SPRING 2013
NEW TITLES AND FEATURED BACKLIST

new harbinger
the best in psychology, self-help & health

INSTANT HELP BOOKS | CONTEXT PRESS | BOAZ PUBLISHING
Dear Friends—

As a psychologist, I understand how difficult it is to treat patients with borderline personality disorder (BPD). People with BPD often engage in destructive coping behaviors, and these behaviors become habits that are hardwired in the brain. Because new resources on this disorder are always needed, we have published *Mindfulness for Borderline Personality Disorder*, a comprehensive mindfulness therapy guide that uses the latest research in neuroscience to help BPD sufferers reduce symptoms and regain a sense of normalcy in their lives.

This season, we are also publishing the first mindfulness-based curriculum for teachers, *Learning to Breathe*. For many young people, anxiety, stress, and difficulties with concentration play an important part in shaping daily experiences, not only at home, but in the classroom. No one understands this more than the teachers who engage with these students every day. This research-based book has a strong theoretical basis in both education and psychology, making it a powerful tool for the classroom.

While structure in the classroom is crucial for children's development, a loving home life is equally important. Children of divorced or separated parents are more likely to be happy and successful in school if their parents can maintain an amicable relationship. This is why we are publishing *Co-Parenting 101*, a comprehensive and upfront look at how to effectively raise kids with an ex-spouse. The authors are co-parents themselves, and in the book they share their own experiences, as well as provide professional advice from co-parenting experts.

Finally, we are excited to offer new editions of some of our bestselling self-help classics: *The PTSD Workbook*, *Disarming the Narcissist*, and *The Trigger Point Therapy Workbook*. These updated editions present new research and techniques to help readers achieve better mental and physical health.

Thank you, as always, for supporting New Harbinger in our effort to get these books into the hands of the people who need them.

—Matthew McKay, PhD, Publisher

For a complete backlist catalog, go to: [http://nhpubs.com/resellers](http://nhpubs.com/resellers)
Calming the Rush of Panic

A Mindfulness-Based Stress Reduction Guide to Freeing Yourself from Panic Attacks and Living a Vital Life

Bob Stahl, PhD, and Wendy Millstine, NC

- Anxiety disorders affect 40 million U.S. adults.
- Bob Stahl is coauthor of The Mindfulness-Based Stress Reduction Workbook, which has sold over 50,000 copies.

Calming the Rush of Panic offers readers powerful mindfulness-based stress reduction (MBSR) practices in a quick, accessible format to help them cope with panic disorder. The book contains guided mindfulness meditations and exercises to help reduce fear, restore feelings of security and safety, stay calm, and get back to living.

Bob Stahl, PhD, founded and directs mindfulness-based stress reduction programs in six medical centers in the San Francisco Bay area. Wendy Millstine, NC, is coauthor of the Five Good Minutes series, Daily Meditations for Calming Your Anxious Mind, and True Belonging. She lives and works in the San Francisco Bay Area.

978-1-60882-526-4 • US $16.95
5 x 7 • 200 pp • trade paper
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e-book available

The Power of Self-Compassion

Using Compassion-Focused Therapy to End Self-Criticism and Build Self-Confidence

Mary Welford, DClinPsy | Foreword by Paul Gilbert, PhD

- Author Mary Welford serves on the executive committee of the Compassionate Mind Foundation, an organization dedicated to the research, supervision, and dissemination of compassion-focused therapy.
- This is the first book to apply compassion-focused therapy (CFT) to self-confidence problems.

The Power of Self-Compassion is based on the groundbreaking new compassion-focused therapy (CFT), developed with foreword writer Paul Gilbert. This book helps readers move beyond traditional ideas about self-esteem, and gives them the tools needed to overcome shame, self-criticism, and self-doubt, so that they can build self-confidence and improve the overall quality of their lives.

Mary Welford, DClinPsy, is a consultant clinical psychologist who lives and works in Greater Manchester. Working alongside Paul Gilbert, she helped to develop compassion-focused therapy (CFT). Foreword writer Paul Gilbert, PhD, is a professor at the University of Derby in the United Kingdom, a founder of compassion-focused therapy (CFT), and the author of The Compassionate Mind.

