

# SPRING 2017

NEW TITLES *and* FEATURED BACKLIST



newharbinger

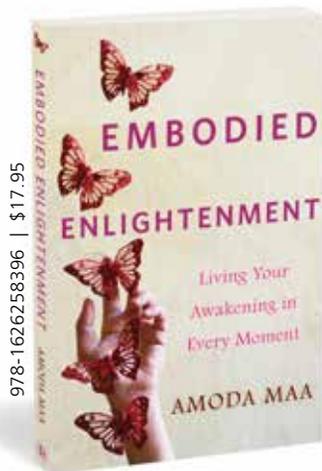
*the best in psychology, self-help, spirituality & health*

INSTANT HELP BOOKS | NON-DUALITY PRESS | REVEAL PRESS  
CONTEXT PRESS | IMPACT PUBLISHERS

# Announcing REVEAL PRESS

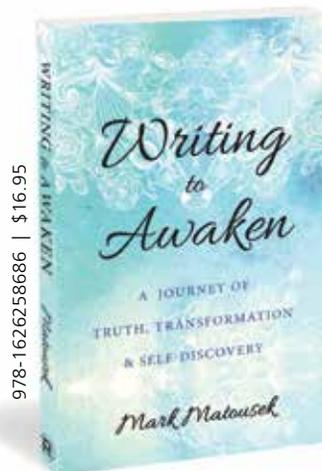
For more than forty years, it's been our mission to publish books that promote wellness in both body and mind. But for true well-being and genuine happiness in life, we believe that the *spirit* must also be nourished. And so New Harbinger is proud to introduce our newest imprint, **Reveal Press**.

**Reveal Press** books are ideal for the spiritual seeker, inviting readers to explore consciousness, spirituality, humanity, and the nature of the universe from a nondenominational perspective. These accessible, transformational guides—including new books from **Amoda Maa Jeevan** and **Mark Matousek**, along with a compendium of work by **Ralph Metzner, PhD**—encourage explorations to deepen readers' sense of themselves and the world around them, and create more connected, and more meaningful, lives.



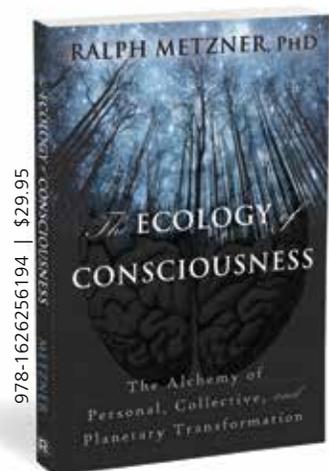
PUB DATE: **June 2017**

What if the call to awaken is meant for us all, and how can we consciously live that awakening in the midst of our complex, everyday lives? This book presents a unique expression of living with awakened consciousness.



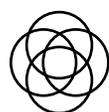
PUB DATE: **July 2017**

An inspirational investigation of the self through expressive writing, this book will guide readers along the path of awakening and understanding through self-inquiry and radical truth-telling, and toward a more authentic, liberated life.



PUB DATE: **February 2017**

A Harvard scholar and pioneer in the field of consciousness studies presents an expansive work culminating decades of research in Eastern philosophy, shamanism, and more, to offer readers a complete approach to transformation.



## REVEAL PRESS

Dear Friends—

It's with great excitement that I announce the launch of our newest imprint, Reveal Press. Reveal books explore spirituality, wisdom traditions, humanity, and the nature of the universe from a non-dogmatic, transformational perspective. Perfect for the spiritual seeker, these titles offer a path for readers to deepen their awareness of themselves and the world, and in turn create more fulfilling lives and connections. These unique books offer new ideas about consciousness, and encourage explorations that allow readers to engage more deeply and find meaning in every aspect of life.

This season from Reveal Press, we're proud to present ***Embodied Enlightenment***, an exclusive take on living a fully enlightened life by contemporary spiritual teacher Amoda Maa Jeevan; and ***Writing to Awaken***, by the award-winning author of *Sex Death Enlightenment*, Mark Matousek, a guide to self-transformation through expressive writing.

From another New Harbinger imprint, Impact Publishers, we're also pleased to announce a new edition of the best-selling self-help classic ***Your Perfect Right***—with over 1.3 million copies sold. Fully revised and updated, this forty-fifth anniversary tenth edition of the leading assertiveness guide includes a new introduction by coauthor Robert Alberti, and up-to-date research and information on anger and interpersonal communication.

Also, under our Instant Help imprint, we're excited to publish ***Stuff That Sucks*** to help teens struggling with negative thoughts and emotions. This fun and practical guide marks another addition to our highly successful *Instant Help* series.

Finally, New Harbinger presents ***The Hormone Myth***, a book that challenges the deeply ingrained stereotype of the irrational woman at the mercy of her hormones by taking a close look at the junk science and gender politics that drive its perpetuation. This exploration of women's hormonal lives will help readers develop an appreciation for these natural changes, and dispel the damaging image of the hormone-crazed woman so firmly entrenched in our culture.

It's our continued mission to offer books that help readers increase awareness, create positive change, and transform their lives for the better. As always, we thank you for your support.



Sincerely,

—Matthew McKay, PhD, Publisher

# what's inside...

## new releases

self-help	2
spirituality	6
health	12
parenting	14
teen self-help	16
psychology	20

## recently published

21

## best sellers

22

## featured backlist

teen self-help	23
self-help	24
spirituality	25
health	26
parenting	27
psychology	28

## contact us

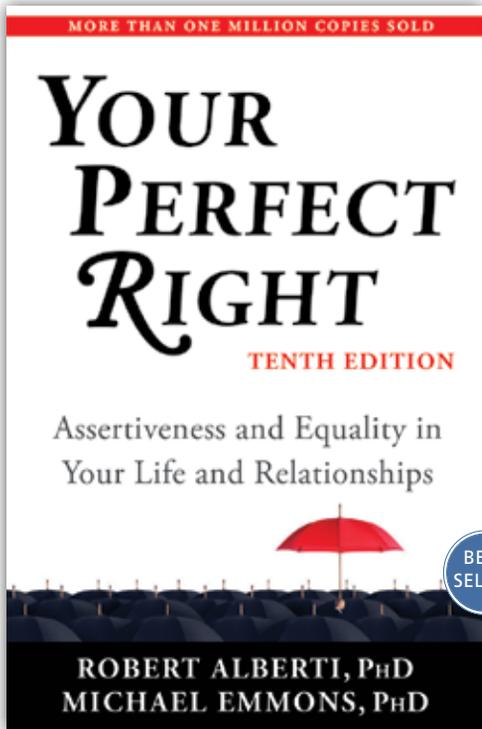
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[http://edelweiss.abovethetree.com/  
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## Your Perfect Right, Tenth Edition

*Assertiveness and Equality in Your Life and Relationships*

Robert Alberti, PhD, and Michael Emmons, PhD

- Previous editions of *Your Perfect Right* (ISBN: 978-1886230859) have sold 1.3 million copies. *The Journal of Counseling & Development* calls it “the bible of assertive training.”
- Assertiveness has been a strong category for New Harbinger. *The Assertiveness Workbook* (ISBN: 978-1572242098) has sold over 80,000 copies.

978-1626259607 | US \$19.95  
 6 x 9 | 312 pp | trade paper | self-help  
 PUB DATE: **March 1, 2017**

Everyone needs a little help getting along with others. Assertiveness is a key social skill, as well as a tool for making relationships more equal. Learning to respond more effectively to others can help reduce stress and increase one’s sense of self-worth. Enter *Your Perfect Right*—the leading assertiveness guide with over 1.3 million copies sold. In this fully updated and revised tenth edition, readers will learn practical advice on dealing with difficult people, handling criticism, and expressing their feelings. They’ll also discover how to use humor in conflict resolution, ways to clarify others’ intentions, and how to distinguish between encouraging and discouraging communication habits.

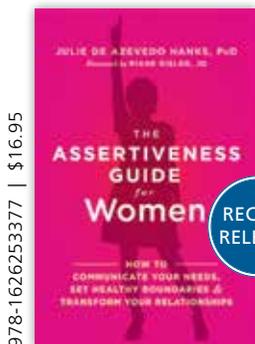
The program in this book will help readers develop effective ways to express themselves, maintain self-respect, and show respect for others. Assertiveness is an alternative to personal powerlessness or manipulation. And this is not a “me-first” book—it’s all about equal-relationship assertiveness! This edition also includes a new introduction by coauthor Robert Alberti, in addition to research and information on the subjects of anger and interpersonal communication.



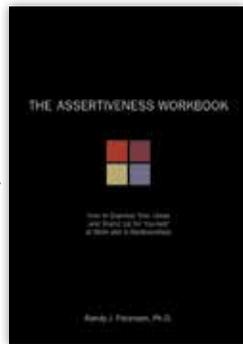
**Robert Alberti, PhD**, has received international recognition for his work, which has been praised as the “gold standard” for psychological self-help. The author of eight books and the editor of more than 100 popular and professional psychology books, he collaborated with the late Bruce Fisher on *Rebuilding: When Your Relationship Ends*, a best-selling guide to surviving divorce. **Alberti resides in Atascadero, CA.**

**Michael Emmons, PhD**, is a psychologist, consultant, and author or coauthor of seven books. He became synonymous with assertiveness training when he coauthored *Your Perfect Right* with Robert Alberti. **Emmons resides in San Luis Obispo, CA.**

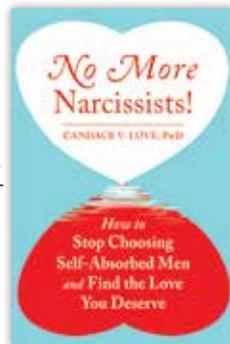
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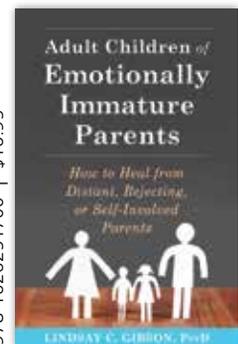
978-1626253377 | \$16.95



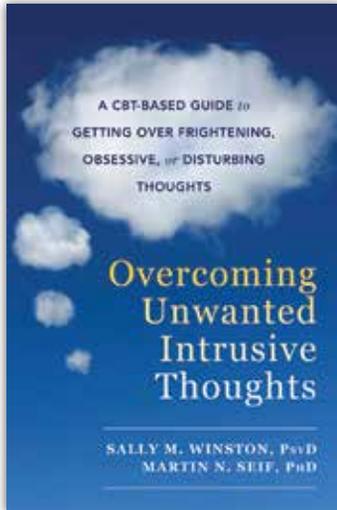
978-1572242098 | \$21.95



978-1626253674 | \$16.95



978-1626251700 | \$16.95



- 60 million people in the US suffer from unwanted, intrusive thoughts.
- Sally M. Winston served as chair of the Clinical Advisory Board of the Anxiety and Depression Association of America (ADAA).

978-1626254343  
 US \$16.95  
 6 x 9 | 184 pp  
 trade paper | self-help  
 PUB DATE:  
 March 1, 2017

## Overcoming Unwanted Intrusive Thoughts

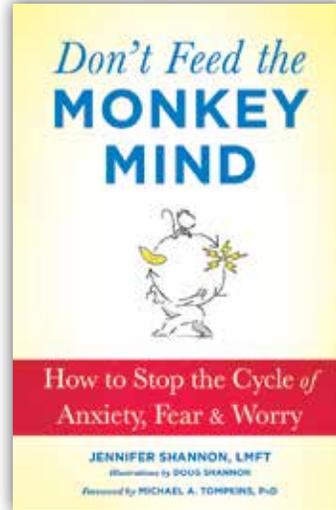
*A CBT-Based Guide to Getting Over Frightening, Obsessive, or Disturbing Thoughts*

Sally M. Winston, PsyD, and Martin N. Seif, PhD

For readers plagued by unwanted, intrusive, or even disturbing thoughts—thoughts that scare them or that they can't tell anyone—this book may be a life changer. In this compassionate guide, readers will discover different kinds of unwanted thoughts, myths that surround thoughts, and how the brain has a tendency to get “stuck” in a cycle of rumination. They'll also learn why common techniques to get rid of these thoughts can backfire. Finally, they'll learn powerful cognitive behavioral skills to help cope with and move beyond their thoughts—without dread, guilt, or shame.

**Sally M. Winston, PsyD**, founded and directed the anxiety disorders treatment program at The Sheppard and Enoch Pratt Hospital in Towson, MD. She is coauthor, with Martin N. Seif, of *What Every Therapist Needs to Know About Anxiety Disorders*. **Winston** resides in Towson, MD. **Martin N. Seif, PhD**, cofounded the Anxiety and Depression Association of America. **He** maintains a private practice in Manhattan and in Greenwich, CT.

**PUBLICITY & PROMOTION** • Advertising in the *Behavior Therapist*, and in the annual conference guides of the Association for Behavioral and Cognitive Therapy, the Anxiety and Depression Association of America, and the American Psychological Association • Advertising on google.com and psychcentral.com • Features in e-mail programs • Campaign to DBT, emotion regulation, CBT, and BPD communities • **WORLD RIGHTS**



- 42 million people in the US live with anxiety.
- This book utilizes the concept of defusion, a powerful evidence-based tool that allows readers to gain distance from troubling thoughts and fears.

978-1626255067  
 US \$16.95  
 6 x 9 | 200 pp  
 trade paper | self-help  
 PUB DATE:  
 April 1, 2017

## Don't Feed the Monkey Mind

*How to Stop the Cycle of Anxiety, Fear, and Worry*

Jennifer Shannon, LMFT

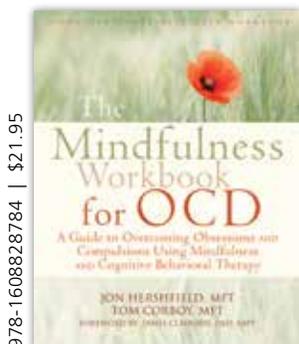
Illustrations by Doug Shannon

Foreword by Michael A. Tompkins, PhD

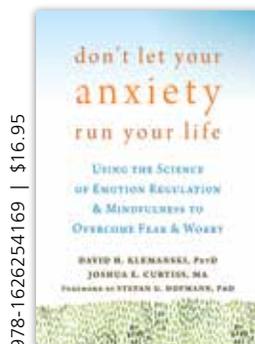
Ancient sages compared the human mind to a monkey: constantly chattering, hopping from branch to branch—endlessly moving from fear to safety. We can't switch off the “monkey mind,” but we *can* stop feeding it—or stop rewarding it for avoidance. Written by psychotherapist Jennifer Shannon, and featuring fun illustrations, this book shows readers how to stop anxious thoughts using proven-effective cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and mindfulness techniques. By following the exercises, readers will learn to identify their own anxious thoughts, question those thoughts, and uncover the core fears at play.

**Jennifer Shannon, LMFT**, is author of *The Shyness and Social Anxiety Workbook for Teens*. She is cofounder of the Santa Rosa Center for Cognitive-Behavioral Therapy in Santa Rosa, CA. **Doug Shannon** is a freelance cartoonist who resides in Santa Rosa, CA. **Michael A. Tompkins, PhD**, is founding partner of the San Francisco Bay Area Center for Cognitive Therapy. **He** resides in Oakland, CA.

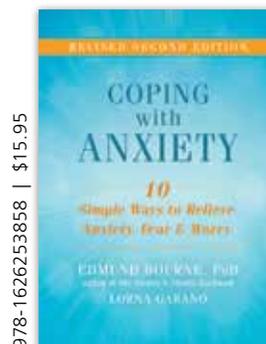
**PUBLICITY & PROMOTION** • Advertising in the *Behavior Therapist*, in the annual conference guide of the Association for Behavioral and Cognitive Therapy, and online • Features in New Harbinger e-mail programs and campaign to anxiety disorders, ACT, CBT, and mindfulness communities • National broadcast media campaign • **WORLD RIGHTS**



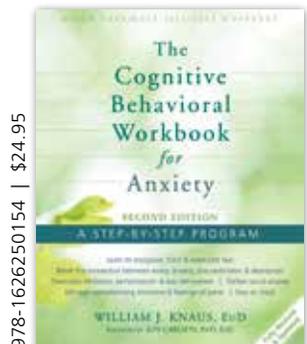
978-1608828784 | \$21.95



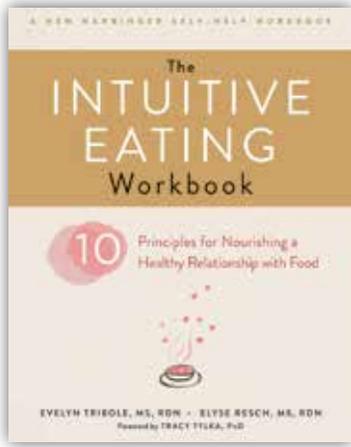
978-1626254169 | \$16.95



978-1626253858 | \$15.95



978-1626250154 | \$24.95



■ This workbook is based on the authors' best-selling book, *Intuitive Eating* (ISBN: 978-0312321239), which has sold over 200,000 copies worldwide.

