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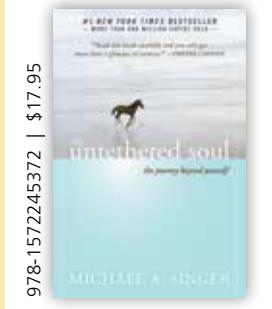
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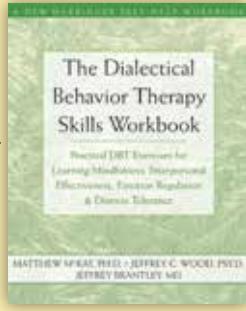
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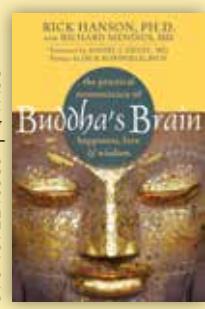
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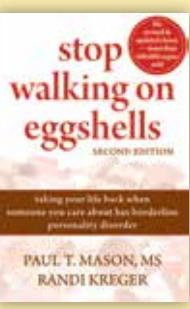
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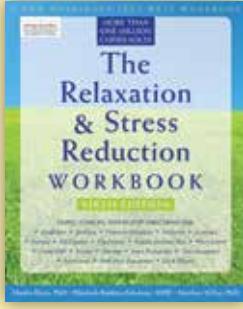
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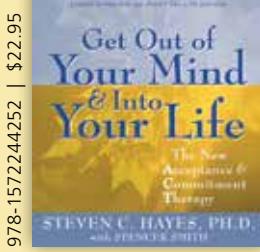
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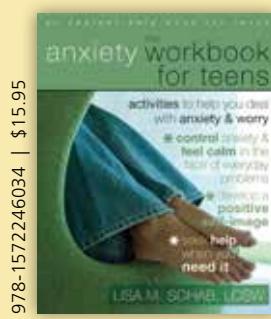
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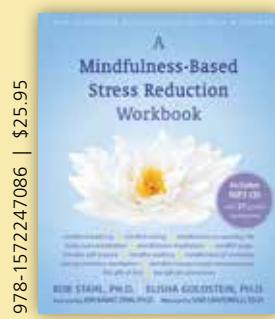
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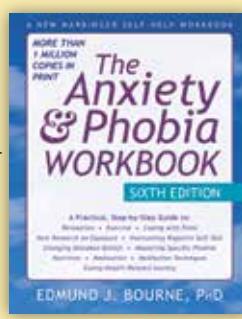
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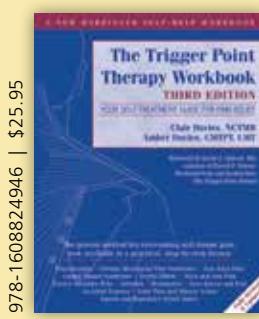
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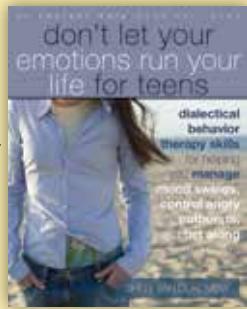
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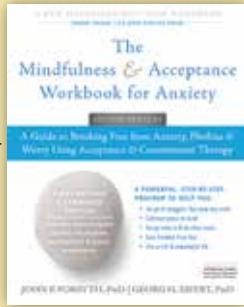
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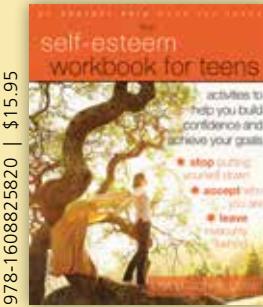
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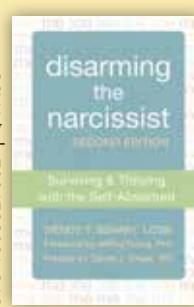
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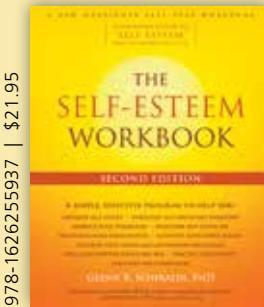
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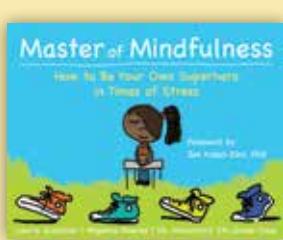
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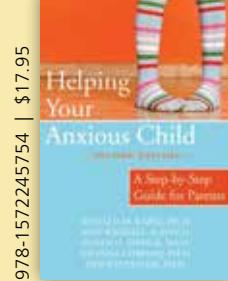
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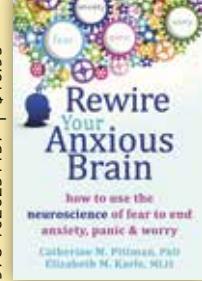
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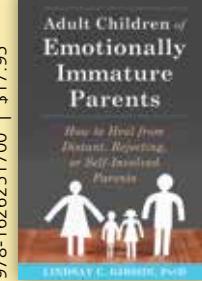
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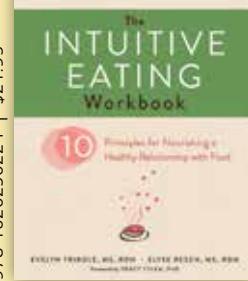
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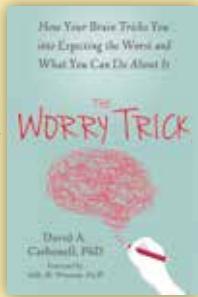
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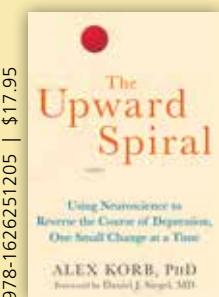
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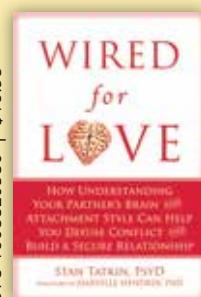
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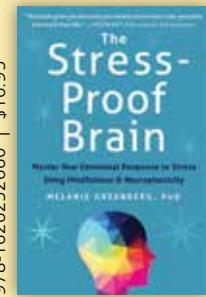
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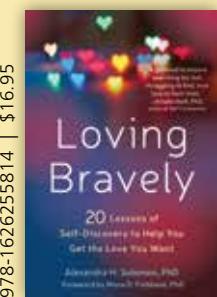
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Dear Friends—