978-1-57224-983-7 • US $17.95
6 x 9 • 264 pp • trade paper
self-help
ship date: 1 February 2013
e-book available

Breastfeeding Solutions

Quick Tips for the Most Common Nursing Challenges

Nancy Mohrbacher, IBCLC, FILCA

- Nancy Mohrbacher is coauthor of Breastfeeding Made Simple, which has sold over 75,000 copies.
- 75 percent of new mothers breastfeed their babies. By 6 months, only 43 percent are still breastfeeding, due in part to the challenges involved in breastfeeding and the lack of access to resources.
- The book contains line drawings, bulleted lists, tables, and charts—making it easy for mothers to quickly find the breastfeeding solutions they need.

Breastfeeding can not only provide babies with basic nutrition, but can also protect them against illness and obesity, help them develop stronger brains, and can even stop them from developing allergies. But even if you know about the benefits of breastfeeding, you may be experiencing difficulties. You aren’t alone. Breastfeeding can be a difficult process for many women, but fortunately there are simple answers to many of these problems.

As a busy mom, you want quick, practical solutions. Breastfeeding Solutions is the ultimate easy-to-read guide for mothers who are experiencing difficulty breastfeeding. The line drawings, bulleted lists, tables, charts, and other visual aids included in this book make it easy for you to quickly find the breastfeeding solutions you need. You will learn how to overcome challenges such as pain, lack of milk expression, pumping, and weaning, so that you can give your baby the best start in life possible.

Nancy Mohrbacher, IBCLC, FILCA, is an international board-certified lactation consultant, and the author and coauthor of several popular breastfeeding books, Breastfeeding Made Simple, as well as Breastfeeding Answers Made Simple and The Breastfeeding Answer Book. She has helped thousands of breastfeeding families in the Greater Chicago area, and in 2008 she was officially recognized by the International Lactation Consultant Association (ILCA). In addition, she has contributed to the magazine Baby Talk, and has served as editor of New Beginnings, the popular La Leche League magazine for mothers.
Mindfulness, Acceptance, and Positive Psychology

The Seven Foundations of Well-Being

Edited by Todd B. Kashdan, PhD, and Joseph Ciarrochi, PhD

- 18.8 million American adults are affected by depressive disorders, and 13.3 percent are affected by anxiety disorders.

- Editor Todd Kashdan is has been featured in The New York Times, The Washington Post, and on National Public Radio and CNN.

This is the first professional book to successfully integrate key elements of acceptance and commitment therapy (ACT) and positive psychology to promote well-being. Professionals will walk away with concrete, modernized strategies to use in clinical or private practice.

Todd B. Kashdan, PhD, is an associate professor of psychology at the Center for Consciousness and Transformation at George Mason University. Joseph Ciarrochi, PhD, is a professor at University of Western Sydney. He has published a number of books that focus on promoting well-being and effectiveness in all domains of life.
Loving Someone with Anxiety
Understanding and Helping Your Partner
Kate N. Thieda, MS, LPCA

- Nearly a quarter of the adult population will suffer from an anxiety disorder at some point during their life, and 77 percent of people with social anxiety have reported that the disorder has impacted their romantic relationships in negative ways.
- New Harbinger has had great success with books written for the partners of someone with a psychological disorder. Loving Someone with Bipolar Disorder has sold over 110,000 copies.

Loving Someone with Anxiety offers solutions for the partners of people with anxiety issues. Readers will learn how to help their partner feel safe, develop and maintain a strong relationship, and meet their own self-care needs.

Kate N. Thieda, MS, LPCA, is a licensed professional counselor and national certified counselor who serves as an outpatient psychotherapist at Duke University. She is the creator of the blog “Partners in Wellness,” on the award-winning website PsychCentral.com.

PUBLICITY & PROMOTION • Print advertising in Counseling Today and the annual conference guide of the Anxiety and Depression Association of America • Author website promotion • Print campaign to mental health, women’s interest, and relationships editors and bloggers • Features in New Harbinger consumer and professional catalogs • WORLD RIGHTS

When Someone You Love Is Coping with a Mental Health Disorder
Nashwa El-Mallakh, PsyD

This is the only comprehensive, edited volume on the topic of RFT since Steven Hayes’s Relational Frame Theory (2001).