978-1626256224 |  
 US \$21.95  
 8 x 10 | 244 pp  
 trade paper | self-help  
 PUB DATE:  
**April 1, 2017**

## The Intuitive Eating Workbook

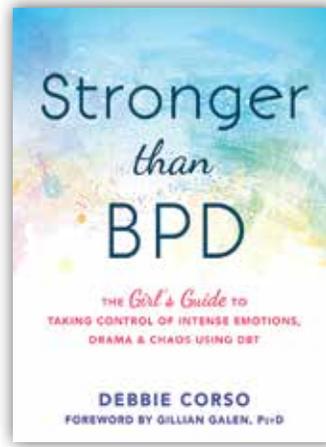
*Ten Principles for Nourishing a Healthy Relationship with Food*

Evelyn Tribole, MS, RDN, and Elyse Resch, MS, RDN  
 Foreword by Tracy Tylka, PhD

Based on the authors' best-selling book, *Intuitive Eating*, this workbook can show readers who are fed up with dieting how to enjoy food again. *The Intuitive Eating Workbook* offers a new way of looking at food and mealtime by showing readers how to recognize the body's natural hunger cues. Structured around the ten principles of intuitive eating, the mindful approach in this workbook encourages readers to abandon unhealthy weight control behaviors, develop positive body image, and—most importantly—stop feeling distressed around food!

Evelyn Tribole, MS, RDN, is an award-winning registered dietitian. She has appeared on CNN, NBC's *Today Show*, and MSNBC; in *USA Today*, *The Wall Street Journal*, and *People* magazine; and more. Tribole resides in Laguna Niguel, CA. Elyse Resch, MS, RDN, is a nutrition therapist with decades of experience. The coauthor of *Intuitive Eating* with Evelyn Tribole, her work has been profiled on CNN, NBC, and *USA Today*, among others. Resch resides in Santa Monica, CA. Foreword author Tracy Tylka, PhD, is professor of psychology at the Columbus and Marion campuses of The Ohio State University.

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■ This book offers practical guidance from the ground level, rather than a therapist's point of view. Debbie Corso is a popular mental health blogger in recovery from BPD.

978-1626254954  
 US \$16.95  
 6 x 8 | 176 pp  
 trade paper | self-help  
 PUB DATE:  
**April 1, 2017**

## Stronger Than BPD

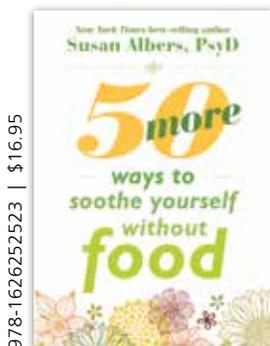
*The Girl's Guide to Taking Control of Intense Emotions, Drama, and Chaos Using DBT*

Debbie Corso  
 Foreword by Gillian Galen, PsyD

Women with borderline personality disorder (BPD) may experience extreme emotional ups and downs that make life difficult to navigate. But with the right tools, they can overcome these symptoms. This book offers practical, evidence-based dialectical behavior therapy (DBT) skills to help readers manage the intense emotions and negative self-image that can occur with BPD. This easy-to-use guide, with personal examples and real-life stories, will help readers apply the fundamentals of DBT—such as mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness—to their own lives for relief.

Debbie Corso is in recovery from BPD—through hard, consistent work with DBT, she no longer meets the diagnostic criteria. A cofacilitator of online, worldwide DBT groups, she resides in the San Francisco Bay Area. Foreword writer Gillian Galen, PsyD, is director for 3East, an intensive residential DBT program for young women exhibiting self-endangering behaviors and BPD traits, McLean Hospital, a Harvard Medical School affiliate. She resides in Lexington, MA.

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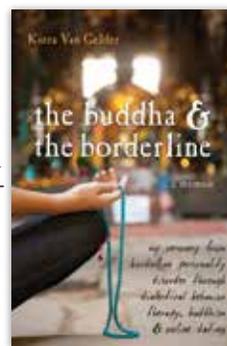


978-1626252523 | \$16.95

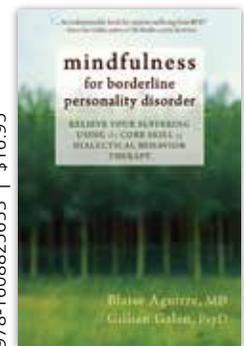


978-1626253278 | \$16.95

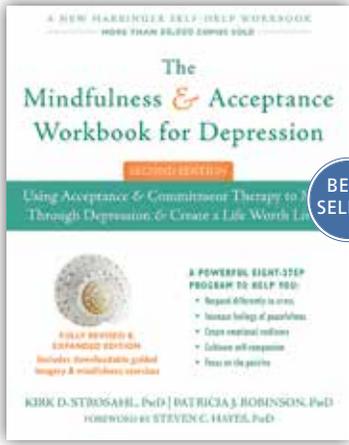
RECENT RELEASE



978-1572247109 | \$17.95



978-1608825653 | \$16.95



■ 3 million people in the US suffer from depression.

BEST SELLER

978-1626258457  
 US \$24.95  
 8 x 10 | 328 pp  
 trade paper | self-help  
 PUB DATE:  
 May 1, 2017

## The Mindfulness and Acceptance Workbook for Depression, Second Edition

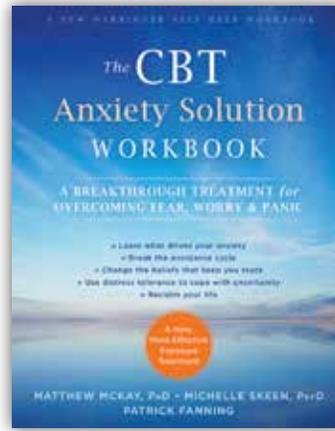
*Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living*

Kirk D. Strosahl, PhD, and Patricia J. Robinson, PhD  
 Foreword by Steven C. Hayes, PhD

Fully revised and updated, this second edition includes skills based on new research and contributions from mindfulness, self-compassion, and neuroscience to show readers how changing daily behaviors and practicing new skills can literally reshape the brain. Using techniques from acceptance and commitment therapy (ACT) to offer a new treatment plan for depression, this workbook will help readers accept their feelings instead of trying to avoid them.

**Kirk D. Strosahl, PhD**, is cofounder of ACT, a cognitive behavioral approach that's gained widespread adoption in the field of mental health. Coauthor of *Brief Interventions for Radical Change*, he resides in Zillah, WA. **Patricia J. Robinson, PhD**, is director of training and program evaluation at Mountainview Consulting Group. She is coauthor of *The Mindfulness and Acceptance Workbook for Depression*. Robinson resides in Portland, OR. **Steven C. Hayes, PhD**, is cofounder of ACT. He resides in Reno, NV.

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■ Cognitive behavioral therapy (CBT) is the most widely used therapy for anxiety disorders.

978-1626254749  
 US \$24.95  
 8 x 10 | 248 pp  
 trade paper | self-help  
 PUB DATE:  
 July 1, 2017

## The CBT Anxiety Solution Workbook

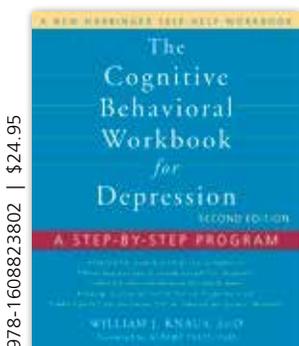
*A Breakthrough Treatment for Overcoming Fear, Worry, and Panic*

Matthew McKay, PhD, Michelle Skeen, PsyD, and Patrick Fanning

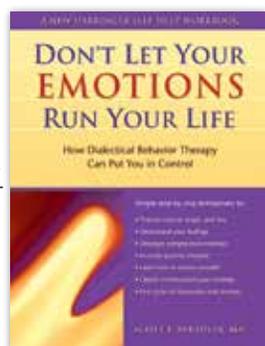
Using a breakthrough approach combining proven-effective cognitive behavioral therapy (CBT) and exposure therapy, this workbook helps readers understand how worry and rumination drive anxiety, and offers practical exercises for adopting new habits of observing thoughts, rather than accepting them as the “ultimate truth.” Readers will also develop mindfulness and self-soothing coping skills to help manage anxiety in the moment, rather than avoid it. Over time, these practices will show readers that they are more powerful than their anxiety.

**Matthew McKay, PhD**, is a professor at The Wright Institute in Berkeley, CA. The author and coauthor of numerous books, he specializes in the cognitive behavioral treatment of anxiety and depression. McKay resides in the greater San Francisco Bay Area. **Michelle Skeen, PsyD**, is a therapist, author, and host of *Relationships 2.0 with Dr. Michelle Skeen* on KCAA Radio 1050 AM. She resides in San Francisco, CA. **Patrick Fanning** is a professional writer in the mental health field. He resides in Graton, CA.

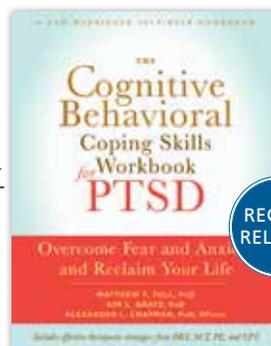
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978-1608823802 | \$24.95

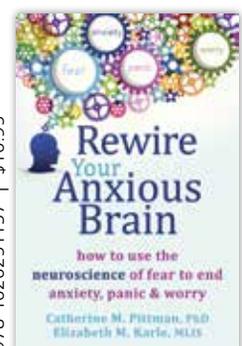


978-1572243095 | \$19.95



978-1626252240 | \$21.95

RECENT RELEASE



978-1626251137 | \$16.95

# Being Aware of Being Aware

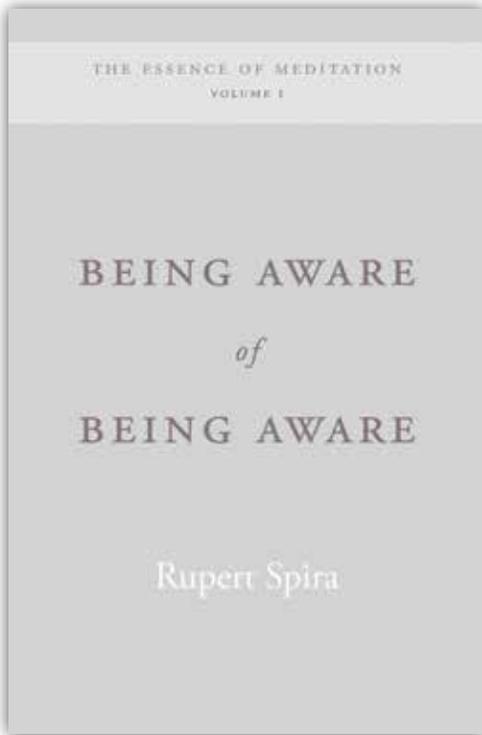
Rupert Spira

- This inaugural collection of essays is a rare, gentle introduction to non-duality that will leave readers eagerly awaiting the next volume. It will appeal to fans of Eckhart Tolle's *The Power of Now* (ISBN: 978-1577314806 ) and Deepak Chopra's *The Seven Spiritual Laws of Success* (ISBN: 978-1878424112).
- Author Rupert Spira is a luminary in the non-dual community with an impressive following, including more than 20,000 subscribers and 4 million views on YouTube, 14,000 likes on Facebook, and 2,800 followers on Twitter.

978-1626259966 | US \$14.95

6 x 9 | 104 pp | trade paper | spirituality

PUB DATE: **April 1, 2017**



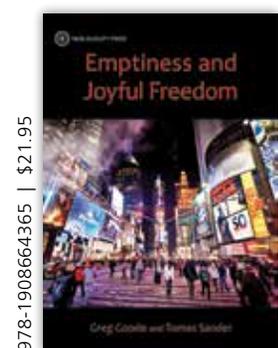
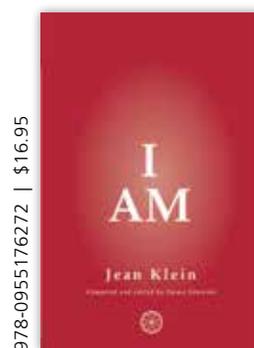
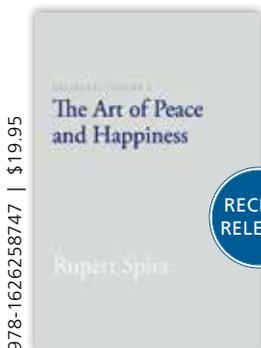
Everybody's aware of thoughts, feelings, sensations, and perceptions, but relatively few people are aware they're aware. Few people ask, "With what am I aware of my experience?" The knowing of our being—or rather, awareness's knowing of its own being—is our primary experience, which shines in each of us as "I am" or simply as the thought "I." It's in this experience that all the peace, happiness, and love we have ever longed for reside.

Because this simplest, most obvious, familiar, and intimate experience is nothing to the mind, it's overlooked or forgotten by the majority of humanity. And the overlooking of our own being is the root cause of all unhappiness. The contemplations in this collection will lead readers toward their own experiential understanding of that which we all call "I." *Being Aware of Being Aware* is the introductory volume in the *Essence of Meditation* series of collected meditations on the fundamentals of non-duality. Each volume will include six essays, compiled from contemplations led by Rupert Spira at retreats.



From an early age, [Rupert Spira](#) was deeply interested in the nature of reality. At the age of seventeen he learned to meditate, and began a twenty-year period of study and practice in the classical Advaita Vedanta tradition under the guidance of Francis Roles and Shantananda Saraswati. In 1997 he met Francis Lucille, who introduced him to the Direct Path teachings of Atmananda Krishna Menon and directly indicated to him the true nature of experience. Spira lives in the UK and holds regular meetings and retreats in Europe and the United States.

**PUBLICITY & PROMOTION** • Advertising in *Parabola* and the annual Science and Nonduality (SAND) conference guide • Online advertising on google.com and in the *Tricycle*, *Parabola*, and *Lion's Roar* e-newsletters • Multiple features in New Harbinger e-mail programs • E-mail alert to New Harbinger spirituality, mindfulness, and yoga and massage communities • Goodreads.com giveaway and author promotion • Author website, e-mail, and social media promotion • Campaign to health, personal growth, and mindfulness publications • Campaign to spirituality, personal growth, and alternative health publications and blogs • Feature in New Harbinger spirituality catalog • **WORLD RIGHTS**



# The Nature of Consciousness

*Essays on the Unity of Mind and Matter*

Rupert Spira

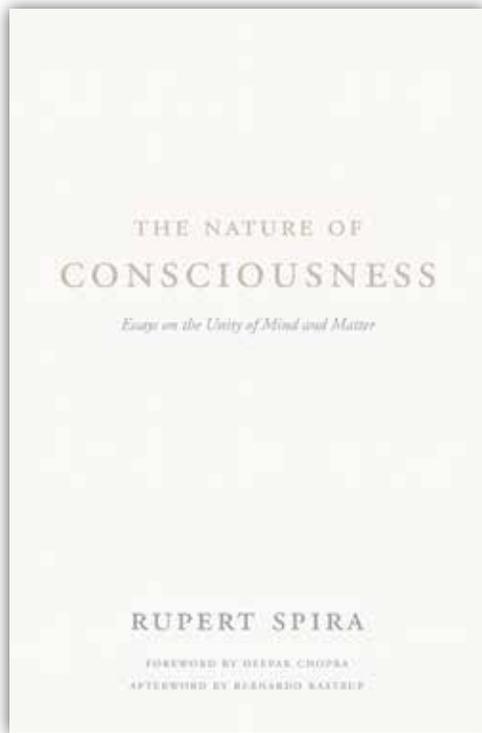
Foreword by Deepak Chopra | Afterword by Bernardo Kastrup

- This book is the first to place consciousness studies within a fully non-dual understanding, while explicitly contrasting the consciousness and materialist models of reality.
- Foreword writer Deepak Chopra is an internationally renowned leader in integrative medicine and personal transformation. He's written numerous *New York Times* bestsellers.

978-1684030002 | US \$19.95

6 x 9 | 296 pp | trade paper | spirituality

PUB DATE: **April 1, 2017**



Our culture is founded on the assumption that the Big Bang gave rise to matter, which evolved into the world, into which the body was born, inside which a brain appeared, out of which consciousness developed. As a result of this “matter model,” most of us believe consciousness is a property of the body. For many, the debate as to the ultimate reality of the universe is an academic one, far removed from everyday life. However, *The Nature of Consciousness* will show that the materialist paradigm is the root cause of individual unhappiness and hostilities between families, communities, and nations. Far from being abstract, its implications touch each one of us intimately. But an exploration of the nature of consciousness has the power to reveal the peace and happiness that lie at the heart of experience.

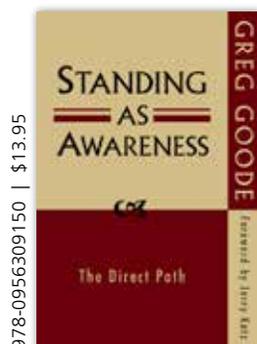
In a series of essays that draw readers through their own direct experience into an exploration of the nature of this knowing element, “I,” this book posits that consciousness is the fundamental reality of the apparent duality of mind and matter, and suggests that the recognition of this is the first step in the quest for lasting happiness and the foundation for world peace.

