and birth partners. Based on Salmon’s Rocking Dads childbirth course, this book provides everything dads need to know about supporting their partner through labor, birth, breastfeeding, and beyond.

Mindfulness for Anxious Kids
A Workbook to Help Children Cope with Anxiety, Stress, and Worry
Catherine Cook-Cottone, PhD, and Rebecca K. Vujnovic, PhD

1 in 8 children is affected by an anxiety disorder (National Institute of Mental Health).

Emotions can be confusing for kids, and negative emotions are often the cause of anxiety in children. In Mindfulness for Anxious Kids, two child psychologists offer fun and effective mindfulness and emotion regulation activities to help kids cope with anxiety, panic, stress, fear, and worry. Using the skills outlined in this workbook, young readers will learn ways to stay calm and balance their emotions—whether they’re at school, with friends, or at home. The workbook also addresses specific anxiety issues, such separation anxiety, social anxiety, and phobias.

Kid Confidence
Help Your Child Make Friends, Build Resilience, and Develop Real Self-Esteem
Eileen Kennedy-Moore, PhD

Low self-esteem is common for many children. This practical guide helps parents go beyond simple praise to help kids build lasting self-esteem. Help kids cultivate real, lasting confidence. In Kid Confidence, a clinical psychologist and parenting expert offers practical, evidence-based parenting strategies to help children build satisfying relationships and embrace personal growth. Parents will also learn that self-esteem isn’t about telling kids they’re “special.” It’s about helping them embrace the freedom that comes with a quiet ego—a deeply rooted sense of competence, confidence, and compassion for oneself and others.

978-1684030491 | US $16.95
6 x 9 | 224 pp | trade paper | parenting
WORLD RIGHTS
PUB DATE: January 2, 2019
Mindfulness for Student Athletes
A Workbook to Help Teens Reduce Stress and Enhance Performance
Gina M. Biegel, MA, LMFT, and Todd H. Corbin, CPC

- 28.7 million children ages 8 to 17 play youth organized sports in the US. This is the first mindfulness workbook for young athletes.

The pressure to perform well—both on the field and in the classroom—can leave many teen athletes feeling completely stressed out. This unique workbook offers practical and tactical ways to help readers cope with anxiety in the moment, prevent stress in the future, improve athletic performance, and reignite their passion for the game. The mindfulness skills outlined in this book will not only help teens on the field—but in life as well. They’ll be able to take what they’ve learned and apply it to any situation, from job interviews to scoring a touchdown.

978-1684030798 | US $16.95
8 x 10 | 136 pp | trade paper | teen self-help
WORLD RIGHTS
PUB DATE: August 1, 2018

The Insomnia Workbook for Teens
Skills to Help You Stop Stressing and Start Sleeping Better
Michael A. Tompkins, PhD, and Monique A. Thompson, PsyD

- This is the first workbook to use evidence-based cognitive behavioral therapy (CBT) to help teens suffering from insomnia.

Sleep is food for the brain—especially for teens. But between early school start times, social media, extracurricular activities, and late-night homework—teens are at the highest risk of any age group for sleep deprivation. In the long run, insomnia can lead to a host of health and mental health issues—including diabetes and depression. Based on current sleep science and evidence-based cognitive and behavioral interventions to improve sleep, The Insomnia Workbook for Teens helps teens change their sleep habits so that they can feel more alert and ready to face life’s challenges.

978-1684031245 | US $17.95
8 x 10 | 176 pp | trade paper | teen self-help
WORLD RIGHTS
PUB DATE: September 1, 2018

The Mindfulness and Acceptance Workbook for Teen Anxiety
Activities to Help You Overcome Fears and Worries Using Acceptance and Commitment Therapy
Sheri L. Turrell, PhD, Christopher McCurry, PhD, and Mary Bell, MSW

- A teen version of the landmark The Mindfulness and Acceptance Workbook for Anxiety—which has sold more than 125,000 copies.