Without a doubt, we're living in what many people would argue are "challenging times." That's why, perhaps now more than ever, New Harbinger is glad to publish books that support readers in being mindful and courageous, living consciously and making healthy decisions, cultivating meaningful connections, and finding personal and spiritual fulfillment.

Many of us aspire to live a more authentic, meaningful life, but we often allow our fears to convince us it's just not possible. To help counter this self-defeating message, we're excited to offer *The Courage Habit*. Written by Kate Swoboda—also known as "Kate Courageous," creator of the popular website YourCourageousLife.com—this breakout guide shows readers how to overcome that fearful inner voice that says "you can't"—so they *can* be brave, build a courageous community, and live their best life.

Also this season, we're especially pleased to present *Eating Mindfully for Teens*, written by the best-selling author of *Eating Mindfully*, Susan Albers. Packed with mindfulness-based activities, this turnkey workbook is designed to show teen readers how to put an end to mindless eating habits and make wise choices about food.

From renowned psychologist Robert L. Leahy, author of the highly successful *The Worry Cure*, comes *The Jealousy Cure*, a book that addresses the origins of this all-too-familiar feeling that can have such a destructive impact on relationships. This book is sure to resonate with many readers, helping them get to the root of their jealous behaviors and create healthier relationships.

Finally, for readers on the spiritual path, we offer *Boundless Awareness*. This unique book cuts through the esotericism that surrounds spiritual awakening, and presents practical exercises and meditations to guide readers toward true self-knowledge and a richer life experience.

As we carry on our mission to provide readers with real tools for real change, increased well-being, and self-actualization, we thank you for your support.



Sincerely,

—Matthew McKay, PhD, Publisher

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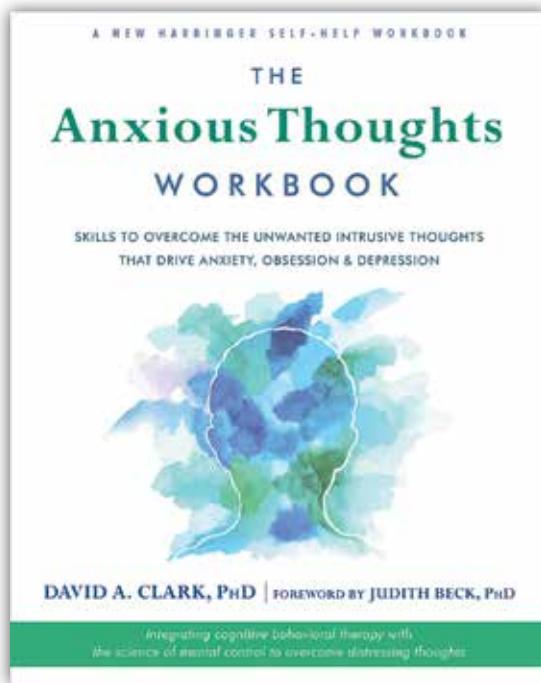
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The Anxious Thoughts Workbook

Skills to Overcome the Unwanted Intrusive Thoughts That Drive Anxiety, Obsession, and Depression

David A. Clark, PhD | Foreword by Judith Beck, PhD

- Approximately 60 million people in the US suffer from unwanted intrusive thoughts; they can be a manifestation of anxiety, depression, obsessive-compulsive disorder (OCD), or mood disorders (National Institute of Mental Health).
- This is the only workbook devoted exclusively to the problem of unwanted mental intrusions.

978-1626258426 | US \$19.95

8 x 10 | 200 pp | trade paper | self-help

PUB DATE: March 1, 2018

Some of us have unwanted, disturbing, or upsetting thoughts that we just can't seem to shake—thoughts that cause us to feel ashamed, anxious, depressed, or scared. While we can't shut our thoughts off, we can gain distance from them. This step-by-step guide will show readers how.