Also by Rupert Spira

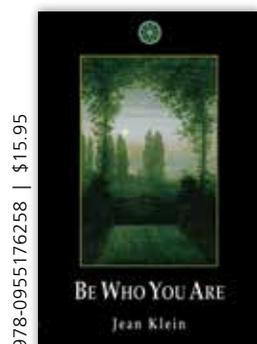


978-1626258808 | \$19.95

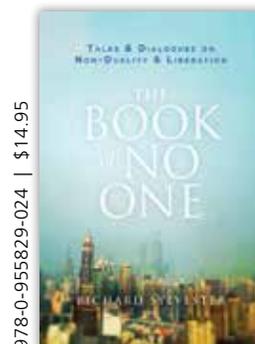
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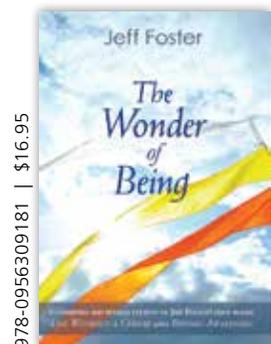
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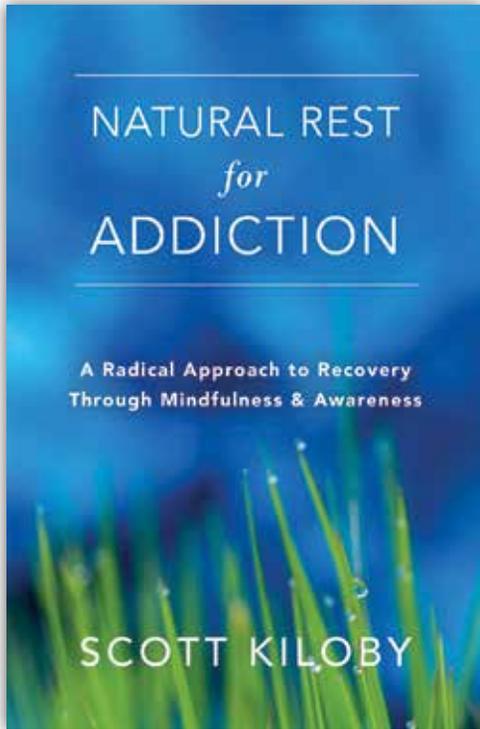
978-0955176258 | \$15.95



978-0-955829-024 | \$14.95



978-0956309181 | \$16.95



## Natural Rest for Addiction

*A Radical Approach to Recovery Through Mindfulness and Awareness*

Scott Kiloby

- 40 million Americans ages 12 and older are addicted to alcohol or other substances—and only about 1 in 10 receive any form of treatment.
- Author Scott Kiloby is a Certified Addictions Treatment Counselor/Registered Addiction Specialist, and cofounder and director of the Kiloby Center for Recovery in Rancho Mirage, CA, the first addiction treatment center to focus primarily on mindfulness.

978-1626258860 | US \$16.95  
 6 x 9 | 224 pp | trade paper | self-help  
 PUB DATE: **May 1, 2017**

Addiction tells us that something's wrong, that we need something outside of ourselves to make us well, to fill the sense of deficiency we carry inside. These feelings are often tied to emotional trauma, anxiety, depression, or pain held in the body. But what if we could learn to relax into awareness and accept the difficult thoughts, emotions, and sensations that make us feel like we need to do something to change our experience?

This book will guide readers into the natural, open, peaceful awareness that's available at all times. Using the mindfulness-based Natural Rest program for recovery, readers will learn how to tap into present-moment awareness throughout the day, relieving themselves of worries about the future or past by allowing their thoughts and feelings to come and go as they are. Readers will also learn about the Living Inquiries, a process of self-inquiry developed by Scott Kiloby

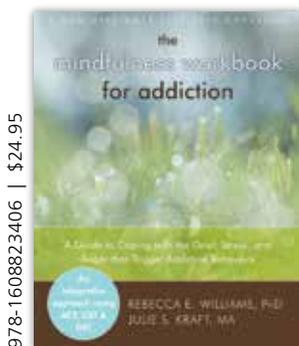


to target the beliefs, trauma, compulsions, and triggers that keep us trapped in the cycle of suffering and seeking.

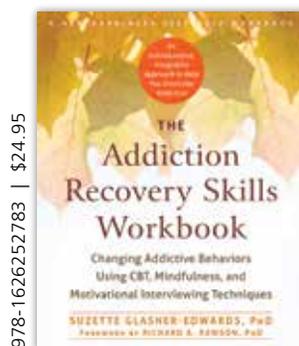
With *Natural Rest for Addiction*, readers will gain a deeper understanding of the complex issues that underlie addictive behavior and learn how to find peace, freedom, and well-being in the present.

**Scott Kiloby** is a noted author, teacher, and international speaker on non-dual wisdom as it applies to addiction, depression, anxiety, and trauma. He is founder of a worldwide community of Living Inquiries facilitators, and cofounder of the Kiloby Center for Recovery, Inc., the first addiction, anxiety, and depression treatment center to focus primarily on mindfulness. **Kiloby resides in Rancho Mirage, CA.**

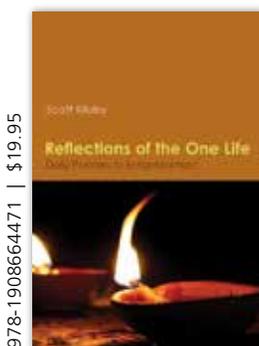
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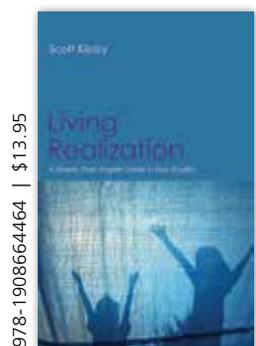
978-1608823406 | \$24.95



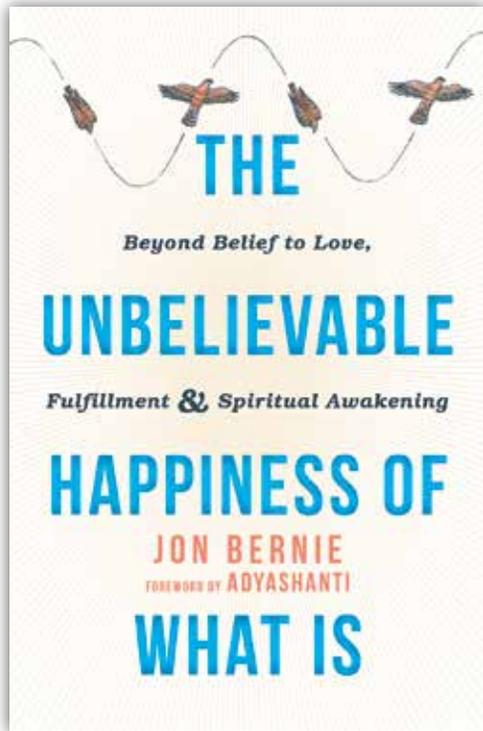
978-1626252783 | \$24.95



978-1908664471 | \$19.95



978-1908664464 | \$13.95



# The Unbelievable Happiness of What Is

*Beyond Belief to Love, Fulfillment, and Spiritual Awakening*

Jon Bernie

Foreword by Adyashanti

- Author Jon Bernie is a non-dual spiritual teacher in the lineage of Adyashanti, with four decades of experience in the practice and study of Buddhist traditions.
- Emotions such as fear, anxiety, anger, and regret create excessive suffering and seem to be more prevalent, despite medicinal and technological advances. This book will show readers how to accept and work through difficult emotions rather than to resist them.

978-1626258716 | US \$16.95

6 x 9 | 216 pp | trade paper | spirituality

PUB DATE: **May 1, 2017**

We all want happiness and to be fulfilled, but so many of us fail to reach the level of contentment we've built up in our minds, often believing there's something wrong with us and blaming ourselves, others, or circumstances for our perceived lack of accomplishment or satisfaction. But the truth is, happiness is not something we have to get or achieve, because it's something we already have—in fact, it's what we already *are*.

This book sheds light on the struggle to find happiness, showing how our unexamined beliefs distort our identities and make us suffer by creating unconscious tension in our bodies and minds. Readers will learn how to bring awareness to these patterns and begin to unravel the tightly held, negative beliefs that overshadow their existence. Using this compassionate, heart-centered approach, readers can work with their feelings rather than resist them, find guidance



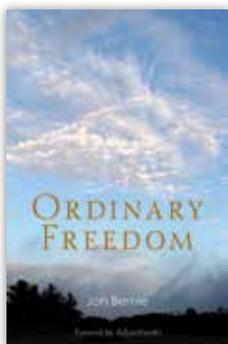
and support in surrendering to the relief of not knowing, and learn to relax into and live *as* awareness. Most importantly, readers will discover what they've been seeking but has never really been out of reach—the unbelievable happiness of accepting what is.

**Jon Bernie** is a contemporary spiritual teacher in the lineage of Adyashanti, with decades of experience in the practice and study of Eastern traditions, including Theravada, Zen, and Advaita. He's also an experienced healer and teacher of somatic embodiment, with extensive training in the Alexander Technique, qigong, and more. As a counselor, Bernie works with individuals to facilitate consciousness development and deep emotional healing. He leads regular classes, retreats, and intensives in the San Francisco Bay Area and beyond.

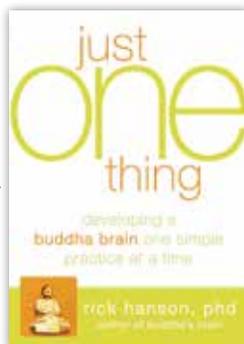
Based in California, foreword author **Adyashanti** is a spiritual teacher and author of *The Way of Liberation*, *Falling into Grace*, and *True Meditation*.

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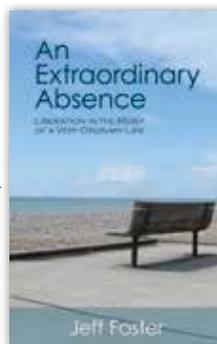
978-0956309198 | \$14.95



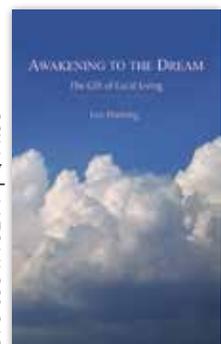
978-1608820313 | \$15.95



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978-0954779214 | \$14.95



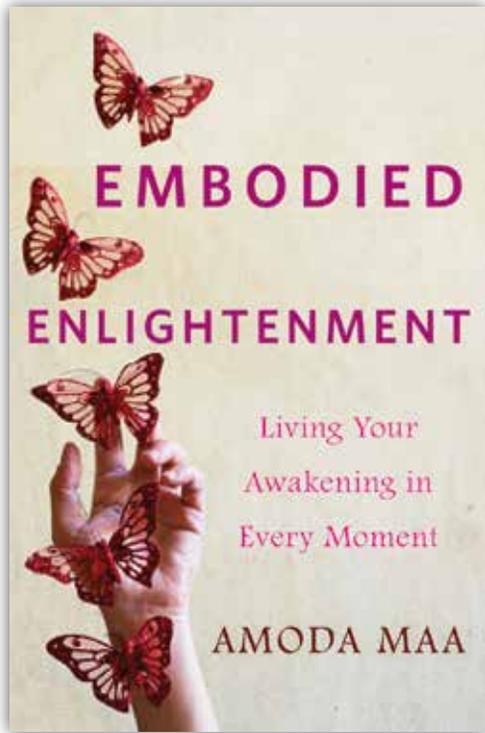
# Embodied Enlightenment

*Living Your Awakening in Every Moment*

Amoda Maa Jeevan

- Accessible and relevant, this book explores the distinctly feminine expression of enlightenment and invites readers to wake up within the mess of life, covering topics such as the connection between enlightenment and the body, intimacy, money, and work.
- Author Amoda Maa Jeevan is a powerful and engaging teacher with a growing platform. A regular speaker at the Science and Nonduality (SAND) conference, she has been a guest on Conscious TV and *Buddha at the Gas Pump*.

978-1626258396 | US \$17.95  
 6 x 9 | 264 pp | trade paper | spirituality  
 PUB DATE: **June 1, 2017**



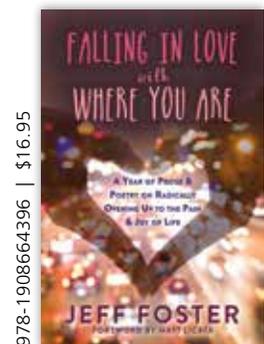
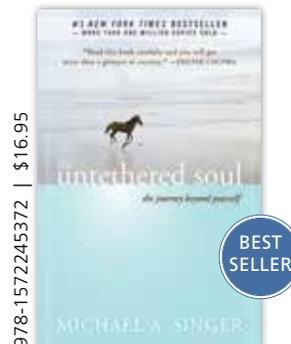
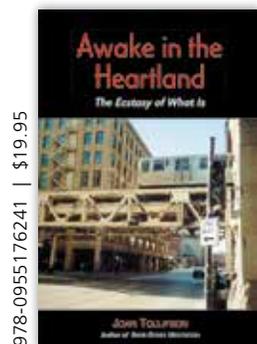
In *Embodied Enlightenment*, contemporary spiritual teacher Amoda Maa Jeevan dispels the outdated view of a transcendent enlightenment and instead presents a new, feminine expression of awakened consciousness for all—one that is felt and known through what our everyday lives are made of: our emotions, bodies, intimate relationships, work, and life’s purpose. This book is a direct invitation to awaken in a profound, embodied way, and to participate in a collective evolution that can create a new world.

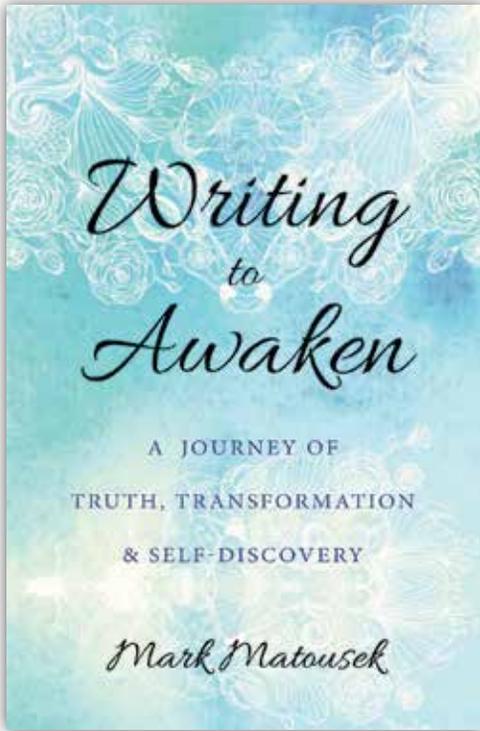
Speaking from her own awakened experience, Amoda Maa Jeevan offers a timeless wisdom, busting some of the common myths about enlightenment and addressing topics often excluded from more traditional spiritual conversations. In addition, she covers the unfamiliar territory of what happens after enlightenment, delving into awakened action, creative expression, and more. With clarity, passion, and grace, *Embodied Enlightenment* invites readers on an exploration of consciousness that embraces both the messiness of earthly experience and the non-duality of pure awareness, offering guidance on how daily life can bring us into alignment with a divine destiny of individual and collective awakening.



**Amoda Maa Jeevan** is a contemporary spiritual teacher who offers meetings and retreats to a growing global audience. She’s been a guest on Conscious TV and *Buddha at the Gas Pump*, and is a regular speaker at the Science and Nonduality (SAND) conference and the Open Circle Center in the United States. She is author of two books, *How to Find God in Everything* (released as a revised edition, *Radical Awakening*, in March 2016) and *Change Your Life, Change Your World*. She resides in East Sussex, London, UK.

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## Writing to Awaken

*A Journey of Truth, Transformation, and Self-Discovery*

Mark Matousek

- Recent scientific data has confirmed that writing expressively on a daily basis can improve both physical and psychological health.
- Mark Matousek is a popular writer, lecturer, and teacher with strong connections in the media as well as the spiritual community. He is author of *Sex Death Enlightenment* (ISBN: 978-1492745747) and *The Boy He Left Behind* (ISBN: 978-1492745631).

978-1626258686 | US \$16.95

6 x 9 | 216 pp | trade paper | spirituality

PUB DATE: **July 1, 2017**

We each have our own story, a personal myth constructed from the content life presents us. But, over time, we come to believe that we are our stories, identifying so strongly with the tales we've told that we cling to them for our very existence—even when they don't quite fit. The realization that there's a discrepancy between the narratives we've crafted and our authentic selves can be disconcerting at first, but the exploration of that gap is a doorway to personal freedom, and this book will lead readers through it.

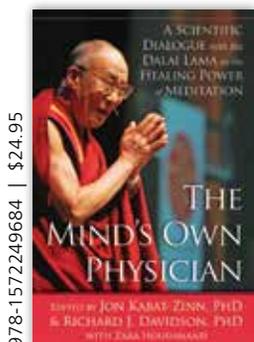
*Writing to Awaken* is an invitation on a journey of self-discovery. The writing exercises in this guide, one for nearly every week of the year, ask readers to tell the whole truth about their experience. Rather than sticking with the illusive and tricky "Story of Me," they'll be prompted to go even deeper, piercing their personal



myths and illuminating aspects of themselves that give way to profound moments of understanding and personal healing. With this book, readers will learn how to break free from the trance of mistaken identity and discover their essential, authentic selves.

**Mark Matousek** is author of two award-winning memoirs, *Sex Death Enlightenment* and *The Boy He Left Behind*, and three other books. A featured blogger for *Psychology Today*, *Contemplative Journal*, and more, he's contributed to numerous publications, including *The New Yorker*, *The New York Times Magazine*, *Yoga Journal*, *Tricycle*, and many others. Matousek is on the faculty of the New York Open Center, the Omega Institute for Holistic Studies, The Mandala Center, the Esalen Institute, Hollyhock, and more. He resides in Brooklyn, NY.