This book presents advances in all aspects of RFT research over the last decade, and provides mental health professionals a greater understanding of the core principles of acceptance and commitment therapy (ACT). Contains chapters written by Steven C. Hayes and Kelly Wilson, both research-active experts from the RFT community around the world.

Jonathan Simon Dymond, PhD, BCBA-D, is a reader in psychology at Swansea University in the UK. Bryan Roche, PhD, has published over 80 articles and book chapters on relational frame theory and related topics. Foreword writer Jan De Houwer, PhD, is head of the research group at Ghent University in Belgium.

PUBLICITY & PROMOTION • Print advertising in The Journal of Contextual Behavioral Science and annual conference guide of the Association for Contextual and Behavioral Science • Features in New Harbinger consumer and professional catalogs and ACT mailer • WORLD RIGHTS

The Mindful and Effective Employee
An Acceptance and Commitment Therapy Training Manual for Improving Well-Being and Performance
Paul E. Flaxman, PhD, Frank W. Bond, PhD, and Fredrik Livheim, MS
Foreword by Steven C. Hayes, PhD

This is the first book to offer step-by-step guidance for implementing acceptance and commitment therapy (ACT) interventions in the workplace. The Mindful and Effective Employee presents a powerful three-session acceptance and commitment therapy (ACT) program for reducing workplace stress and increasing employee effectiveness. Psychologists and human resource professionals will use this program to conduct employee training in workplace settings.

Paul E. Flaxman, PhD, is senior lecturer in psychology at City University London. Frank W. Bond, PhD, is a senior lecturer in the department of psychology at Goldsmiths College, University of London. Fredrik Livheim, MS, is a licensed clinical psychologist at FORUM, a research center for psychosocial health at the Karolinska Institute in Stockholm, Sweden. Foreword writer Steven C. Hayes, PhD, is a University of Nevada Foundation Professor of Psychology at Reno, and author of Acceptance and Commitment Therapy.

PUBLICITY & PROMOTION • Advertising on HR.com and in the annual conference guide of the Association for Behavioral and Cognitive Therapies • Book review campaign to human resources publications and websites • Features in New Harbinger consumer and professional catalogs and ACT/DBT mailer • WORLD RIGHTS
Co-parenting 101
Helping Your Children Thrive after Divorce
Deesha Philyaw and Michael D. Thomas

- The authors were married for twelve years and are currently co-parenting their two daughters. They are the co-founders of CoParenting101.org, and are the hosts of the weekly blog radio show.

- This is the only co-parenting book on the market written by a co-parenting couple.

Co-parenting 101 offers a comprehensive, personal, and upfront look at how to effectively raise kids with an ex-spouse. Through practical tips combined with expert parental strategies, this book will encourage and equip divorced parents to put animosity aside and put their kids first.

Deesha Philyaw is a freelance writer whose work has been anthologized in Literary Mama: Reading for the Maternally Inclined as well as other publications. She lives and works in Pittsburgh, PA. Michael D. Thomas is a managing director and head of real estate loan syndications for PNC Capital Markets in Pittsburgh, PA.

PUBLICITY & PROMOTION
- Print advertising in Counseling Today, Family Therapist, and annual conference guides of the American Association for Marriage and Family Therapy
- Feature on authors’ website
- Print campaign to military, family, parenting, and women’s interest editors
- Campaign to parenting and divorce bloggers and influential Twitter accounts
- TV media campaign
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Mindfulness for Borderline Personality Disorder
Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy
Blaise Aguirre, MD, and Gillian Galen, PsyD

- 1.6 percent of U.S. adults suffer from borderline personality disorder (BPD).

- The mindfulness skills taught in this book are drawn from dialectical behavior therapy (DBT)—a highly successful and evidence-based approach to BPD.

This book offers a mindfulness-based approach to emotion regulation and the common symptoms associated with BPD. The proven-effective mindfulness treatments outlined in this book are based on the authors’ highly successful program at Harvard-affiliated McLean Hospital, and incorporate new research findings on the neurobiology of a BPD sufferer’s brain.

Blaise Aguirre, MD, is an assistant professor of psychiatry at Harvard Medical School and an expert in child, adolescent, and adult psychotherapy, including dialectical behavior therapy (DBT) and psychopharmacology. Gillian Galen, PsyD, is a senior psychologist at McLean Hospital’s Intensive Adolescent Dialectical Behavior Therapy continuum of care at McLean.