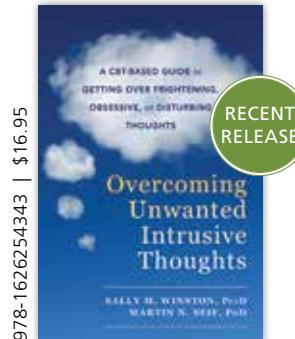
In *The Anxious Thoughts Workbook*, renowned psychologist David A. Clark presents a targeted, transdiagnostic approach to help readers move past unwanted mental intrusions. They'll learn how to change the destructive patterns responsible for the persistence of anxious and depressive thinking, and strip these upsetting thoughts of their meaning—a process Clark refers to as "detoxing." They'll also learn to manage the feelings of shame that can accompany these thoughts. For readers ready to move past their unwanted intrusive thoughts, the proven-effective techniques in this workbook will help.



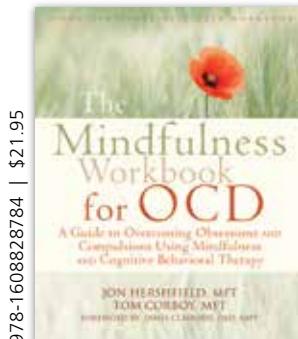
David A. Clark, PhD, is a practicing clinical psychologist and professor emeritus at the University of New Brunswick, Canada. He is author or coauthor of numerous scientific articles and nine books on depression, anxiety, and obsessive-compulsive disorder, including *The Mood Repair Toolkit*, *The Anxiety and Worry Workbook* (with Aaron T. Beck), and *Overcoming Obsessive Thoughts* (with Christine Purdon). A founding fellow and trainer consultant with the Academy of Cognitive Therapy, and fellow of the Canadian Psychological Association, Clark resides in Canada.

Foreword writer Judith Beck, PhD, is director of the Beck Institute for Cognitive Therapy, clinical associate professor of psychology in psychiatry at the University of Pennsylvania, and past president of the Academy of Cognitive Therapy. The daughter of the influential founder of cognitive therapy, Aaron T. Beck, Beck resides in Bala Cynwyd, PA.

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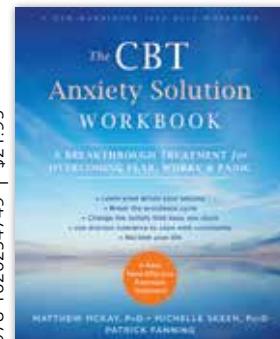
978-1626254343 | \$16.95



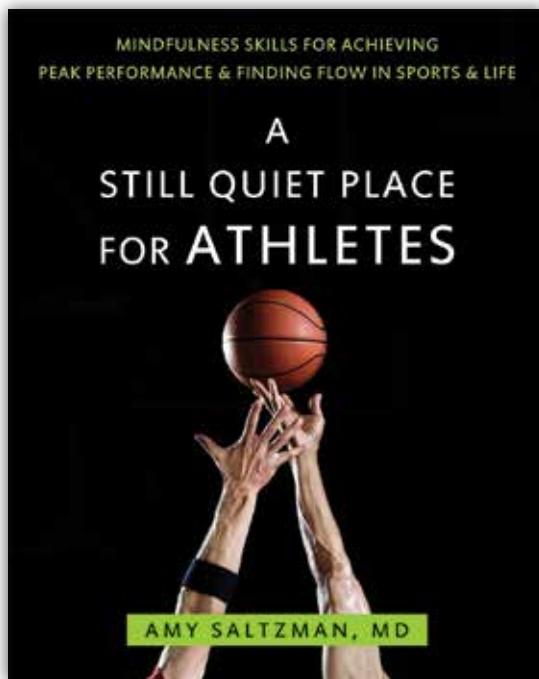
978-1608828784 | \$21.95



978-1572249219 | \$25.95



978-1626254749 | \$21.95



A Still Quiet Place for Athletes

Mindfulness Skills for Achieving Peak Performance and Finding Flow in Sports and Life

Amy Saltzman, MD

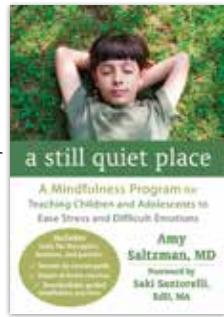
- This is the first workbook with practical exercises and step-by-step guidance for athletes hoping to integrate mindfulness into training and competition.
- The application of mindfulness to athletics has become a topic of extensive research, some of which suggests that it can help generate flow—a state of complete focus.

978-1684030217 | US \$24.95

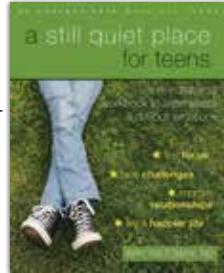
8 x 10 | 264 pp | trade paper | sports psychology

PUB DATE: March 1, 2018

Also by the Author



978-1608827008 | \$49.95



978-1626253766 | \$16.95

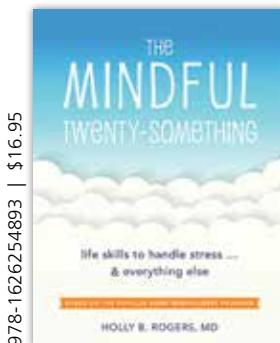
Increasingly, athletes and coaches—from amateur leagues to professional football champs to Olympic athletes—are incorporating *mindfulness*-based practices into their training. That's because mindfulness can help people lower stress, connect with the moment, and mentally bounce back after setbacks. It can also help athletes deal with physical aspects of training, such as fatigue, aches, pains, injury, burnout, and exhaustion.