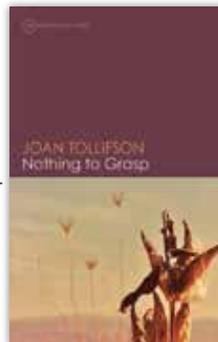
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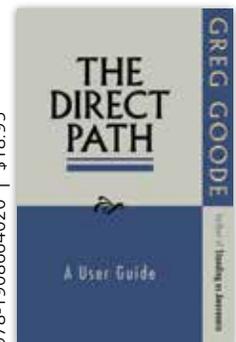
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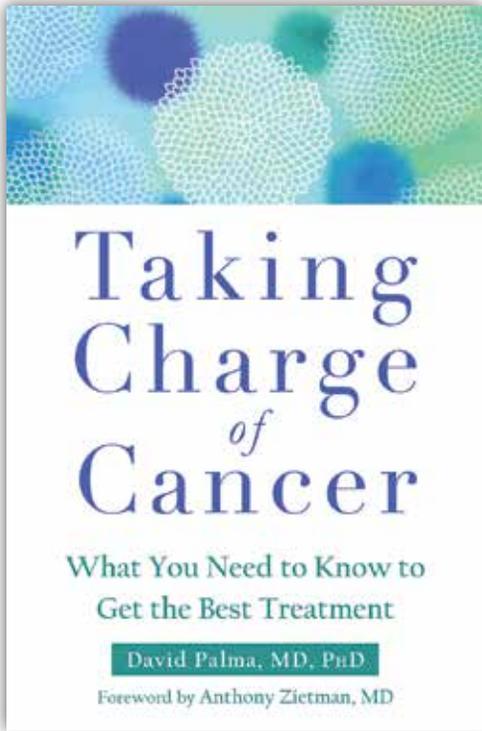
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## Taking Charge of Cancer

*What You Need to Know to Get the Best Treatment*

David Palma, MD, PhD

Foreword by Anthony Zietman, MD

- Author David Palma is a radiation oncologist and cancer researcher. His research work has been featured in *The Wall Street Journal*, the *National Post*, and more.
- In 2015, an estimated 1,658,370 new cases of cancer were diagnosed in the US, and 589,430 people died from the disease (cancer.org). This book is an comprehensive, must-have resource for anyone who has received a cancer diagnosis.

978-1626258624 | US \$16.95

6 x 9 | 240 pp | trade paper | health

PUB DATE: **July 1, 2017**

Cancer care requires decisions from numerous professionals, delivering treatments that are potentially life-saving, but also potentially dangerous and life-threatening. The chances of cure and survival for any given patient depend on the expertise of the cancer team, and whether procedures are in place to ensure that cancer care is delivered properly. How can readers make sure they choose the right treatment team and ensure the best chances of survival and long-term health?

*Taking Charge of Cancer* is a different type of book for cancer patients—one that goes beyond the information that’s currently available. Readers will learn how to obtain and understand medical records, and why they’re critical to their care. They’ll discover how doctors use evidence to decide which treatments are best, as well as how doctors can become biased in their recommendations. Readers will also find the tools needed to determine if the recommendations doctors make are

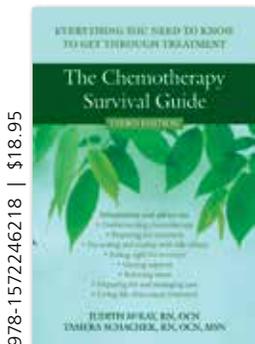


in keeping with accepted treatment guidelines. Most importantly, they’ll be able to evaluate whether surgery, radiation, or chemotherapy make sense in their case—and whether or not these treatments are being delivered effectively and safely according to the highest standards.

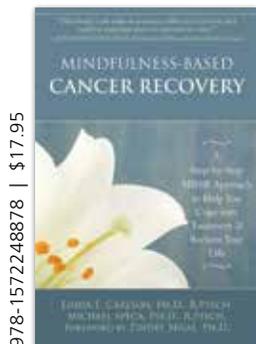
**David Palma, MD, PhD**, is a radiation oncologist and cancer researcher, focusing on the treatment of lung cancer, head and neck cancer, and metastatic cancers. He holds advanced degrees from Harvard University, the VU University in Amsterdam, and Western University in Canada. Palma has published more than 100 scientific research articles, and has won several awards for academics and teaching. He resides in Ontario, Canada, with his wife and children.

Foreword author **Anthony Zietman, MD**, is the Shipley Professor of Radiation Oncology at Harvard Medical School.

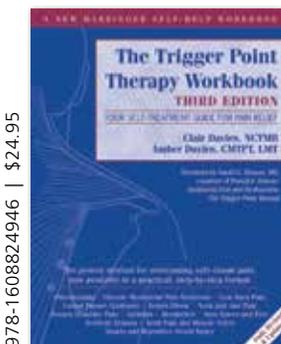
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## The Hormone Myth

*Junk Science, Gender Politics, and Lies About Women*

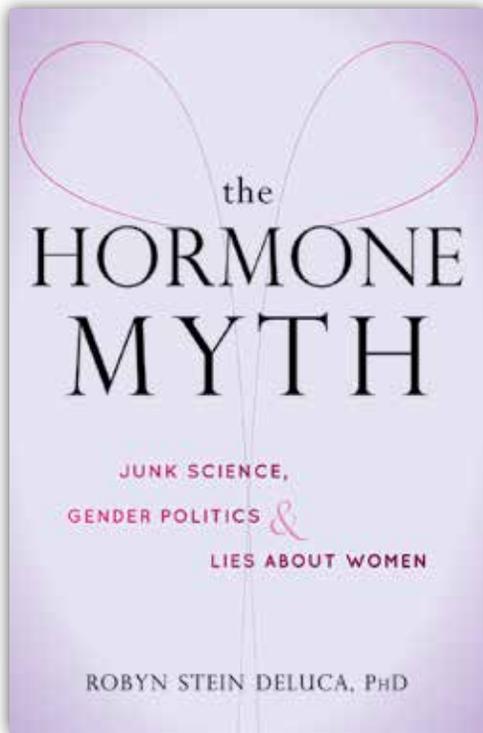
Robyn Stein DeLuca, PhD

- Author Robyn Stein DeLuca was a core faculty member in the women's and gender studies program at Stony Brook University, and her research on postpartum depression and childbirth satisfaction has been published in scholarly journals.
- The author's TEDx Talk, "The Good News About PMS," given at Stony Brook University on November 14, 2014, has had over one million views.

978-1626255098 | US \$16.95

6 x 9 | 200 pp | trade paper | health

PUB DATE: **May 1, 2017**



Although the idea that women become raving lunatics when their hormones fluctuate is firmly entrenched in American culture—images of hormone-crazed women are prominent on TV and in movies, books, and magazines—a thorough examination of the evidence overwhelmingly tells us otherwise. This book will confront the pervasive myth that women are at the mercy of their reproductive hormones, and illustrate how the perpetuation of this stereotype harms women.

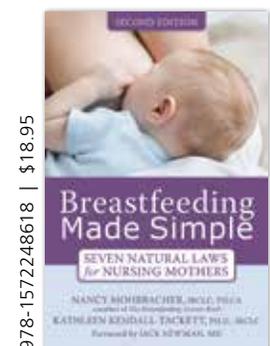
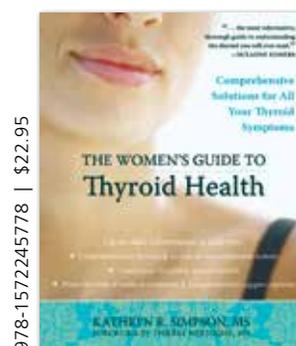
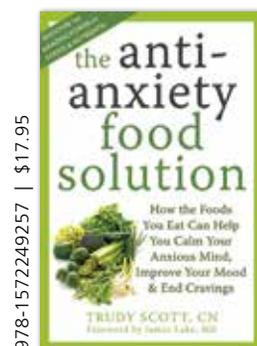
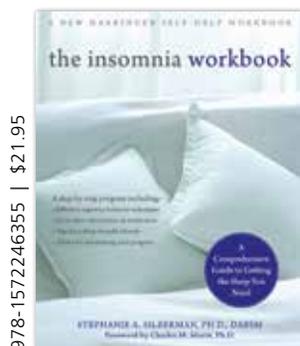
Scientific evidence shows that the majority of women do not experience major mental or physical symptoms linked to their hormones. Rather, much of women's supposed "irrationality" can be attributed to environmental factors and the cultural and social realities of being a woman in the Western world. With a thorough exploration of women's hormonal lives, from the initiation of menstruation through menopause, *The Hormone Myth* will help readers reject the negative stereotype of the hormone-crazed woman and gain an appreciation for the natural changes that occur over time.

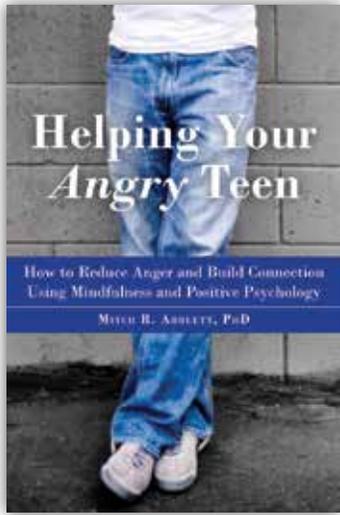


**Robyn Stein DeLuca, PhD**, is a research assistant professor in the department of psychology at Stony Brook University, and was a core faculty member of the women's and gender studies program for fifteen years. She has taught a multitude of courses on health, gender, and reproduction, and her research on postpartum depression and childbirth satisfaction has been published in scholarly psychology journals. Her TEDx Talk "The Good News About PMS" has had over one million views and has been translated into eleven languages. DeLuca resides in Setauket, NY.

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■ Anger and aggression are one of the most common emotional/behavioral difficulties faced by teens.

978-1626255760  
 US \$16.95  
 6 x 9 | 176 pp  
 trade paper | parenting  
 PUB DATE:  
**May 1, 2017**

## Helping Your Angry Teen

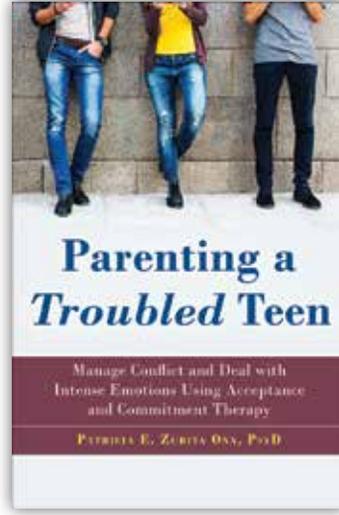
*How to Reduce Anger and Build Connection Using Mindfulness and Positive Psychology*

Mitch R. Abblett, PhD

Parenting a teen is hard enough, but parenting an angry teen is especially difficult. Parents might feel unable to keep their own cool during disagreements, or worry that their relationship with their teen is doomed. Written by a psychologist and teen expert, this book offers techniques based in mindfulness, compassion, and positive psychology to help readers face the challenges that parenting an angry teen presents. They'll discover the clinical and psychological conditions that can contribute to teen anger, skills for improving communication, and mindfulness tips for staying calm. They'll also learn skills for reestablishing a compassionate and connected relationship.

**Mitch R. Abblett, PhD**, is a clinical psychologist and clinical director of the Manville School, a therapeutic day school program in Boston, MA, serving children and adolescents with emotional, behavioral, and learning difficulties. He maintains a private practice, and conducts national and international trainings on mindfulness. **Abblett resides in Newton, MA.**

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■ This book is for parents or mental health providers of teens struggling with mild-to-severe emotion dysregulation problems, including depression, anger, fear, anxiety, self-mutilating behaviors, and suicidal behavior.

978-1626258983  
 US \$16.95  
 6 x 9 | 224 pp  
 trade paper | parenting  
 PUB DATE:  
**July 1, 2017**

## Parenting a Troubled Teen

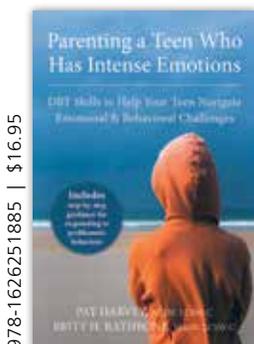
*Manage Conflict and Deal with Intense Emotions Using Acceptance and Commitment Therapy*

Patricia E. Zurita Ona, PsyD

Parents of teens who experience extreme emotions—either as a result of a mental health diagnosis, such as bipolar or borderline personality disorder (BPD), autism, or attention deficit/hyperactivity disorder (ADHD), or simply because they're highly emotional—probably need help. And parents at their wit's end may have difficulty managing their own emotions and responses. This book will teach readers to observe the thoughts, feelings, and sensations that drive their own parenting behaviors, and how these behaviors can impact their teen. With this guide, readers will have the tools they need to put an end to the cycle of conflict.

**Patricia E. Zurita Ona, PsyD**, is the director of the East Bay Behavior Therapy Center. She has significant experience working with individuals with mood, anxiety, and eating disorders. The coauthor of *Mind and Emotions*, which received a "Self-Help Seal of Merit" from the Association for Behavior and Cognitive Therapies (ABCT), **Zurita resides in Walnut Creek, CA.**

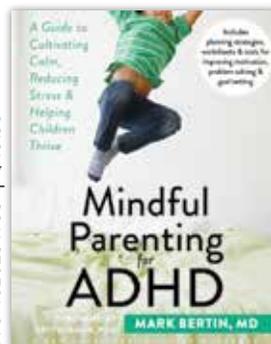
**PUBLICITY & PROMOTION** • Advertising in the *Behavior Therapist*, the *Journal of Contextual Behavioral Science*, and in the annual conference guides of the Association for Behavioral and Cognitive Therapies, the Association for Contextual Behavioral Science, the Anxiety and Depression Association of America, the American School Counselor Association, and National Association of Social Workers • Features in e-mail programs and campaigns • **WORLD RIGHTS**



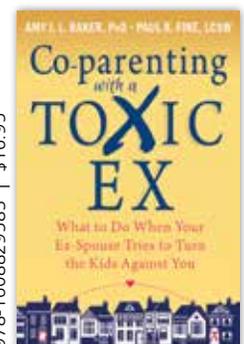
978-1626251885 | \$16.95



978-1608822133 | \$19.95



978-1626251793 | \$19.95



978-1608829583 | \$16.95

## Don't Let Your Emotions Run Your Life for Kids

*A DBT-Based Skills Workbook to Help Children Manage Mood Swings, Control Angry Outbursts, and Get Along with Others*

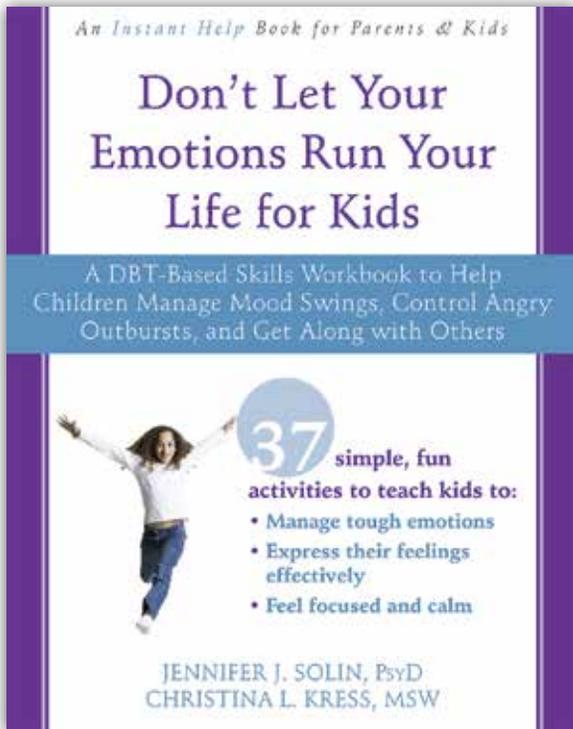
Jennifer J. Solin, PsyD, and Christina L. Kress, MSW

- 1 out of 5 children experience a mental health disorder in a given year. The dialectical behavior therapy (DBT) skills in this book will benefit children with emotion dysregulation disorders, as well as those who simply experience anger or anxiety.
- Building on the success of *Don't Let Your Emotions Run Your Life* (ISBN: 978-1572243095), this is the first DBT activity skills workbook designed especially for kids.

978-1626258594 | US \$16.95

8 x 10 | 152 pp | trade paper | parenting

PUB DATE: **July 1, 2017**



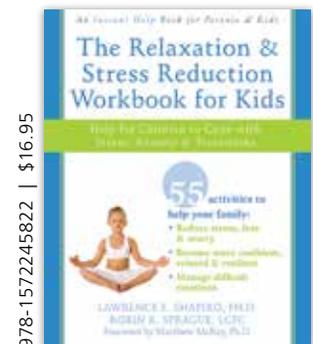
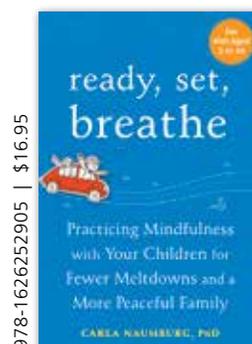
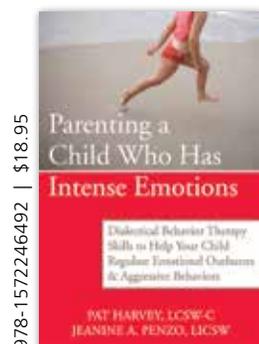
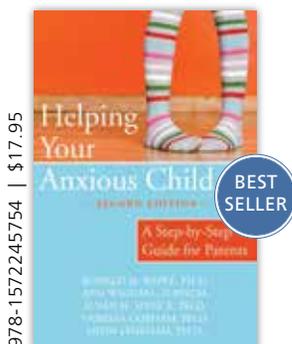
Childhood is often a time of intense emotions. But when children's emotions interfere with school, homework, or tests; alienate them from their peers; make it difficult to forge lasting friendships; or cause constant conflicts at home—it's time to make a change. Parents need help to calm the chaos now, rather than later.