PUBLICITY & PROMOTION
- Print advertising in Behavior Therapist and annual conference guides of the Association for Behavioral and Cognitive Therapies
- Trade review campaign
- Online campaign to BPD, mental health bloggers, and support groups
- Campaign to BPD and mental health print media
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Why?
What Your Life Is Telling You about Who You Are and Why You’re Here
Matthew McKay, PhD, Seán ÓLaoire, PhD, and Ralph Metzner, PhD

- Matthew McKay is the author of numerous New Harbinger bestsellers, including Thoughts and Feelings. Combined, his books have sold more than 2.5 million copies worldwide.

- What sets this book apart from the competition is that it offers both spiritual ideas and practical psychological strategies for finding deeper meaning.

- According to recent surveys, the number of Americans who associate themselves with religion has declined; however, more Americans are searching for sources of meaning and spiritual fulfillment than ever before.

Have you ever asked yourself, “Why am I here?” Written by psychologist and bestselling author Matthew McKay, charismatic Silicon Valley spiritual leader Seán ÓLaoire, and bestselling author Ralph Metzner, Why? will help you dismantle tired, old traditions that tell us that we should avoid pain and seek pleasure or pursue power, and shows us that even pain can play an important part in how we choose to live. The book also helps you to create your own cosmology that unites your beliefs with your life’s mission, helps you recognize that individual mission, and outlines exercises to bring you into alignment with this mission via personal practices. Despite these heady topics, the book is written in an accessible, inspiring, and entertaining tone.

We are here to see, to know, to gather whatever wisdom our life offers, and to make use of that wisdom as our soul matures. A seamless blending of deep spirituality, good psychology, and practical living, Why? offers the tools that you need to gain knowledge and awareness of yourself at the deepest level. So get ready to reveal your personal path in life, and begin living life to its fullest.

Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including Self-Esteem, Thoughts and Feelings, and ACT on Life Not on Anger.

Seán ÓLaoire, PhD, is a Catholic priest and licensed clinical psychologist specializing in transpersonal psychology. He has a private counseling practice in Los Altos, CA.

Ralph Metzner, PhD, is a licensed clinical psychologist and professor emeritus at the California Institute of Integral Studies in San Francisco, CA.
The Bullying Workbook for Teens
Activities to Help You Deal with Social Aggression and Cyberbullying
Raychelle Cassada Lohmann, MS, LPC, and Julia V. Taylor, MA
Foreword by Haley Kilpatrick
■ Raychelle Lohmann is the author of The Anger Workbook for Teens, which has sold over 30,000 copies.
■ This is the first self-help workbook written directly for teen victims of bullying and cyberbullying, and includes over 40 workbook activities, anti-bullying tips, and constructive communication skills to build teens’ confidence.

The Bullying Workbook for Teens is the first practical, skills-based teen self-help workbook that addresses both bullying and cyberbullying, an unfortunately common concern for many of today’s teens. The book is designed to help teens learn anti-bullying strategies, build constructive communication skills to help them express their feelings and manage their emotions, and gain confidence in themselves and their interactions with others.

Raychelle Cassada Lohmann, MS, LPC, is a National Board Certified Counselor, a Licensed Professional Counselor, and the author of The Anger Workbook for Teens. She lives and works in SC. Julia V. Taylor, MA, is the dean of student services for the Wake Young Women’s Leadership Academy, a public, all girls’ school located in Raleigh, NC. Foreword writer Haley Kilpatrick is the founder and Executive Director of Girl Talk, a national nonprofit organization through which high school girls mentor middle school girls, in Atlanta, GA.

PUBLICITY & PROMOTION
• Print advertising in annual conference guides of the American School Counselor Association and the American Association for Marriage and Family Therapy
• Print campaign to teen, family, parenting, LGBT parenting, and women’s interest editors
• Print and online campaign to teen editors at major metropolitan dailies
• Online publicity campaign to anti-bullying blogs and support groups
• Campaign to national news programs and high wattage radio programs in major media cities
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The Self-Esteem Workbook for Teens
Activities to Help You Build Confidence and Achieve Your Goals
Lisa Schab, LCSW
■ Lisa Schab is the bestselling author of a number of books, including The Anxiety Workbook for Teens. Combined, her books have sold over 125,000 copies.
■ 7 in 10 teen girls suffer from low self-esteem and poor self-image. 75 percent of girls with low self-esteem engage in activities such as disordered eating, cutting, bullying, smoking, and drinking.