Teens often try to avoid the things that make them anxious; but avoidance can actually make anxiety worse, and get in the way of reaching goals and living full lives. Written by three experts in teen mental health, this powerful workbook offers proven-effective activities grounded in acceptance and commitment therapy (ACT) to help teens cope with anxiety, build resilience, and lead fuller, more flexible lives.

978-1684031153 | US $16.95
8 x 10 | 168 pp | trade paper | teen self-help
WORLD RIGHTS
PUB DATE: October 1, 2018
Put Your Worries Here
A Creative Journal for Teens with Anxiety
Lisa M. Schab, LCSW

In today’s high-pressure world, many teens feel anxious—at least some of the time. Friends and relationships, getting good grades, peer pressure, and fitting in can all cause us to feel worried. But what if, instead of giving in to the endless cycle of anxious thoughts, we could put them somewhere safe and get back to doing the things that make us happy? In this first-of-its-kind guided journal for teens, author Lisa Schab offers a creative space to help teens work through worry and anxiety using 100 fun and engaging writing- and action-oriented prompts. Most importantly, teens will find a safe space to write and act without rules.

ILLUSTRATED INTERIOR

Lisa M. Schab, LCSW, is a licensed clinical social worker with a private counseling practice in the greater Chicago, IL, area. She has authored sixteen self-help books and workbooks for children, teens, and adults, including The Anxiety Workbook for Teens and Beyond the Blues. Schab resides in Antioch, IL.

Dark Agents, Book One
Violet and the Trial of Trauma
Janina Scarlet, PhD | Illustrations by Vince Alvendia

This spellbinding graphic novel follows the adventures of Violet—a young witch whose mother was burned alive for witchcraft when she was only 6 years old. Violet nearly suffers the same fate, but is rescued by her grandfather. Running from country to country, as well as from herself, Violet never gets a chance to fully process her traumatic experience. When she turns 19, Violet begins training at the Underworld Intelligence Agency (UIA) in hopes of becoming a Dark Agent—someone tasked with keeping the balance between the world of the living and the world of the undead. As she wages war against necromancers and demons, Violet learns to overcome her internal monsters as well.

FULLY ILLUSTRATED INTERIOR

Janina Scarlet, PhD, studied at the City University of New York (CUNY) with a focus on behavioral neuroscience. She has contributed to several pop psychology books, including Star Wars Psychology, and is author of Superhero Therapy. Scarlet resides in San Diego, CA. Illustrator Vince Alvendia is a freelance artist/illustrator native to San Diego, CA.
The Art of Psychic Reiki
Developing Your Intuitive and Empathic Abilities for Energy Healing
Lisa Campion

- There are an estimated 1 million Reiki practitioners in the US, and nearly 170,000 massage therapists using Reiki in their work.

Reiki is a gentle yet powerful, hands-on energy healing method from Japan that’s been gaining in popularity over the last century—not only with bodyworkers and massage therapists in the West, but also with medical professionals who can attest to its healing power. From master Reiki teacher Lisa Campion comes The Art of Psychic Reiki, a one-of-a-kind, step-by-step guide for learning the sacred art of Reiki while cultivating the psychic and empathic skills crucial to this healing energy work. Whether readers are new to Reiki or experienced practitioners, this guide will help them cultivate trust in their natural intuition.

978-1684031214 | US $19.95
7 x 10 | 240 pp | trade paper | spirituality
WORLD RIGHTS
PUB DATE: October 1, 2018

This Extraordinary Moment
Moving Beyond the Mind to Embrace the Miracle of What Is
John Astin, PhD

- This accessible book appeals to readers interested in psychology and Buddhism, as well as students of non-duality and other spiritual seekers.

Anyone attempting to describe the indescribable nature of reality faces the same challenge—how does one use words to explain something that transcends language? Many writers fall into the trap of using more words, but author, spiritual teacher, and health psychologist John Astin takes a different approach: using fewer words instead of more, and grounding them with practical exercises designed to help readers focus on the content of their immediate experiences, rather than their linguistic or conceptual descriptions of them.