Written by holistic physician, mindfulness coach, and longtime athlete Amy Saltzman, this practical workbook offers mindfulness-based skills readers can use any time during a game, as well as in life. They'll discover what the author refers to as the "still quiet place," and from the vantage point of that stillness, be able to observe their thoughts, feelings, and physical sensations—both before practice and in competition, during a timeout, after a miss or significant loss, or in casual game settings. Readers will also find skills for dealing effectively with teammates and coaches, as well as for coaching mindfully. Ninety percent of performance is mental. With this workbook as a guide, readers can use mindfulness to enhance their training, performance, and life beyond athletics. A parent's guide is also included.

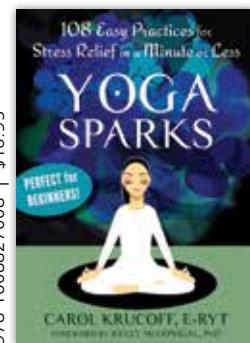


Amy Saltzman, MD, is a longtime athlete, holistic physician, mindfulness coach, scientist, wife, devoted student of transformation, occasional poet, and mother of two athletes. Recognized as a visionary and pioneer in the fields of holistic medicine and mindfulness for youth, she is founder and director of the Association for Mindfulness in Education, and a founding member of the Northern California Advisory Committee on Mindfulness. The author of *A Still Quiet Place* and *A Still Quiet Place for Teens*, Saltzman resides in the greater San Francisco Bay Area.

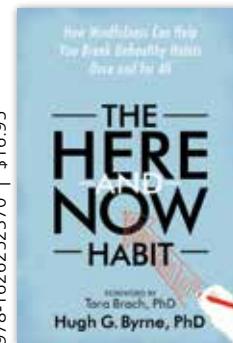
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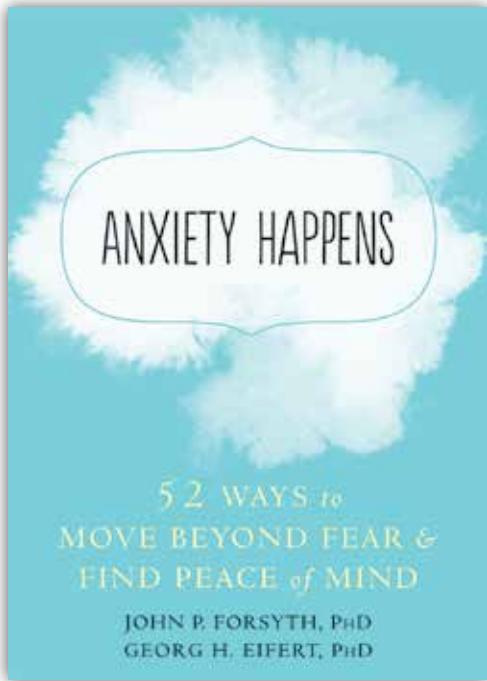


978-1626252370 | \$16.95



978-1572247086 | \$25.95

BEST
SELLER



Anxiety Happens

52 Ways to Move Beyond Fear and Find Peace of Mind

John P. Forsyth, PhD, and Georg H. Eifert, PhD

- Anxiety disorders are the most common mental health issue in the US, with approximately 42 million people affected (National Institute of Mental Health).
- This book builds on the success of *The Mindfulness and Acceptance Workbook for Anxiety* (ISBN: 978-1626253346), which has sold more than 115,000 copies.

978-1684031108 | US \$14.95

5 x 7 | 200 pp | trade paper | self-help

PUB DATE: April 1, 2018

We live in an age of anxiety, and studies show that it's only getting worse. Anxiety forces itself into our awareness and can deplete our energy, resources, and resolve. It screams "pay attention to me—or else." We may confront it the moment we wake up in the morning, and it can even keep us from getting to sleep at night. In short, it can run our lives. But it doesn't have to be this way.

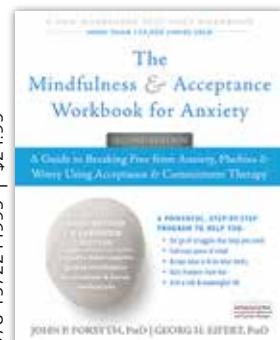
Building on the success of *The Mindfulness and Acceptance Workbook for Anxiety*, this quick reference guide offers fifty-two simple tools and strategies—one for each week of the year—based in proven-effective acceptance and commitment therapy (ACT) to help readers break free from worry, fear, and panic. In addition to "in-the-moment" tools for staying calm, they'll learn about the underlying causes of anxiety, why avoidance doesn't work, how to move past that negative inner voice, and how focusing on values can help us move past anxiety and live a rich, meaningful life.