The Self-Esteem Workbook for Teens provides practical advice and activities to help teens gain confidence, respond effectively to criticism, be assertive, and set and achieve goals. The book promotes acceptance, compassion, and validation as powerful confidence-building techniques, and contains 40 activities to help the reader make positive changes in his or her life.

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

PUBLICITY & PROMOTION
• Print advertising in the annual conference guides for the National Association of Social Workers and the American Association for Marriage and Family Therapy
• Author website promotion
• Book announcement and review copies to parenting, family therapy, and counseling publications
• Campaign to parenting and teen bloggers
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Powerful Tools for Today’s Teens
The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness
Using Acceptance and Commitment Therapy to Free Yourself from Fear and Reclaim Your Life
Jan E. Fleming, MD, and Nancy L. Kocovski, PhD
Foreword by Zindel V. Segal, PhD

- 13 percent of the general population has a lifetime diagnosis of social phobia.

- Similar books, The Shyness and Social Anxiety Workbook and 10 Simple Solutions to Shyness, have sold a total of over 75,000 copies.

Two leading social anxiety researchers present an acceptance and commitment therapy (ACT)-based workbook filled with assessments and exercises designed to help those with social anxiety or shyness. The book includes guided mindfulness exercises and worksheets.

Jan E. Fleming, MD, is a psychiatrist and associate professor of psychiatry at the University of Toronto. Nancy L. Kocovski, PhD, is a clinical psychologist and associate professor of psychology at Wilfrid Laurier University in Waterloo, Ontario, Canada. Foreword writer Zindel V. Segal, PhD, is professor in the departments of psychiatry and psychology at the University of Toronto and head of the cognitive behavioral therapy clinic of the mood and anxiety disorders program.

PUBLICITY & PROMOTION
- Print advertising in Counseling Today and the annual conference guide of the Association for Behavioral and Cognitive Therapies
- Print campaign to women's interest, health, business, and general interest publications and editors
- Radio campaign to regional and national shows
- Online publicity campaign to blog reviewers and online magazines
- Features in New Harbinger consumer and professional catalogs and ACT/DBT mailer

Mindfulness and Acceptance for Counseling College Students
Theory and Practical Applications for Intervention, Prevention, and Outreach
Edited by Jacqueline Pistorello, PhD

- 9 percent of college students seek help at college counseling centers for mental health needs.

- This is the first book to describe how mindfulness-based approaches can be used to treat students with mental health issues.

This book explores how mindfulness and acceptance-based approaches, such as acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindfulness-based stress reduction (MBSR) are being utilized by college counseling centers around the world to treat student mental health problems like severe depression, substance abuse, and eating disorders.

Jacqueline Pistorello, PhD, is a clinical and research faculty member at the University of Nevada, Reno, where she has worked with college students for over a decade.

PUBLICITY & PROMOTION
- Book announcement and review copies to family therapy, counseling, and psychology publications
- Features in New Harbinger consumer and professional catalogs and ACT mailer

Learning to Breathe
A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance
Patricia C. Broderick, PhD
Foreword by Myla Kabat-Zinn, RN, BSN, and Jon Kabat-Zinn, PhD

- 10 percent of public schoolteachers quit during the first year, most reporting serious problems with disruptive students.

- As a mindfulness teacher, certified counselor, and school psychologist, Patricia Broderick has first-hand knowledge of the problems adolescents face in an academic setting.

- While there are many support programs available for younger children with social and emotional problems, this is the first curriculum for adolescents based in mindfulness therapy.

This breakthrough book presents a research-based curriculum for teachers and clinicians who are seeking ways to help improve behavior and bolster academic performance in adolescents. The brief mindfulness-based interventions outlined in the book are proven effective when it comes to dealing with adolescent students.

Designed for use by teachers and mental health professionals, this easy-to-use manual is structured around six themes built upon the acronym BREATHE, and each theme has a core message: Body, Reflection, Emotions, Attention, Tenderness, and Healthy Mind Habits. This book is the perfect tool for empowering students as they grapple with the psychological tasks of adolescence.