Building on the success of *Don't Let Your Emotions Run Your Life* and *Don't Let Your Emotions Run Your Life for Teens*, this is the first dialectical behavior therapy (DBT) workbook designed especially for kids. In this much-needed guide, two dialectical behavior therapists offer an activity-based resource for children ages seven to twelve who struggle with anger, mood swings, and emotional and behavioral dysregulation. Using the skills outlined in this book, kids will be able to manage their emotions, get along with others, and do better in school. The hands-on activities—including child-friendly mindfulness practices—will help parents who are frustrated or worried about their emotional child. With this book, kids will develop the tools they need for dealing with intense emotions as they arise.

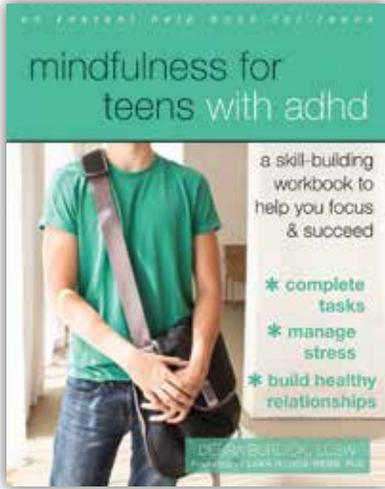
**Jennifer J. Solin, PsyD**, is a licensed psychologist at the Minnesota Center for Psychology (MCP) in Saint Paul, MN, where she leads the DBT Friends and Family Class, supervises graduate student interns and mental health practitioners, and mentors clinicians. **She resides in St. Paul, MN.**

**Christina L. Kress, MSW**, is a licensed clinical social worker at MCP. She and Solin provide DBT in individual therapy and group skills training in accordance with the Linehan adherent model. Kress also provides therapy services to children and families, supervises mental health practitioners, and mentors clinicians. **She resides in St. Paul, MN.**

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■ More than 1 in 10 US school-aged children are diagnosed with ADHD; 21 percent of teens with ADHD skip school repeatedly.

978-1626256255  
 US \$16.95  
 8 x 10 | 152 pp  
 trade paper | teen / self-help  
 PUB DATE:  
**April 1, 2017**

## Mindfulness for Teens with ADHD

*A Skill-Building Workbook to Help You Focus and Succeed*

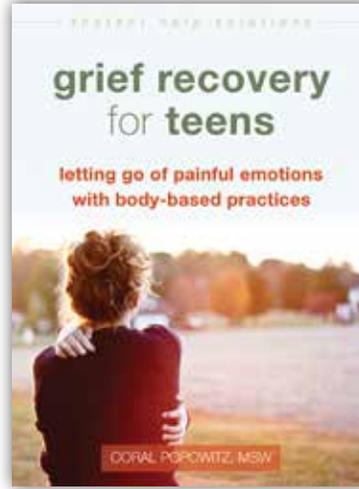
Debra Burdick, LCSW

Foreword by Lara Honos-Webb, PhD

Being a teen is tough, and attention deficit/hyperactivity disorder (ADHD) can make everyday life more difficult—from struggling in school to relationship troubles. In *Mindfulness for Teens with ADHD*, a clinical social worker offers fast, easy mindfulness skills to help teens successfully navigate all areas of life, including making good choices, completing tasks, increasing academic success, getting enough sleep, managing stress, eating well, and more. With this book, teens will find themselves less distracted and better able to focus on what's going on *right now*.

**Debra Burdick, LCSW**, is a board certified neurofeedback practitioner who specializes in healing, mindfulness, ADHD, depression, anxiety, stress, pain, and sleep. She resides in Enfield, CT. Foreword author **Lara Honos-Webb** is a worldwide ADD expert and clinical psychologist. The author of *The Gift of ADHD*, *The Gift of ADHD Activity Book*, *The ADHD Workbook for Teens*, and *Listening to Depression*, she resides in Walnut Creek, CA.

**PUBLICITY & PROMOTION** • Advertising in *ADDitude* magazine, the *Behavior Therapist*, the *Journal of Contextual Behavioral Science*, and in the annual conference guides of the Association for Behavioral and Cognitive Therapy, the Association for Contextual Behavioral Science, and the American School Counselor Association • Features in e-mail programs, alert to ADHD and family communities, and more • **WORLD RIGHTS**



■ In a recent study of 1,000 high school students, 90 percent indicated experiencing the death of a loved one.

978-1626258532  
 US \$16.95  
 6 x 8 | 200 pp  
 trade paper | teen / self-help  
 PUB DATE:  
**June 1, 2017**

## Grief Recovery for Teens

*Letting Go of Painful Emotions with Body-Based Practices*

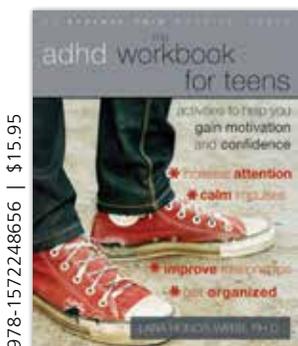
Coral Popowitz, MSW

When we lose someone we love or are close to, we may feel a number of emotions—sadness, anger, loneliness, fear. These are all normal feelings, and it's important to have someone to talk to, whether it's a family member, friend, or counselor. But grief also affects the body. That's because the brain and body are much more connected than we might think.

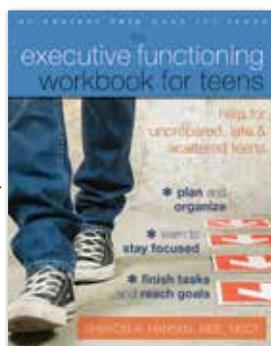
In this compassionate guide, readers will discover how the mind can affect the way we feel physically, and discover skills to help the body heal after experiencing loss. They'll also find ways to relieve feelings of anxiety and confusion that can make physical symptoms worse, and finally begin the healing process.

**Coral Popowitz, MSW**, is executive director of Children's Grief Connection and has established a private practice working with children and families. She's presented at regional, national, and international conferences on the subjects of trauma and grief. **Popowitz resides in Willow River, MN.**

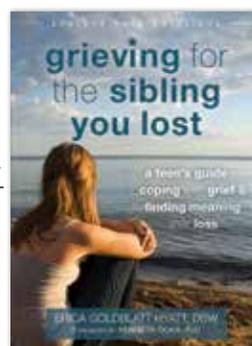
**PUBLICITY & PROMOTION** • Advertising in the annual conference guides of the American School Counselor Association and the National Association of Social Workers • Advertising on google.com and psychcentral.com • Features in e-mail programs • Campaigns to teen, parenting, special needs, grief, professional psychology, and social work communities • Outreach to parenting, grief, and teen blogs, and grief organizations • **WORLD RIGHTS**



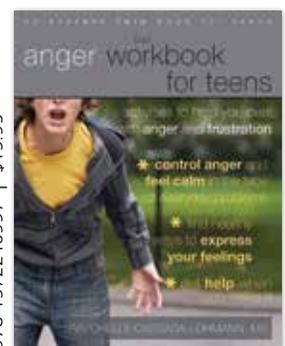
978-1572248656 | \$15.95



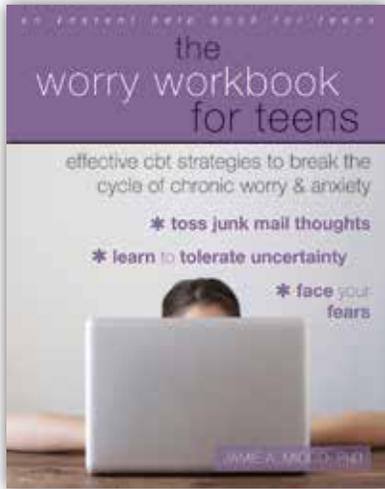
978-1608826568 | \$16.95



978-1626252493 | \$16.95



978-1572246997 | \$15.95



■ This is the only book for teens that specifically focuses on how to manage anxiety and chronic worry using cognitive behavioral therapy (CBT).

978-1626255845  
 US \$16.95  
 8 x 10 | 176 pp  
 trade paper | teen / self-help  
 PUB DATE:  
**June 1, 2017**

## The Worry Workbook for Teens

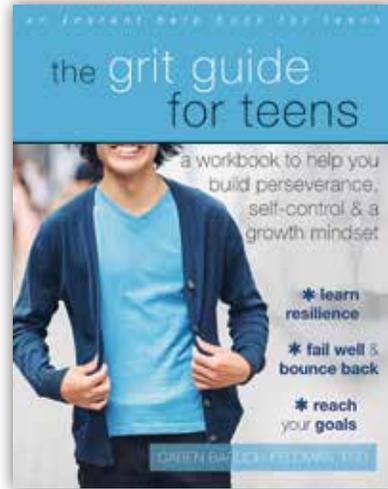
*Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety*

Jamie A. Micco, PhD

The teen years are full of changes, and it's normal to worry sometimes. But teens who have chronic worry may have trouble sleeping, paying attention, and even experience physical symptoms. Written by a Harvard University faculty member and expert in teen anxiety, this is the first book to target chronic, debilitating worry with proven-effective cognitive behavioral therapy (CBT) skills to help teens alleviate symptoms and prevent them from escalating into anxiety. With this book, teens will uncover the real reasons they worry, stop unhelpful “junk mail” thoughts from taking over, face their fears, and reach their goals.

Jamie A. Micco, PhD, is clinical psychologist in the child and adolescent cognitive behavioral therapy (CBT) program at Massachusetts General Hospital, and associate professor of psychology at Harvard Medical School. She is director of the Intensive Outpatient CBT Service within the Child and Adolescent CBT Program, and specializes in CBT for individuals with anxiety and mood disorders. Micco resides in Boston, MA.

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■ Grit as a trait embodies tenacity, stamina, perseverance, and resilience. Angela Duckworth's research and TED Talk made “grit” a household word and a desirable characteristic.

978-1626258563  
 US \$16.95  
 8 x 10 | 152 pp  
 trade paper | teen / self-help  
 PUB DATE:  
**July 1, 2017**

## The Grit Guide for Teens

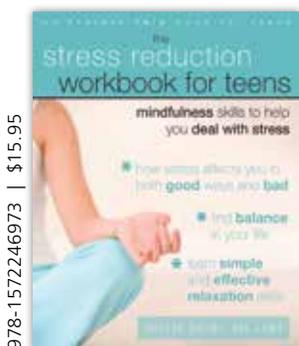
*A Workbook to Help You Build Perseverance, Self-Control, and a Growth Mindset*

Caren Baruch-Feldman, PhD

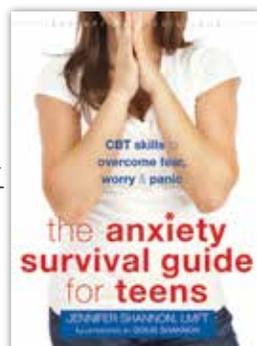
Made popular by Angela Duckworth in her *New York Times* bestseller *Grit*, the term “grit” embodies all the characteristics that help people accomplish the things they want, such as self-control, tenacity, and the ability to fail well. Using the skills outlined in this book, teens will develop both grit and a *growth mindset*—a way of thinking that focuses on improvement and hard work in order to achieve any goal. They'll learn how to make grit an everyday habit, turn disappointments into opportunities, embrace challenges, manage stress, and be the very best they can be.

Caren Baruch-Feldman, PhD, is a clinical psychologist and a certified school psychologist. She's authored numerous articles and led workshops on topics such as cognitive behavioral therapy (CBT) techniques, helping children and adults cope with stress and worry, helping people change, and developing grit and self-control. Baruch-Feldman maintains a private practice in Scarsdale, NY, and works as a school psychologist in Harrison, NY.

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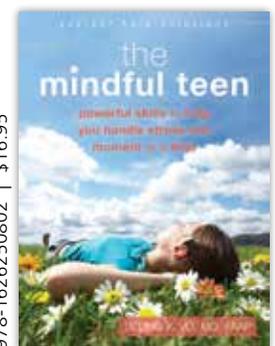
978-1572246973 | \$15.95



978-1626252431 | \$16.95



978-1626254831 | \$16.95



978-1626250802 | \$16.95

## Conquer Negative Thinking for Teens

*A Workbook to Break the Nine Thought Habits That Are Holding You Back*

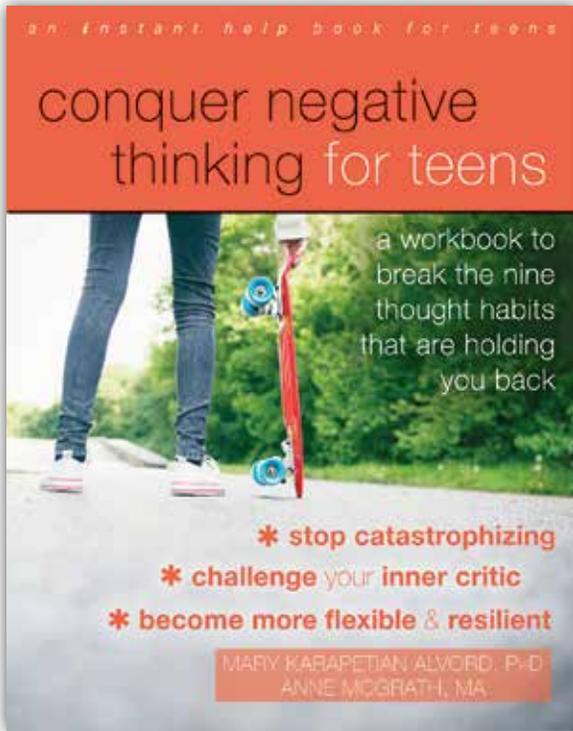
Mary Karapetian Alvord, PhD, and Anne McGrath, MA

- This is the first book to tackle the ten most common negative thinking habits that teens experience.
- This book utilizes evidence-based cognitive behavioral therapy (CBT). In clinical studies, CBT-based techniques—particularly cognitive restructuring—have shown to be effective for treating negative thinking habits for teens.

978-1626258891 | US \$16.95

8 x 10 | 168 pp | trade paper | teen / self-help

PUB DATE: **July 1, 2017**



This workbook offers a powerful technique called *cognitive restructuring* to help teens reframe their thoughts, regulate their emotions, become more flexible thinkers, and stop letting thoughts define them. They'll learn to target the ten specific kinds of negative thinking habits that can cause them to worry or feel bad, such as the *I can't* habit, the *doom and gloom* habit, the *all or nothing* habit, the *jumping to conclusions* habit, and more!

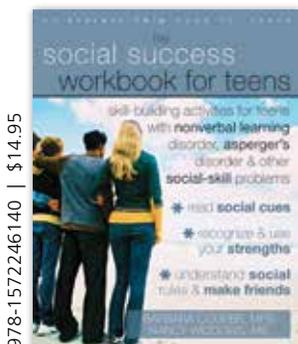
Each chapter walks teens through each kind of negative thought and offers real-life examples—as well as the sorts of behaviors, emotions, and bodily sensations that might be expected. By recognizing these negative thinking habits, teens will feel more in control and less anxious and sad. They'll also gain an understanding of unhelpful or unrealistic thoughts, learn how to challenge and replace them, and develop an action plan for moving forward.



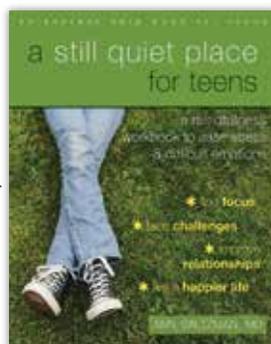
**Mary Karapetian Alvord, PhD**, is a licensed psychologist who specializes in the treatment of individuals with anxiety disorders, and with children and teens experiencing ADHD and other emotional and behavioral regulation problems. Her work recognizes the importance of resilience in the framework of CBT and frequently appears in the media.

**Anne McGrath, MA**, is managing editor of publications at *US News & World Report*, where she's had decades of experience in the areas of personal finance and investing, K–12 and higher education, and health, mental health, and medicine. She's also the original editor of several books on getting into law school, medical school, and schools of education. **Alvord and McGrath both reside in Silver Spring, MD.**

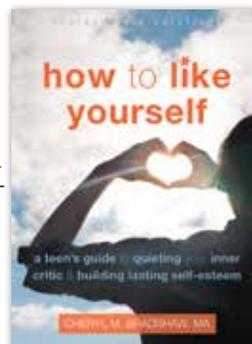
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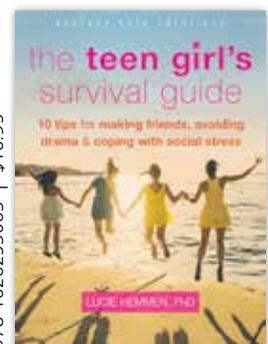
978-1572246140 | \$14.95



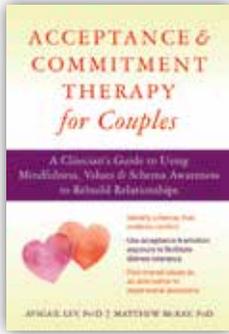
978-1626253766 | \$16.95



978-1626253483 | \$16.95



978-1626253063 | \$16.95



## Acceptance and Commitment Therapy for Couples

*A Clinician's Guide to Using Mindfulness, Values, and Schema Awareness to Rebuild Relationships*

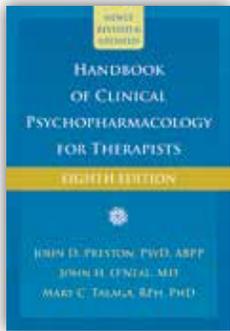
Avigail Lev, PsyD, and Matthew McKay, PhD

- This book provides a treatment protocol for couples and individual therapists to help their clients explore ACT-based problem solving in relationships.