978-1684031818 | US $16.95
6 x 9 | 120 pp | trade paper | spirituality
WORLD RIGHTS
PUB DATE: November 1, 2018

The No-Self Help Book
Forty Reasons to Get Over Your Self and Find Peace of Mind
Kate Gustin, PhD

- Playing on the popularity of the self-help genre, this book utilizes the Buddhist concept of “no-self” to address mental health issues.

The No-Self Help Book is the first to take the “self” out of “self-help.” Written by a clinical psychologist and student of Eastern philosophy, this guide offers a radical solution to readers struggling with self-doubt, self-esteem, and self-defeating thoughts: get over your self—it’s time for “no-self” help! With 40 bite-sized chapters full of clever and inspiring insights, this book will help readers break free of their own self-limiting beliefs, so they can realize a more expansive sense of being and discover the unlimited potential of who they really are.

978-1684032174 | US $16.95
5 x 7 | 200 pp | trade paper | spirituality
WORLD RIGHTS
PUB DATE: December 1, 2018
Buddha’s Bedroom
The Mindful Loving Path to Sexual Passion and Lifelong Intimacy
Cheryl M. Fraser, PhD

- A sought-after “love expert,” Buddhist Cheryl Fraser has been featured in numerous publications, and served as the sex and relationships columnist at Mindful.org.

The beginning of a relationship is always thrilling. But as time goes by, the tedium of daily life can diminish passion. In this playful and sexually savvy guide, “Dr. Cheryl” Fraser presents enlivening mindfulness exercises, techniques from couples and sex therapy, and the wisdom of Buddhist teachings to help you spark the desire and thrill you’ve been seeking in your relationship. With this book, couples can break free from the monotony of familiar routines and bring a little nirvana back to the bedroom for a more exciting, loving, and fulfilling connection.

978-1684031184 | US $16.95
6 x 9 | 208 pp | trade paper spirituality/relationships | WORLD RIGHTS
PUB DATE: January 2, 2019

The Invisible Path of the Soul
A Medium Reveals the Secrets to Developing Your Intuition and Connecting with the Spirit World
Austyn Wells

- This book provides a unique combination of grief counseling, spirit communication, and energy exercises to empower readers on their spiritual journey.

Written by spiritual medium Austyn Wells, this book shows readers how to tap into their soul’s wisdom, connect with the universe, and communicate with loved ones in the spirit world. Readers will find practical tools for a soul-centered journey amid everyday life, as well as spiritual techniques like hypnotherapy and regression, shamanism, and energy exercises to improve relationships, make time for self-care, and manage grief.

978-1684031849 | US $16.95
6 x 9 | 232 pp | trade paper | spirituality
WORLD RIGHTS
PUB DATE: February 2, 2019

This Moment Is Your Miracle
Spiritual Tools to Transcend Fear and Experience the Power of the Present Moment
David Hoffmeister

- David Hoffmeister teaches around the world through LivingMiracles.org, and is also prolific on YouTube, with 180,320 subscribers, 203,487,980 views, and 2,094 videos.

We all feel isolated and afraid sometimes, but the truth is, we’re never really alone. As author and spiritual teacher David Hoffmeister points out, it is the deeply ingrained belief that we are separate from everything that prevents us from living a joyful life. This Moment Is Your Miracle addresses this painful yet widespread belief in separation, peeling back the layers of misperception to uncover the divine oneness at the heart of reality, through which we are all connected.

978-1684031870 | US $16.95
6 x 9 | 200 pp | trade paper | spirituality
WORLD RIGHTS
PUB DATE: February 2, 2019
A Clinician’s Guide to Treating OCD
The Most Effective CBT Approaches for Obsessive-Compulsive Disorder
Jan van Niekerk, PhD

978-1626258952 | US $49.95
7 x 10 | 200 pp | trade paper psychology | WORLD RIGHTS
PUB DATE: August 1, 2018

Evolution and Contextual Behavioral Science
An Integrated Framework for Understanding, Predicting, and Influencing Human Behavior
David Sloan Wilson, PhD, and Steven C. Hayes, PhD

978-1626259133 | US $39.95
7 x 10 | 344 pp | trade paper psychology | WORLD RIGHTS
PUB DATE: September 1, 2018