John P. Forsyth, PhD, is professor of psychology and director of the anxiety disorders research program at the University at Albany, SUNY. He is a highly sought-after speaker, ACT workshop leader, and member of the faculty at the Omega Institute for Holistic Studies. Coauthor of *The Mindfulness Workbook for Anxiety*, **Forsyth resides in Schenectady, NY**.

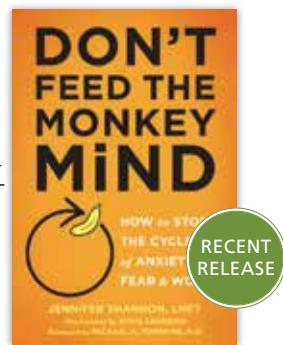
Georg H. Eifert, PhD, is professor emeritus of psychology and former associate dean of the School of Health and Life Sciences at Chapman University in Orange, CA. He is coauthor of *The Mindfulness Workbook for Anxiety*, *The Anorexia Workbook*, and, with Forsyth, *Acceptance and Commitment Therapy for Anxiety Disorders*. **Eifert resides in Port Angeles, WA**.

Also by the Authors

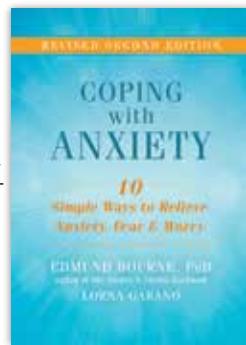


978-1572244993 | \$24.95

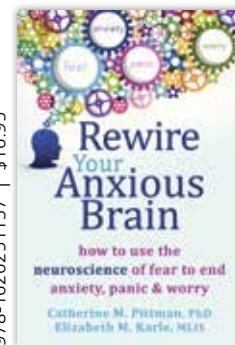
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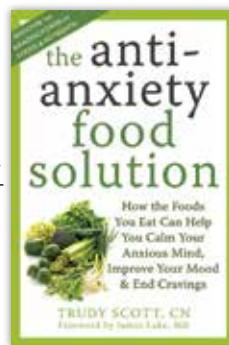
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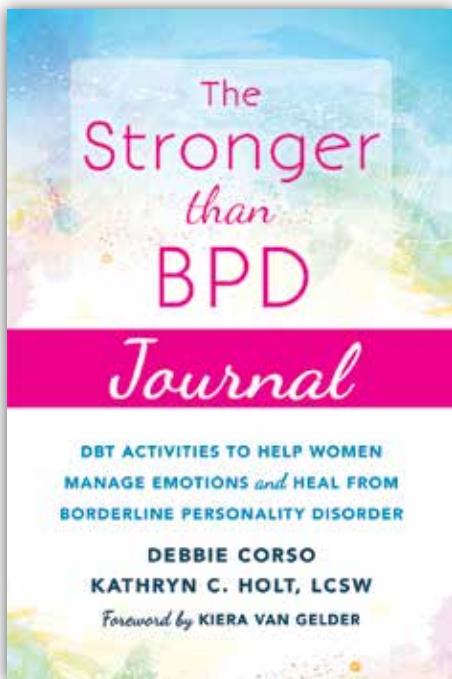
978-1626253858 | \$15.95



978-1626251137 | \$16.95



978-1572249257 | \$17.95



The Stronger than BPD Journal

DBT Activities to Help Women Manage Emotions and Heal from Borderline Personality Disorder

Debbie Corso and Kathryn C. Holt, LCSW
Foreword by Kiera Van Gelder

- 3 million Americans suffer from borderline personality disorder (BPD); 75 percent are women.
- This guided journal offers contemplative exercises drawn from dialectical behavior therapy (DBT) that will foster self-healing, exploration, and insight.

978-1684030613 | US \$16.95

6 x 9 | 184 pp | trade paper | self-help

PUB DATE: April 1, 2018

People with borderline personality disorder (BPD) may have trouble managing intense emotions, navigating day-to-day life, and maintaining healthy relationships. They may also have trouble seeing themselves clearly beyond their diagnosis. But while BPD is a *part* of their life's story—it isn't the *whole* story. This unique journal offers gentle guided exercises based in dialectical behavior therapy (DBT) to help readers balance their emotions, take time for self-care and exploration, and put a stop to overly critical self-judgment. They'll also learn to reduce stress, upsets, and triggers; gain resiliency; and improve communication with others.



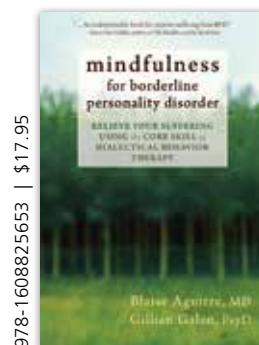
Writing can be a vehicle for profound self-reflection, exploration, and healing. This guided journal will help readers who have BPD take control of their emotions, gain insight into their unique mind, and start living the life they deserve.