978-1626254800 | US \$39.95

7 x 10 | 248 pp | trade paper | psychology

PUB DATE: **March 1, 2017**



## Handbook of Clinical Psychopharmacology for Therapists, Eighth Edition

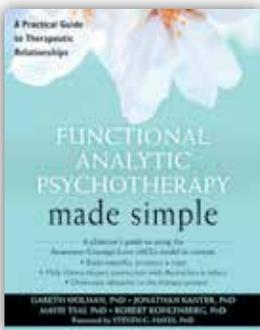
John D. Preston, PsyD, ABPP, John H. O'Neal, MD, and Mary C. Talaga, RPh, PhD

- Previous editions of the *Handbook of Clinical Psychopharmacology for Therapists* (ISBN: 978-1608826643) have sold over 100,000 copies combined.

978-1626259256 | US \$59.95

7 x 10 | 360 pp | hardcover | psychology

PUB DATE: **March 1, 2017**



## Functional Analytic Psychotherapy Made Simple

*A Practical Guide to Therapeutic Relationships*

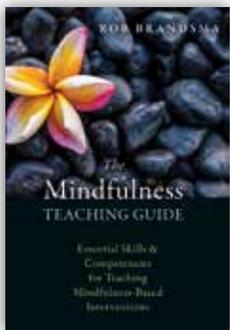
Gareth Holman, PhD, Jonathan Kanter, PhD, Mavis Tsai, PhD, and Robert Kohlenberg, PhD

- This book will mark a new addition to the popular New Harbinger *Made Simple* series. Books in this series have sold over 200,000 copies to date.

978-1626253513 | US \$49.95

8 x 10 | 296 pp | trade paper | psychology

PUB DATE: **April 1, 2017**



## The Mindfulness Teaching Guide

*Essential Skills and Competencies for Teaching Mindfulness-Based Interventions*

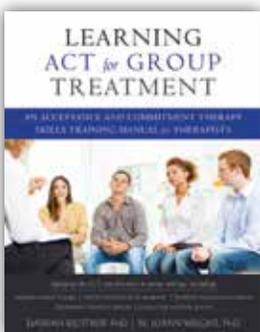
Rob Brandsma

- This book outlines the *three basic skills* of being an effective mindfulness teacher: how to guide mindfulness practice, how to explore mindful inquiry, and how to give didactic presentations.

978-1626256163 | US \$49.95

7 x 10 | 304 pp | trade paper | psychology

PUB DATE: **May 1, 2017**



## Learning ACT for Group Treatment

*An Acceptance and Commitment Therapy Skills Training Manual for Therapists*

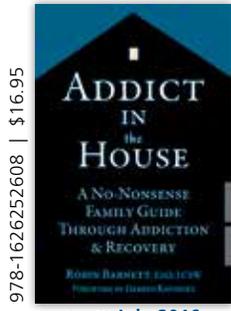
Darrah Westrup, PhD, and M. Joann Wright, PhD

- This much-needed book is the first to provide therapists with easy-to-implement solutions for overcoming common difficulties in both ACT and group therapy.

978-1608823994 | US \$49.95

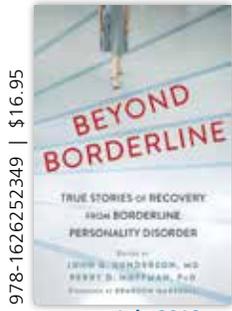
8 x 10 | 256 pp | trade paper | psychology

PUB DATE: **June 1, 2017**



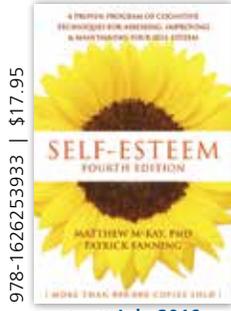
978-1626252608 | \$16.95

SHIPS July 2016



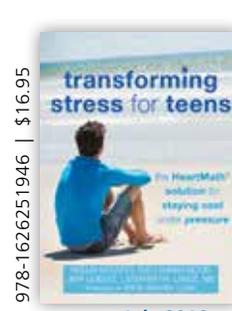
978-1626252349 | \$16.95

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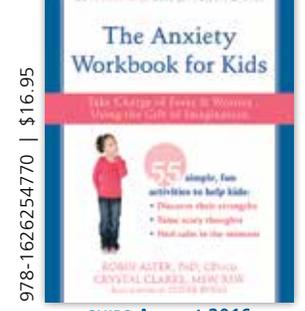
978-1626253933 | \$17.95

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978-1626251946 | \$16.95

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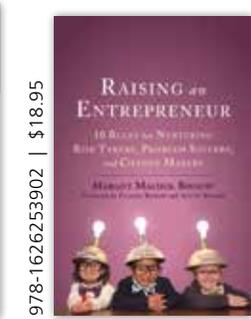
978-1626254770 | \$16.95

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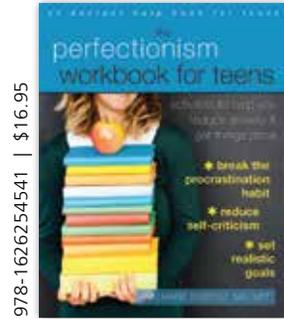
978-1626254831 | \$16.95

SHIPS August 2016



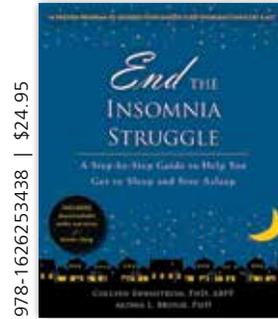
978-1626253902 | \$18.95

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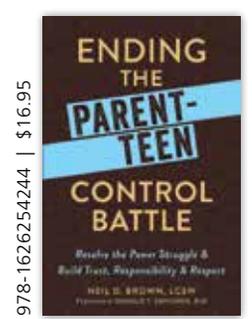
978-1626254541 | \$16.95

SHIPS September 2016



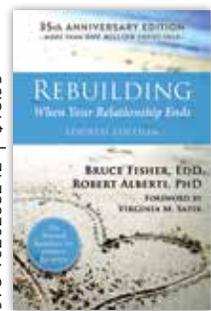
978-1626253438 | \$24.95

SHIPS September 2016



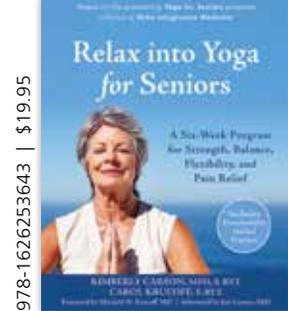
978-1626254244 | \$16.95

SHIPS September 2016



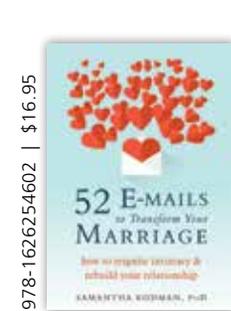
978-1626258242 | \$18.95

SHIPS October 2016



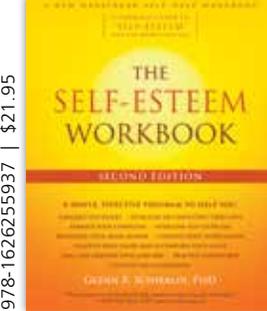
978-1626253643 | \$19.95

SHIPS October 2016



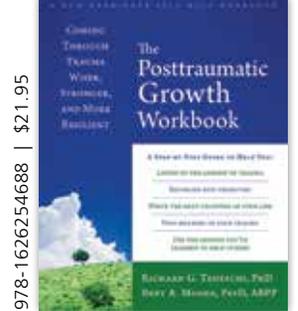
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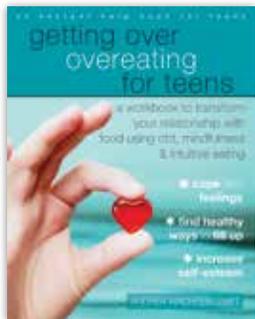
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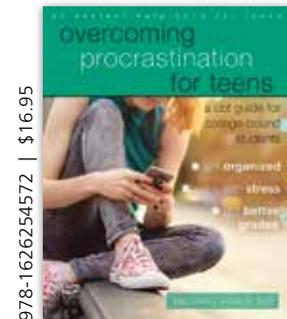
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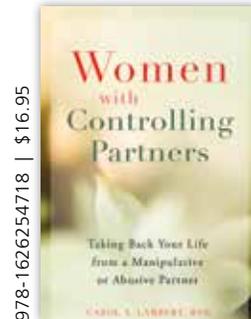
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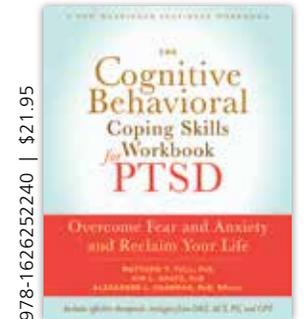
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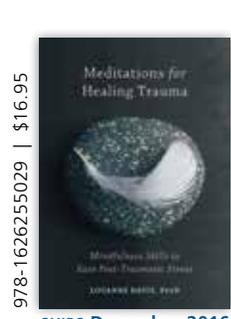
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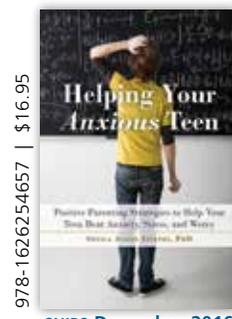
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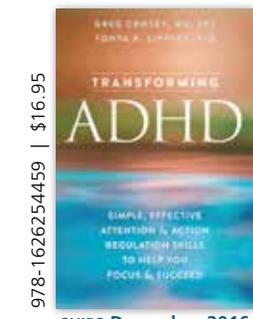
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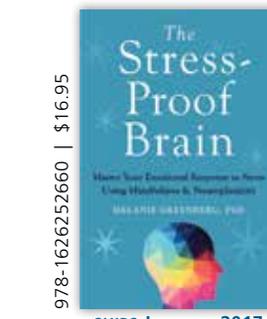
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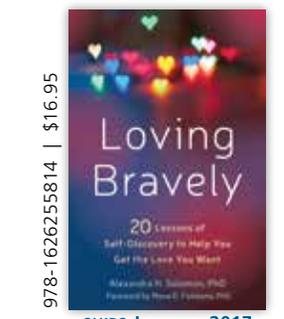
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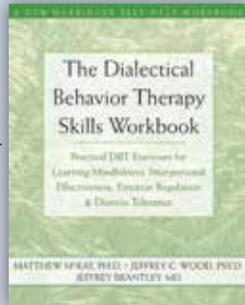
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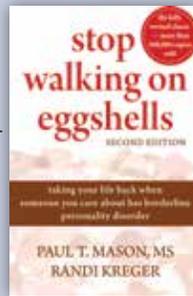
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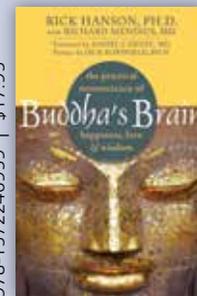
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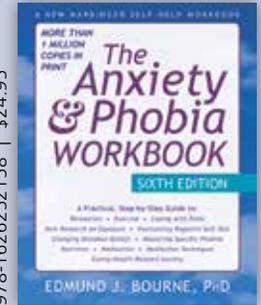
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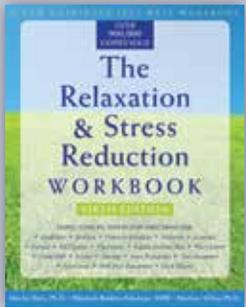
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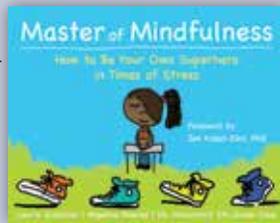
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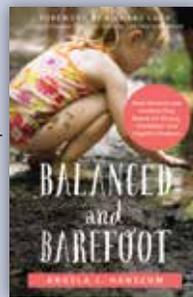
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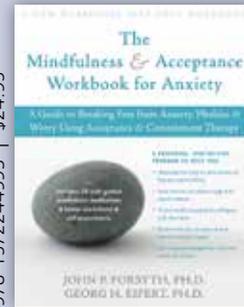
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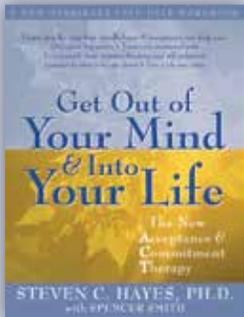
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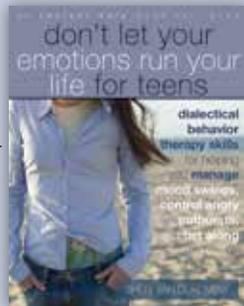
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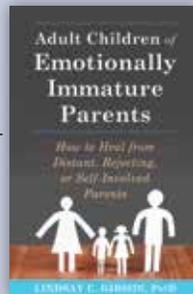
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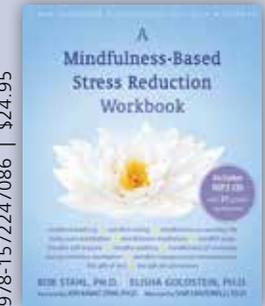
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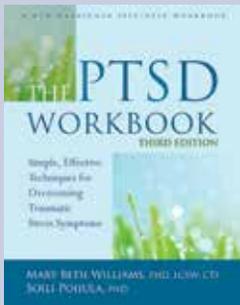
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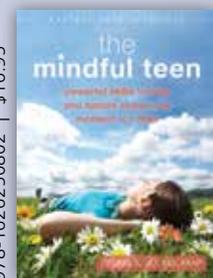
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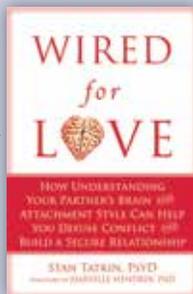
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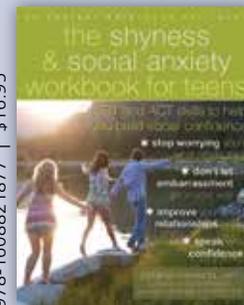
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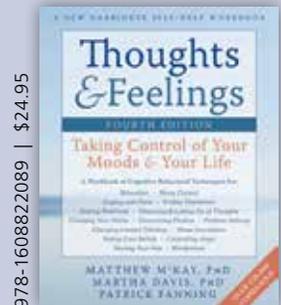
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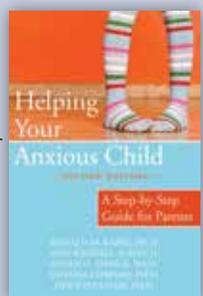
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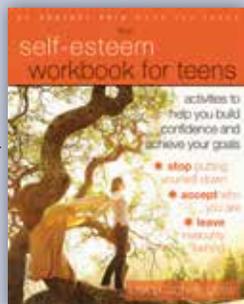
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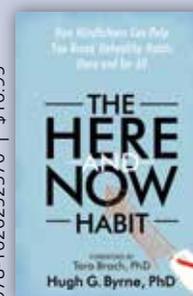
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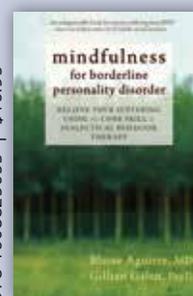
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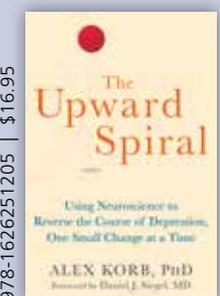
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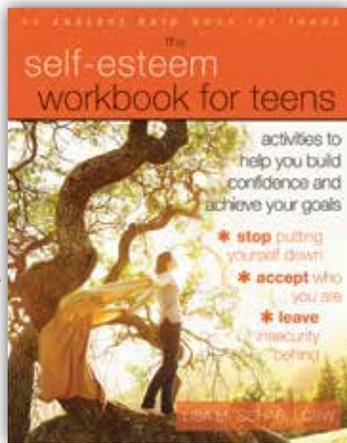
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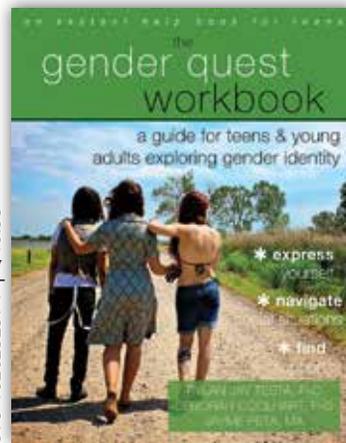
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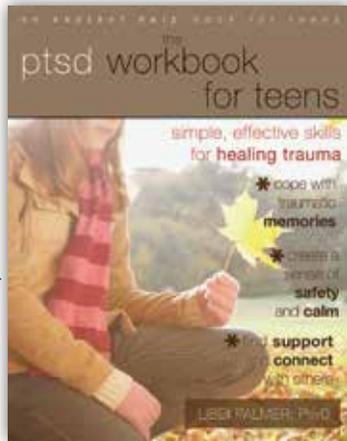
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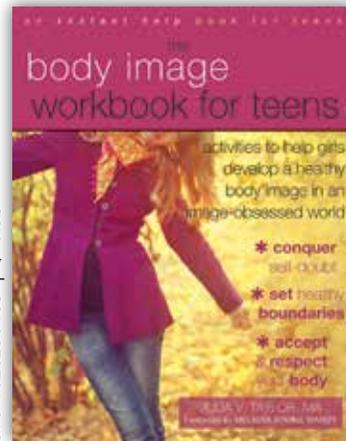
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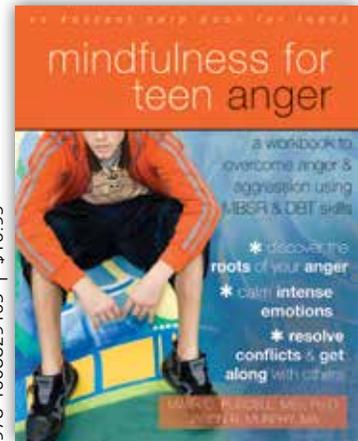
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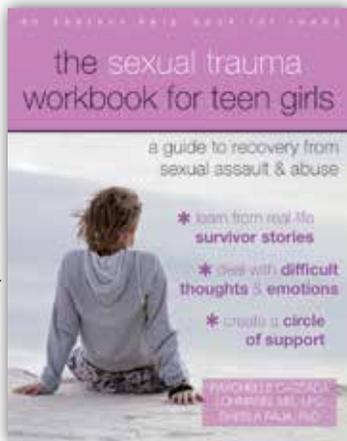
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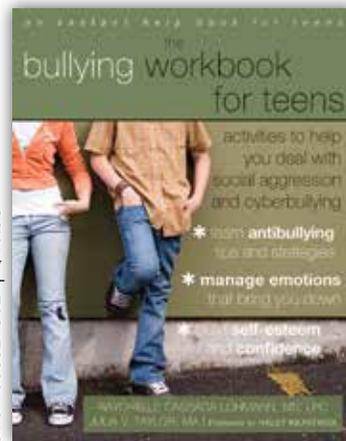
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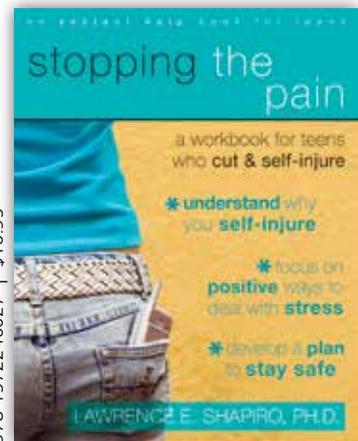
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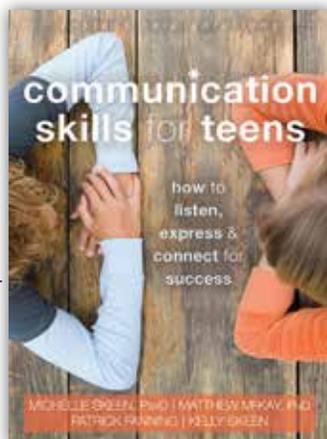
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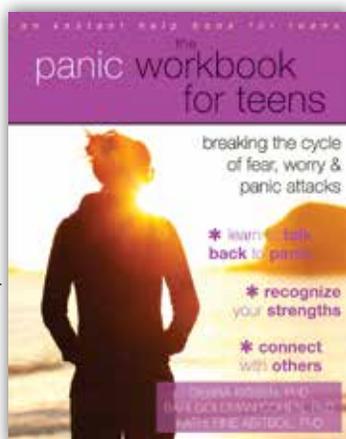
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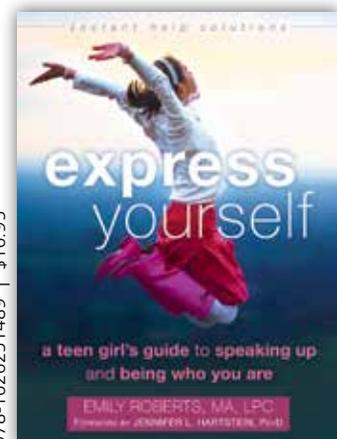
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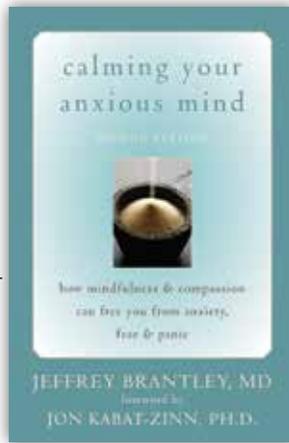