Committed Action in Practice
A Clinician’s Guide to Assessing, Planning, and Supporting Change in Your Client
Patricia A. Bach, PhD, Daniel J. Moran, PhD, and Sonja V. Batten, PhD

978-1626254862 | US $49.95
7 x 10 | 224 pp | trade paper psychology | WORLD RIGHTS
PUB DATE: October 1, 2018

FOR MORE THAN 40 YEARS, NEW HARBINGER HAS BEEN A TRUSTED SOURCE FOR THERAPISTS LOOKING TO BUILD THEIR PROFESSIONAL LIBRARY
New Harbinger is proud to be an independent, employee-owned company. For over forty years, we have published proven-effective self-help books and workbooks, as well as professional resources on topics in psychology, health, and personal growth.

It’s easy to order our books! You can contact us directly, call your favorite rep below, or purchase from your preferred wholesaler.

INTERNATIONAL DISTRIBUTION

AUSTRALIA
John Reed Books
Phone: 61-02-4997-2936
Fax: 61-02-4997-2937
sales@johnreedbooks.com.au
www.johnreedbooks.com.au

CANADA
Raincoast Books
Phone: 604-323-7100
Fax: 604-323-2600
info@raincoast.com
www.raincoast.com

NEW ZEALAND
Bookreps NZ Ltd
Phone: 0064-9-419-2635
Fax: 0064-9-419-2634
sales@bookreps.co.nz
www.bookreps.co.nz

SOUTH AFRICA
Real Books
Phone: 27-837-0643
Fax: 27-837-0645
info@realbooks.co.za
www.realbooks.co.za

UNITED KINGDOM & EUROPE
Little, Brown Book Group
Phone: 44-20-3122-7000
sales@littlebrown.co.uk
www.littlebrown.co.uk

U.S. FIELD REPS

Abraham Associates, Inc.
Phone: 800-701-2489
Fax: 952-927-8089
info@aabookreps.com
www.aabookreps.com
 Territory: ND, SD, NE, KS, MN, IA, MO, WI, IL, MI, IN, KY, OH

Faherty & Associates, Inc.
Phone: 503-639-3113 or 800-824-2888
Fax: 503-598-9850 or 800-257-8646
faherty@fahertybooks.com
www.fahertybooks.com
 Territory: WA, OR, CA, ID, MT, UT, CO, WY, NV, NM, AZ, AK, HI

Frameastic! LLC
Phone: 973-962-0286
Fax: 973-962-4309
cliff@frametastic-llc.com
www.frametastic-llc.com
 Territory: CT, RI, MA

McLemore/Hollern & Associates, Inc.
Phone: 281-360-5204
Fax: 281-360-5215
mchoffice@suddenlink.net
 Territory: TX, OK, LA, AR

Melman-Moster Associates, Inc.
Phone: 862-452-6196
Fax: 973-304-4923
books@melman-moster.com
 Territory: DC, DE, MD, NJ, NY, PA

VOLUME DISCOUNTS
Margo Beren 510-652-0215 ext. 6150
margo.beren@newharbinger.com

INDEPENDENT BOOKSELLERS
Maureen Phelan 510-652-0215 ext. 6144
maureen.phelan@newharbinger.com

SCHOOLS & LIBRARIES
Chris Grady 510-652-0215 ext. 6152
chris.grady@newharbinger.com

FOREIGN RIGHTS
Dorothy Smyk 510-652-0215 ext. 6104
dorothy.smyk@newharbinger.com

PERMISSION REQUESTS
Copyright Clearance Center
Phone: 978-750-8400
Fax: 978-646-8600
info@copyright.com
Request online: www.copyright.com

EXAM & DESK COPIES
www.newharbinger.com/for-professors

PUBLICITY
Cassie Kolias 510-652-0215 ext. 6142
cassie.kolias@newharbinger.com

Erin Heath 510-652-0215 ext. 6124
erin.heath@newharbinger.com

RETURNS
New Harbinger Publications
c/o Publishers Storage and Shipping Corporation
660 South Mansfield Street
Ypsilanti, MI 48197

www.newharbinger.com | 800-748-6273 | 13