Debbie Corso is a mental health blogging pioneer in recovery from BPD. Her work as an intake coordinator and case manager at a nonprofit organization was the catalyst that propelled her to document and share her powerful journey. She cofacilitates worldwide DBT psychoeducational courses online and is author of *Stronger Than BPD*. **Corso resides Elk Grove, CA.**

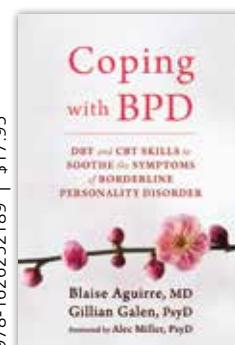
Kathryn C. Holt, LCSW, is a psychotherapist who studied DBT at Columbia University in New York City. She currently offers individual therapy, groups, retreats, and weekly movement classes. **Holt resides in Boulder, CO.**

Foreword writer **Kiera Van Gelder** is an artist, educator, writer, speaker, and advocate who is featured in the documentary *Back from the Edge: Living with and Recovering from Borderline Personality Disorder*. Van Gelder resides in Greenfield, MA.

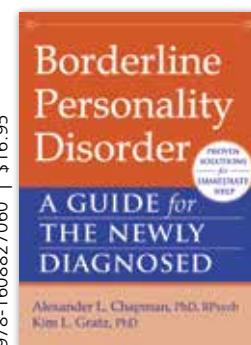
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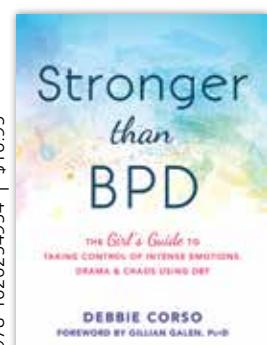
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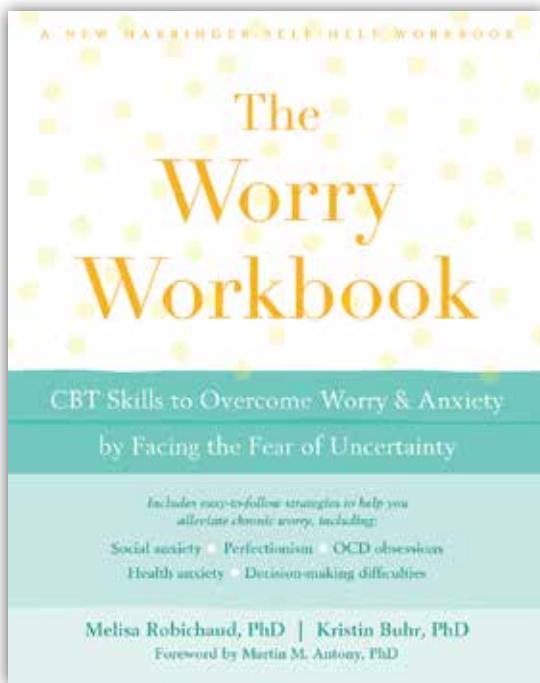
978-1626252189 | \$17.95



978-1608827060 | \$16.95



978-1626254954 | \$16.95



The Worry Workbook

CBT Skills to Overcome Worry and Anxiety by Facing the Fear of Uncertainty

Melisa Robichaud, PhD, and Kristin Buhr, PhD
Foreword by Martin M. Antony, PhD

- 42 million people in the US live with anxiety disorders; many more experience subclinical or undiagnosed chronic worry.
- This is the first and only workbook for adults to explicitly address intolerance of uncertainty as the core issue leading to chronic worry.

978-1684030064 | US \$21.95
8 x 10 | 224 pp | trade paper | self-help
PUB DATE: May 1, 2018

Many of us are plagued by persistent worry, have trouble making everyday decisions, exhaust ourselves trying to meet unreasonably high standards, or procrastinate important tasks. All of these problems could be caused by the same thing: an intolerance for uncertainty in the face of new challenges or unpredictable outcomes. Everyone worries from time to time. But chronic worrying, anxiety, and fear can take a hefty toll on our health, happiness, and relationships. Many people lose sleep over "what ifs"—leading to difficulty making decisions, avoiding new situations, trouble with relationships, and missing out on life's adventures! So, how can readers overcome this fear and start living their best life?

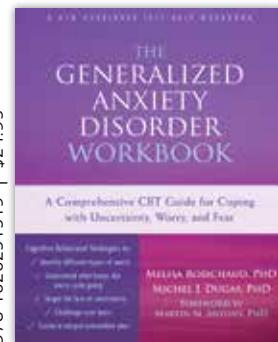
Many books tackle worry and anxiety, but *The Worry Workbook* is the first to provide guidance for overcoming the fear of uncertainty. With this guide, readers will find concrete exercises and step-by-step instructions to help identify their fear of uncertainty and challenge it using powerful cognitive behavioral therapy (CBT) practices like self-assessment, self-monitoring, and behavioral experiments.

Melisa Robichaud, PhD, is a clinical psychologist and cofounder of the Vancouver CBT Centre. She holds positions in psychology and psychiatry at the University of British Columbia and Simon Fraser University, and is on the scientific advisory board of AnxietyBC. **Robichaud resides in Vancouver, Canada.**

Kristin Buhr, PhD, is a registered psychologist and director at the North Shore Stress and Anxiety Clinic in North Vancouver, BC. She is a lead consultant for AnxietyBC. **Buhr resides in North Vancouver, Canada.**

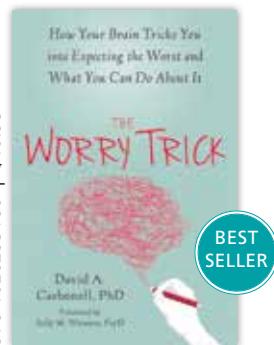
Foreword writer **Martin M. Antony, PhD**, is coauthor of *The Shyness and Social Anxiety Workbook* and more. He resides in Toronto, Canada.