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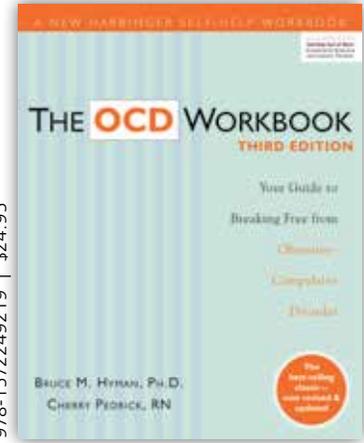


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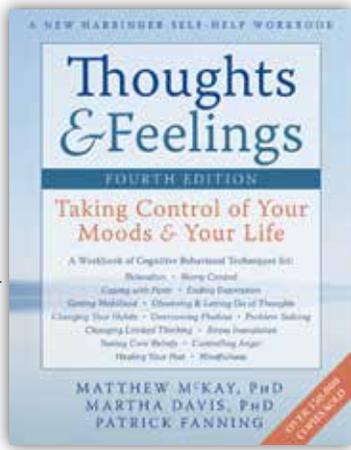
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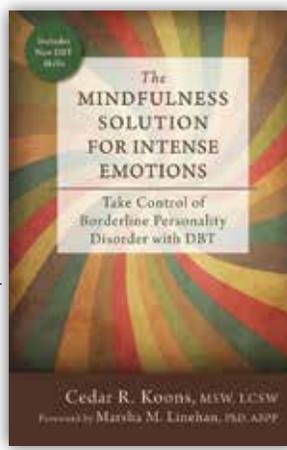
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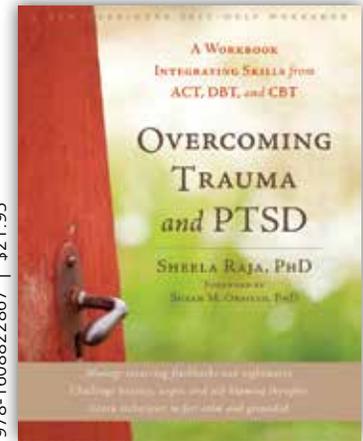
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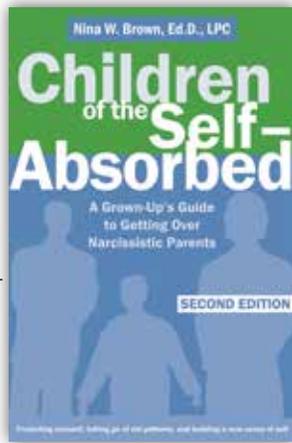
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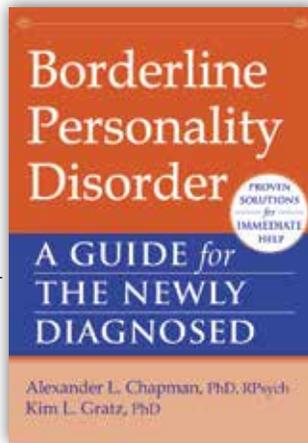
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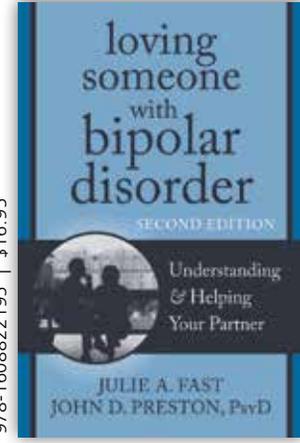
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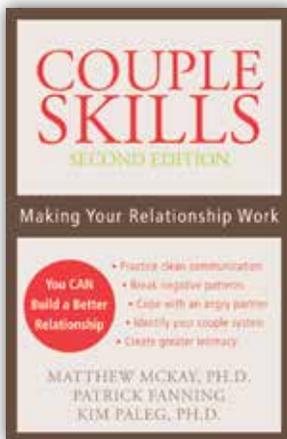
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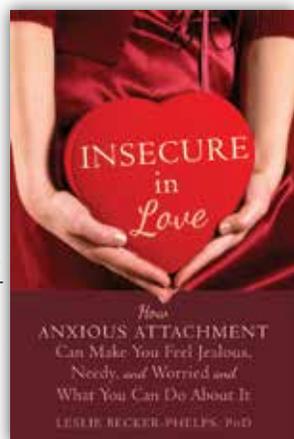
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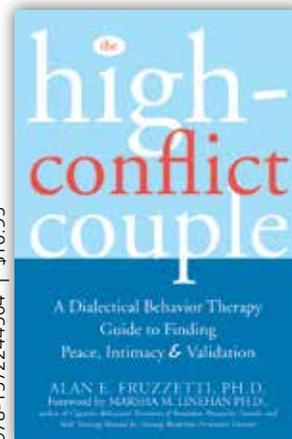
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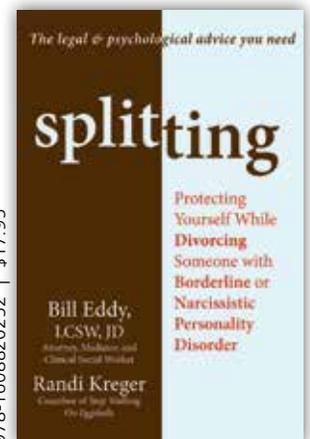
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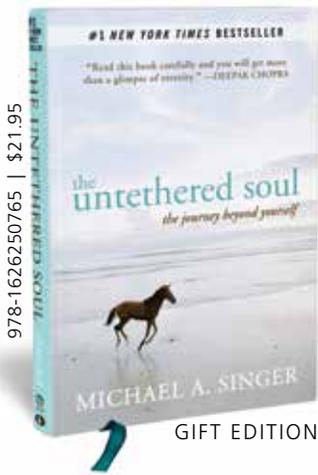
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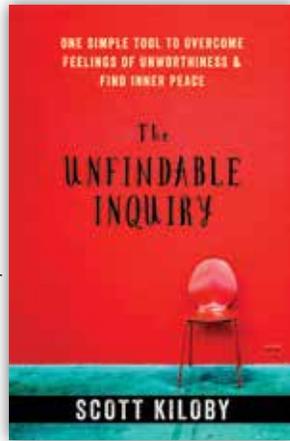


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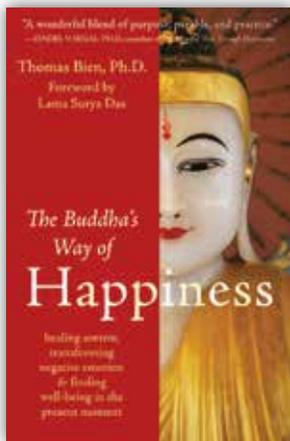
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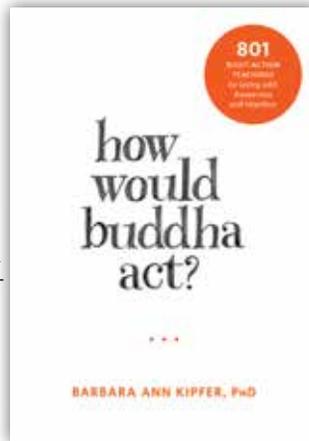