Patricia C. Broderick, PhD, is a research associate at the Pennsylvania State Prevention Research Center and founder of the Stress Reduction Center at West Chester University in Pennsylvania. She is a licensed clinical psychologist, a certified school psychologist, and counselor for grades K-12, and she is a graduate of the mindfulness-based stress reduction advanced practicum at the Center for Mindfulness at UMASS.

Foreword writer Myla Kabat-Zinn, RN, BSN, is coauthor of Everyday Blessings. She has lead workshops on mindful parenting in the U.S. and in Europe. Foreword writer Jon Kabat-Zinn, PhD, is professor of medicine emeritus at the University of Massachusetts Medical School and is internationally known for his work in mindfulness treatments.
Goodnight Mind

Turn Off Your Noisy Thoughts and Get a Good Night’s Sleep
Colleen E. Carney, PhD, and Rachel Manber, PhD

- Insomnia is the most common sleep complaint across all stages of adulthood, and for millions, the problem is chronic.
- This is the first small-format, easy-to-use guide for insomnia that is based in cognitive behavioral therapy (CBT). Its small size and accessibility make it perfect for late-night reading.

Two psychologists specializing in sleep and mood disorders offer readers an easy-to-use, friendly guide to getting to sleep when their mind is spinning and their thoughts won’t quiet down. This book offers evidence-based cognitive behavioral therapy (CBT) techniques to help readers overcome insomnia and get a good night’s sleep.

Colleen E. Carney, PhD, is an assistant professor and director of the Sleep and Depression Program at Ryerson University in Toronto, Canada. Rachel Manber, PhD, is the director of the Insomnia & Behavioral Sleep Medicine Program at the Sleep Disorders Center at Stanford University.

PUBLICITY & PROMOTION
- Print advertising in Tricycle, Shambhala Sun, Family Therapist, Shelf Awareness for Readers, and in the annual conference guide of the Association for Behavioral and Cognitive Therapies
- Author book trailer
- Book review campaign to library trade publications
- Print and online campaign to women’s health, alternative health, and health editors
- Campaign for insomnia bloggers and support groups and family medicine magazines
- National television outreach
- Features in New Harbinger consumer and professional catalogs
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5 x 7 • 192 pp • trade paper
self-help
ship date: 1 may 2013
e-book available

Disarming the Narcissist, Second Edition

Surviving and Thriving with the Self-Absorbed
Wendy T. Behary, LCSW | Preface by Daniel J. Siegel, MD

- Now in its second edition, Disarming the Narcissist has sold over 75,000 copies.
- This is one of the few books on NPD that offers compassion and empathy as methods for dealing with narcissists.

Disarming the Narcissist is a practical, step-by-step communication guide for coping with and confronting a narcissist. This edition includes new chapters dealing with narcissistic women, aggressive and abusive narcissists, strategies for safety, and the link between narcissism and sex addiction.

Wendy T. Behary, LCSW, is founder and clinical director of the Cognitive Therapy Center of New Jersey and a faculty member at the Cognitive Therapy Center and Schema Therapy Institute of New York. Preface writer Daniel J. Siegel, MD, is the author of The Mindful Brain, and an associate clinical professor at the UCLA School of Medicine Center for Human Development.

PUBLICITY & PROMOTION
- Print advertising in Psychotherapy Networker, Psychology Today and in annual conference guides for the National Association for Social Workers and the American Psychological Association
- National television campaign to cable and network news and TV news magazines
- Trade review campaign
- Campaign to women’s interest, relationship, divorce, retirement, caregiver, and mental health bloggers and editors
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6 x 9 • 224 pp • trade paper relationships
ship date: 1 june 2013
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PUBLICITY & PROMOTION
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- Book alert to massage, fitness, and health editors
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The Trigger Point Therapy Workbook, Third Edition

Your Self-Treatment Guide for Pain Relief
Clair Davies, NCTMB, with Amber Davies, LMT, NCTMB

- A classic in its field, Trigger Point Therapy Workbook has sold over 400,000 copies
- This new edition includes pain patterns, postural assessments, muscle tests, and more to help those in pain find effective treatment.