Also by the Author

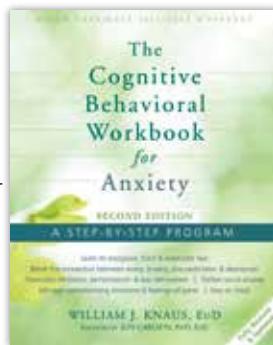


978-1626251519 | \$24.95

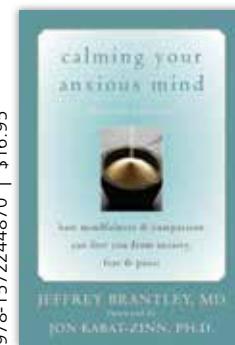
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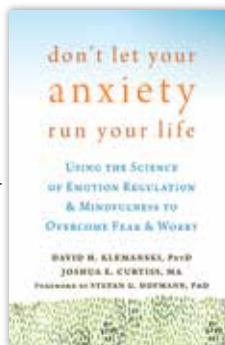
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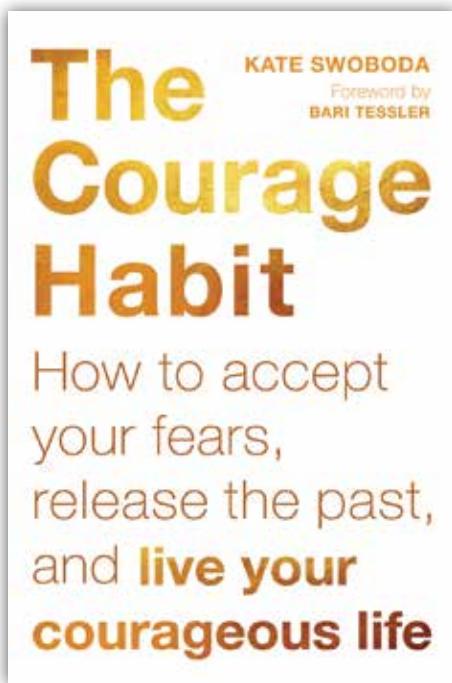
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978-1626254169 | \$16.95



The Courage Habit

How to Accept Your Fears, Release the Past, and Live Your Courageous Life

Kate Swoboda | Foreword by Bari Tessler

- This book offers tools, strategies, and exercises based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) to help readers manage the internal fears and external pressures that hold them back.
- Courage is a set of practices anyone can learn. With this book, readers will cultivate “the courage habit” by establishing and working toward goals using empirically supported practices.

978-1626259874 | US \$17.95

6 x 9 | 256 pp | trade paper | self-help

PUB DATE: May 1, 2018

In *The Courage Habit*, certified life coach Kate Swoboda offers a unique program based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) to help readers act courageously in spite of fear. By identifying their fear triggers, releasing themselves from past experiences, and acting on what they truly value, they can make courage a daily habit.

Using a practical four-part program, readers will learn to understand the emotions that arise when fears are triggered, and to pause and evaluate their emotional state before they act. They'll discover how to listen without attachment to the self-defeating messages of their inner critic, understand the critic's function, and implement respectful boundaries so that their inner voice no longer controls their behavior. With this book, readers will reframe self-limiting life narratives that can—with conscious awareness—dictate their day-to-day decisions. They'll also learn to nurture more authentic connections with family, friends, and community in order to find support and reinforce the life changes they're making.

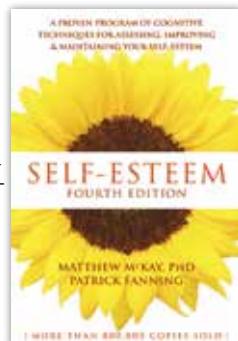
This one-of-a-kind guide will show readers who feel like fear is holding them back how to break free from self-doubt and start living their best life.



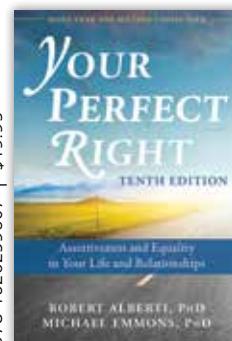
Kate Swoboda, aka “Kate Courageous,” is the creator of YourCourageousLife.com and director of the Courageous Living Coach Certification program. She’s contributed to numerous publications and has been deemed one of the top 50 bloggers in health, fitness, and happiness by Greatist.com. Swoboda resides in Petaluma, CA.

Foreword writer **Bari Tessler** is a financial therapist and mentor coach. The author of *The Art of Money*, and founder of a program by the same name, Tessler resides in Boulder, CO.