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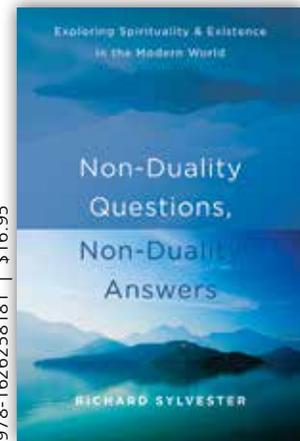
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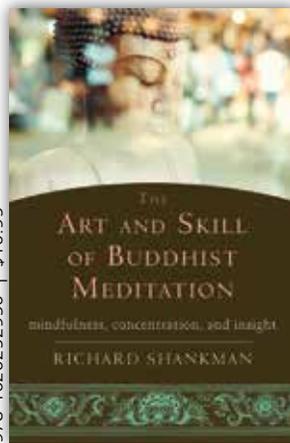
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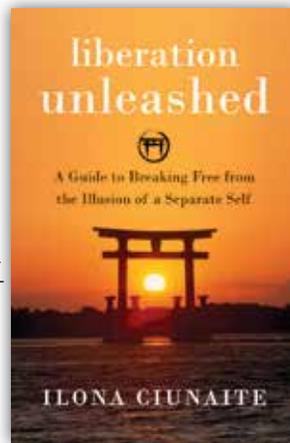
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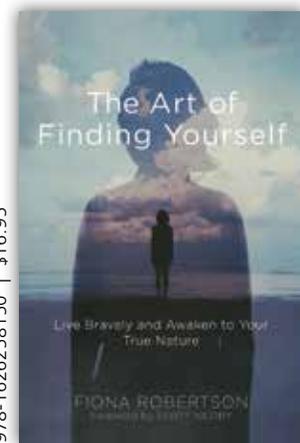
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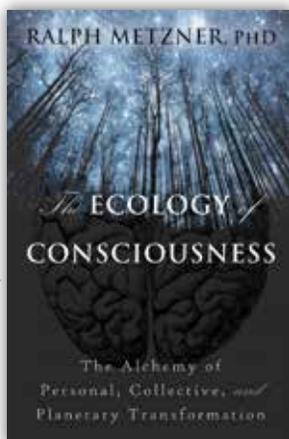
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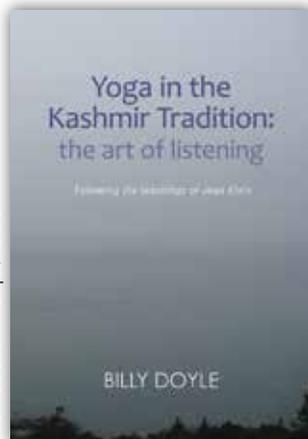
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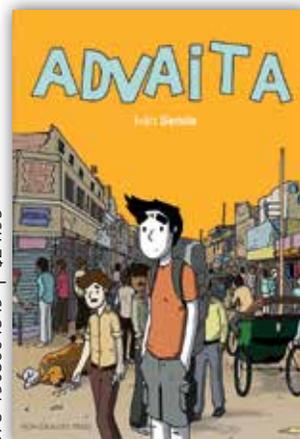
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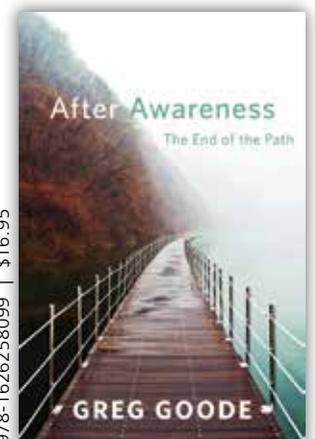
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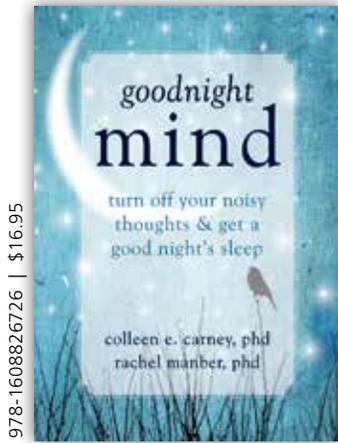
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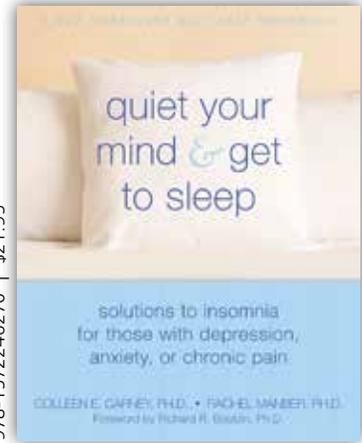
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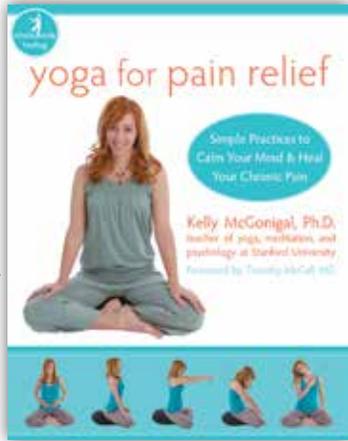
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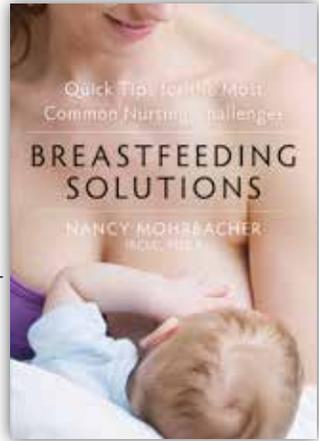
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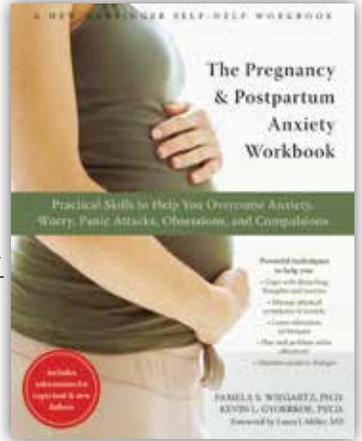
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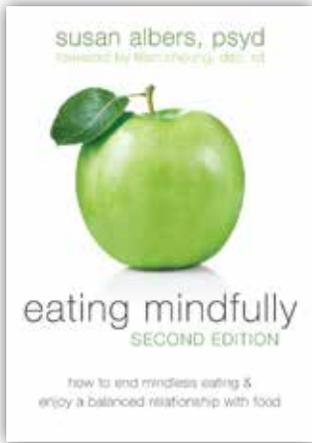
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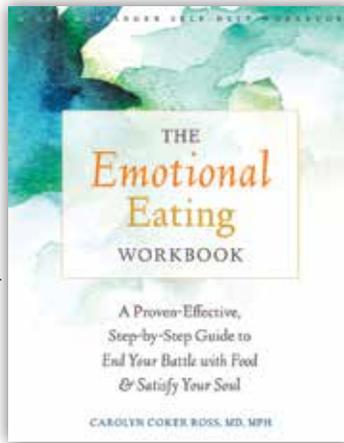
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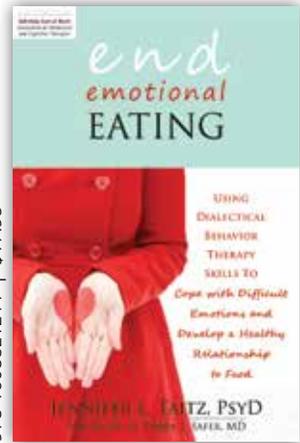
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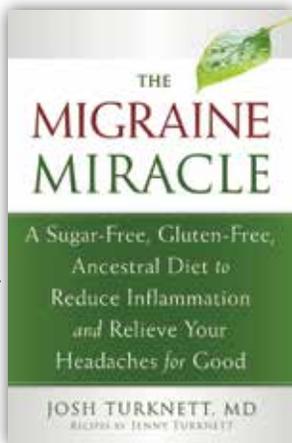
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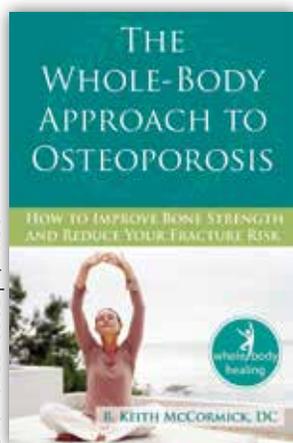
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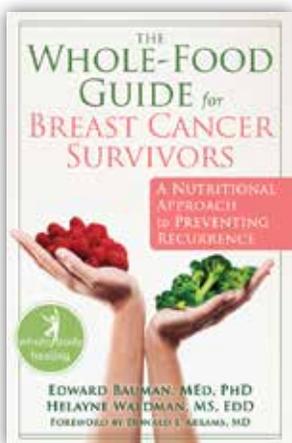
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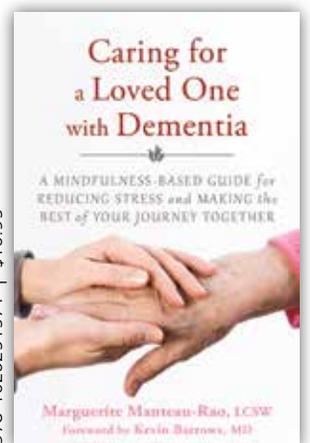
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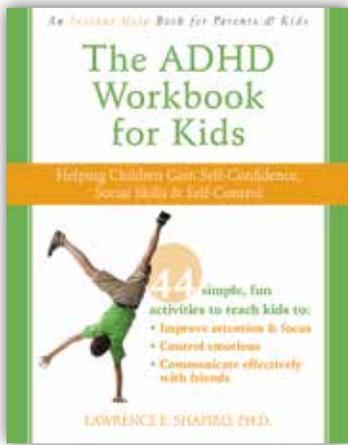
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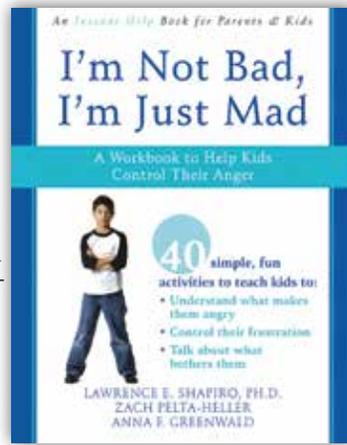
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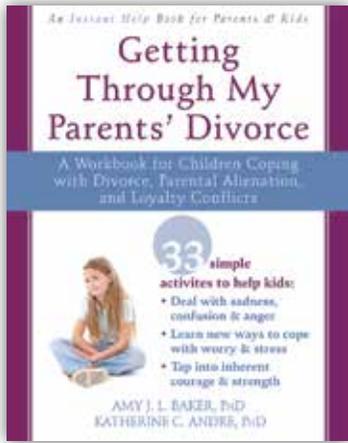
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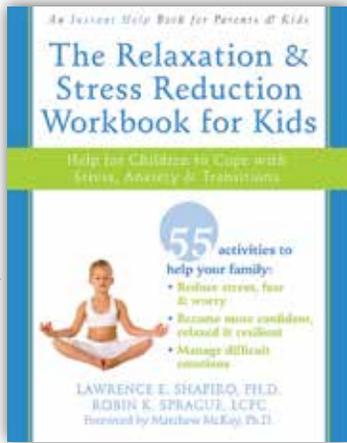
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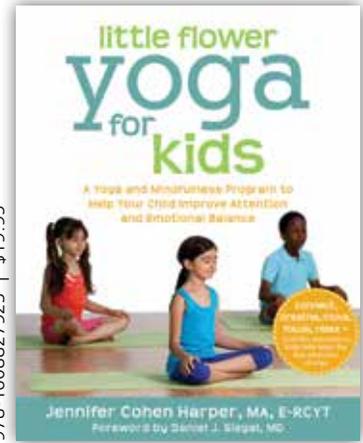
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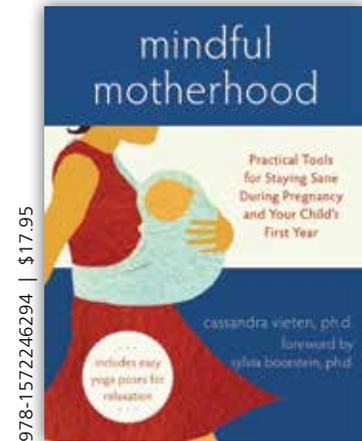
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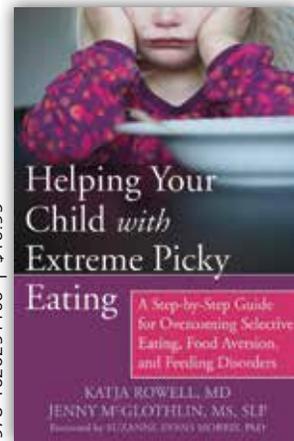
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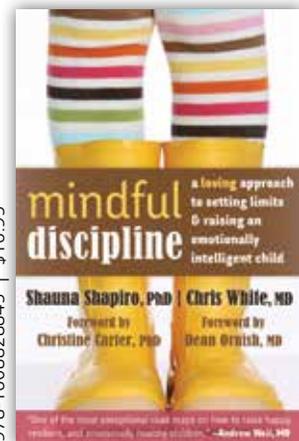
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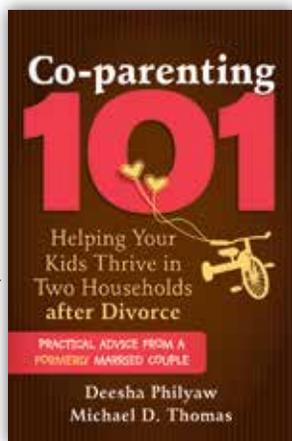
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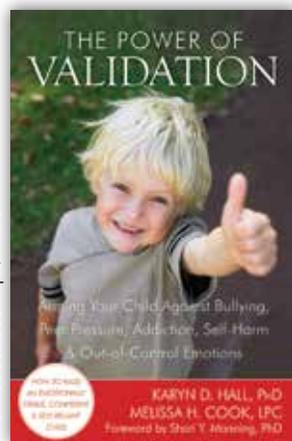
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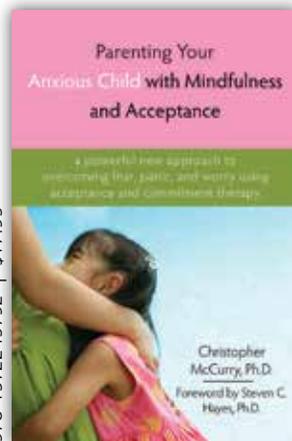
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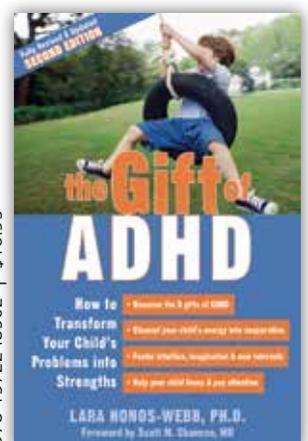
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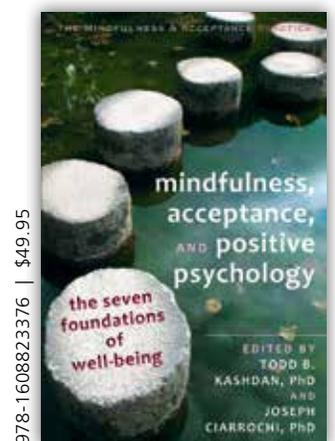
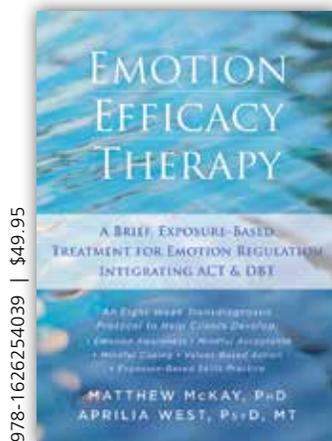
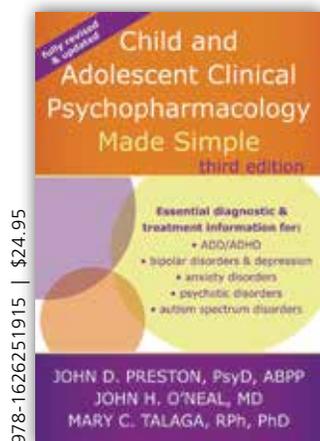
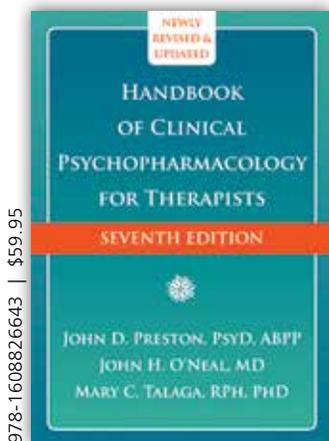
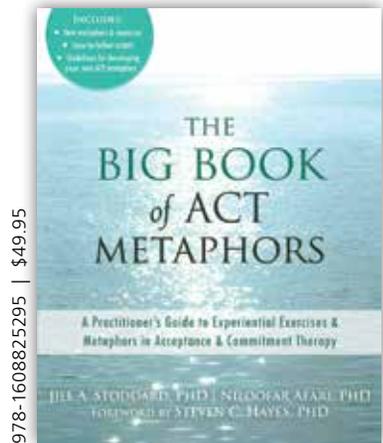
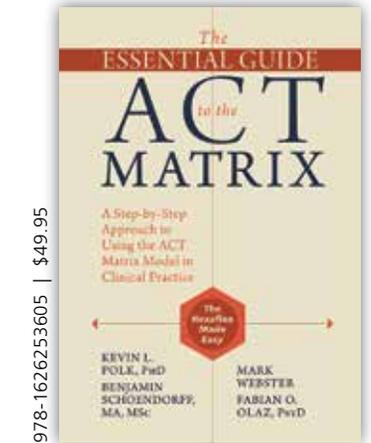
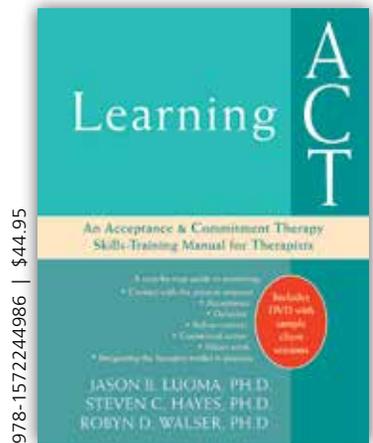
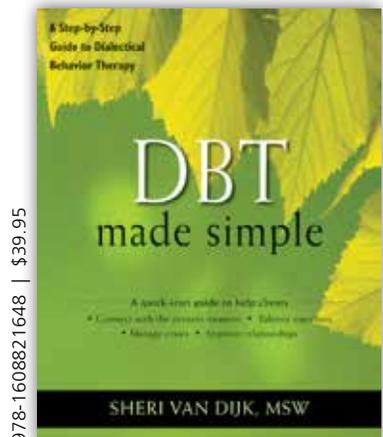
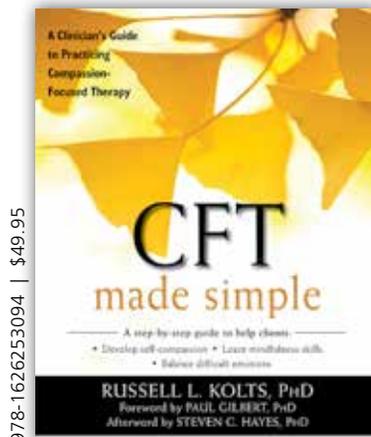
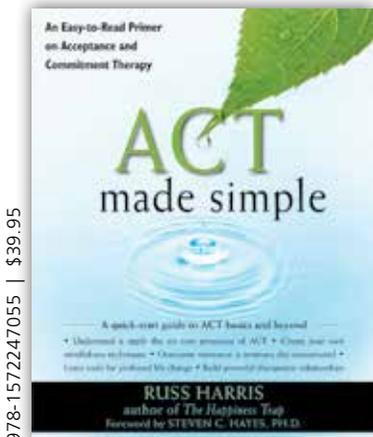
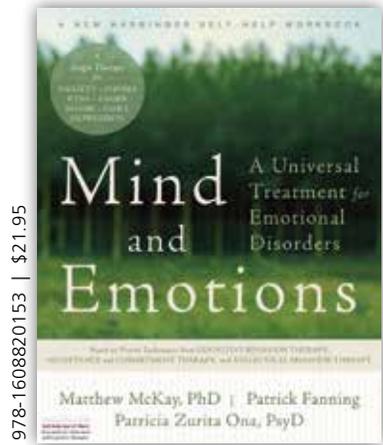
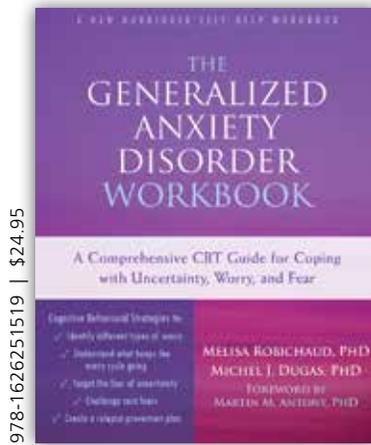


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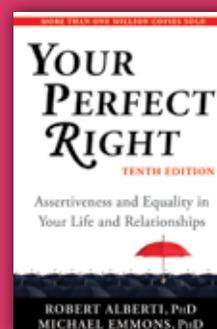
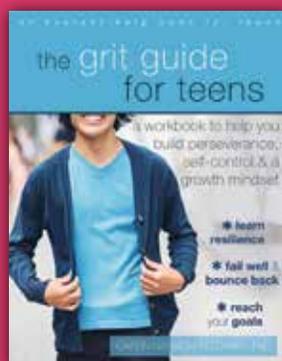
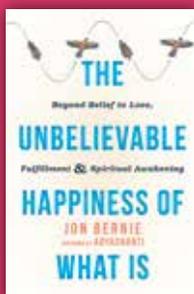
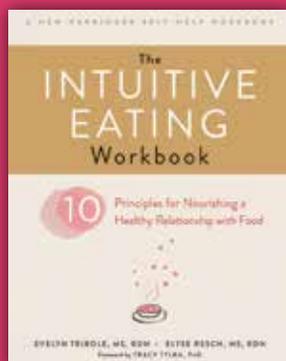
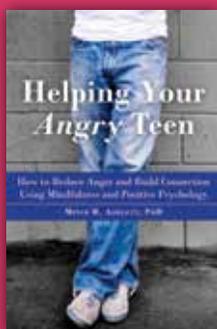
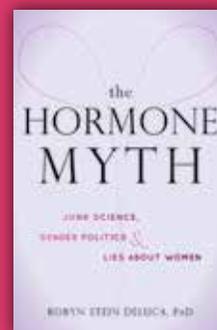
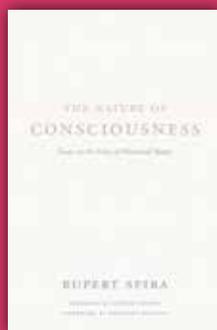
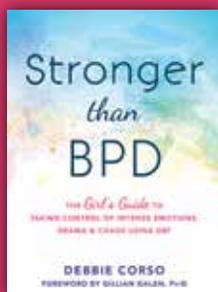
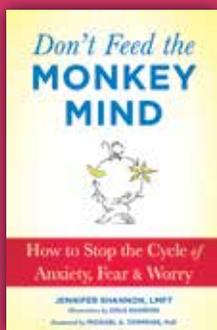
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