This new edition of the bestselling Trigger Point Therapy Workbook outlines user-friendly and updated methods of self-massage to help relieve pain. This edition also contains new techniques, drawings, and tips to help readers find and treat trigger points.

Clair Davies, NCTMB (Nationally Certified in Therapeutic Massage and Bodywork), was a member of the American Massage Therapy Association. Now deceased, Davies specialized in trigger point massage for the treatment of pain. Amber Davies, LMT, NCTMB, leads a hands-on seminars for practitioners interested in mastering location, palpation, and treatment of myofascial trigger points in Louisville, KY.

PUBLICITY & PROMOTION
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- Book alert to massage, fitness, and health editors
- Features in New Harbinger consumer and professional catalogs
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978-1-60882-494-6 • US $24.95
8.5 x 11 • 368 pp
trade paper • health
ship date: 1 june 2013
- large print available
e-book available

PUBLICITY & PROMOTION
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The Interpersonal Problems Workbook
ACT to End Painful Relationship Patterns
Matthew McKay, PhD, and Patrick Fanning
- Matthew McKay has authored numerous books with a combined sales of more than 2.5 million copies worldwide.
- This is the first workbook to offer a schema therapy approach combined with acceptance and commitment therapy (ACT) for dealing with interpersonal problems.

This book combines research and evidence-based techniques for strengthening relationships in all areas in life — whether it’s at home, at work, with a significant other, a parent, or a child. The skills in this workbook are based in both schema therapy and acceptance and commitment therapy (ACT), and are designed to help readers connect and communicate effectively with those around them.

Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA, and has authored and coauthored numerous books, including Thoughts and Feelings. Patrick Fanning is a professional writer in the mental health field. He is author of Visualization for Change.

Yoga for Emotional Trauma
Meditations and Practices for Healing Pain and Suffering
Mary NurrieStearns, LCSW, RYT, and Rick NurrieStearns
- 60 percent of Americans have experienced a traumatic event in their lives.
- This is the first book to combine yoga and mindfulness exercises to free the mind, body, and spirit from the negative impact of past trauma.

In Yoga for Emotional Trauma, a psychotherapist and a meditation teacher present a yogic approach to emotional trauma by instructing readers to apply mindful awareness, breathing, yoga postures, and mantras to their emotional and physical pain.

Mary NurrieStearns, LCSW, RYT, is a psychotherapist and yoga teacher with a counseling practice in Tulsa, OK. Rick NurrieStearns is a meditation teacher, coauthor of the book Yoga for Anxiety and coeditor of Soulful Living.

Courage after Fire for Parents
Strategies for Coping When Your Son or Daughter Returns from Deployment
Paula Domenici, PhD, Keith R. Armstrong, LCSW, and Suzanne Best, PhD
- 4 million parents have a son or daughter who has been deployed to Iraq or Afghanistan. 15 to 30 percent of soldiers return with mental health problems, such as PTSD, anxiety, or depression.
- The authors have worked extensively with returning service members and their families. Keith Armstrong is director of the San Francisco Veteran Administration’s family therapy program.
- More than 840,000 of returning soldiers are under the age of twenty-four at the time of deployment. As a result, more and more parents are taking on the role of caretaker. This is the first self-help book designed to help these parents.

In Courage after Fire for Parents, three psychologists provide a compassionate and accessible guide for the parents or guardians of returning troops. Based in cognitive behavioral therapy (CBT), this is the only self-help book written specifically for the parents of returning soldiers, and it offers coping strategies and practical tips for helping these heroes recover from physical and mental trauma when they return home.

After returning from deployment, many soldiers need assistance in readjusting to civilian life, and some may require intensive care in their recovery from physical or psychological injuries, or a challenging intermingling of the two. Even in the best of circumstances, parents play an instrumental role in helping their military sons and daughters successfully reintegrate post-deployment. This book is a valuable resource for any parent whose child has returned from war.

Paula Domenici, PhD, is a counseling psychologist who has worked with service members and veterans for several years. She lives and works in Washington, DC.

Keith R. Armstrong, LCSW, is professor of psychiatry at the University of California, San Francisco and director of the San Francisco Veteran Administration’s (SFVA) Family Therapy Program.

Suzanne Best, PhD, is a clinical psychologist in Portland, OR. She specializes in the study, evaluation, and treatment of PTSD and other trauma-related conditions.
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