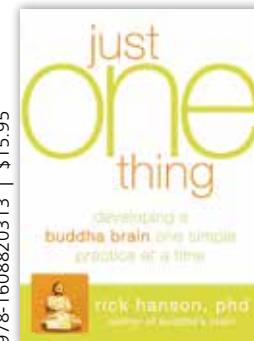
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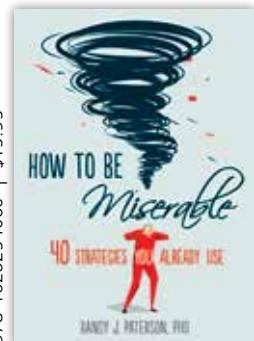
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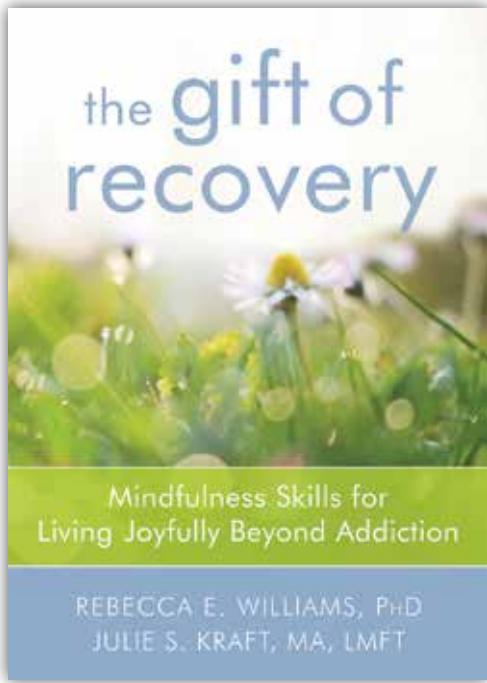
978-1626259607 | \$19.95



978-1608820313 | \$15.95



978-1626254060 | \$15.95



For readers struggling with addiction, deciding to get help is the first step toward recovery. But addiction recovery doesn't happen all at once—it's something that must be worked for, every day. When things are going well, people may not be tempted to give in to their cravings. But when life is stressful, they'll need strategies to help them cope.

Written by the authors of *The Mindfulness Workbook for Addiction*, this on-the-go mindfulness guide offers fifty-two powerful and effective meditations to help readers manage the stress, depression, and strong emotions that can get in the way of a full and lasting recovery. They'll also find skills based in cognitive behavior therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) to help them stay grounded, as well as links to online resources.

Deciding to overcome an addiction is hard and sometimes lonely—but it is truly an act of courage. *The Gift of Recovery* will help guide readers as they continue making courageous steps toward peace, joy, and fulfillment.

Rebecca E. Williams, PhD, is a clinical psychologist and the Wellness and Vocational Enrichment Clinic director of the Veterans Affairs San Diego Healthcare System. She is associate clinical professor in the department of psychiatry at the University of California, San Diego, an adjunct faculty member at the University of San Diego, and coauthor of *Couple Therapy for Alcoholism*. **Julie S. Kraft, MA, LMFT**, has provided counseling at the Veterans Affairs San Diego Healthcare System, and psychotherapy in community settings. She treats clients struggling with both addiction and mental health concerns at Sharp HealthCare. Both Williams and Kraft reside in San Diego, CA.

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The Gift of Recovery

Mindfulness Skills for Living Joyfully Beyond Addiction

Rebecca E. Williams, PhD, and Julie S. Kraft, MA, LMFT

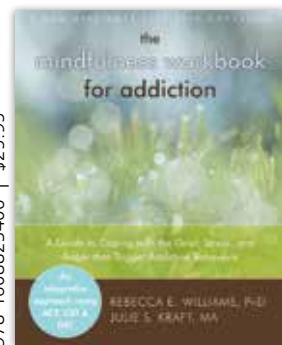
- Mindfulness is an effective treatment for the issues that lie at the root of addiction. This workbook incorporates related skills from proven-effective therapies, including emotion regulation, distress tolerance, and defusion.
- Williams and Kraft, authors of *The Mindfulness Workbook for Addiction* (ISBN: 978-1608823406), are psychologists in the Veterans Health Administration, where addiction issues are all-too-common.

978-1684030705 | US \$16.95

5 x 7 | 192 pp | trade paper | self-help

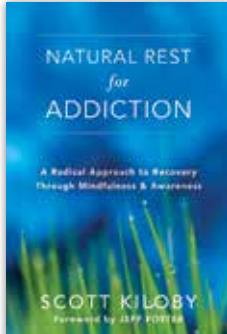
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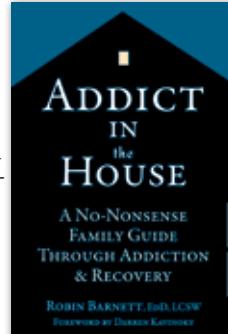


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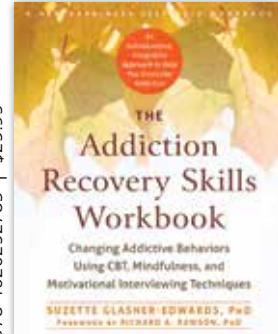
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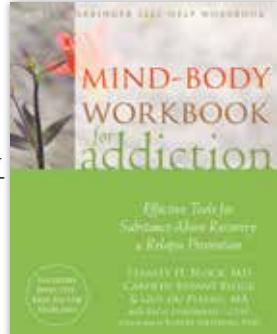
978-1626252608 | \$16.95

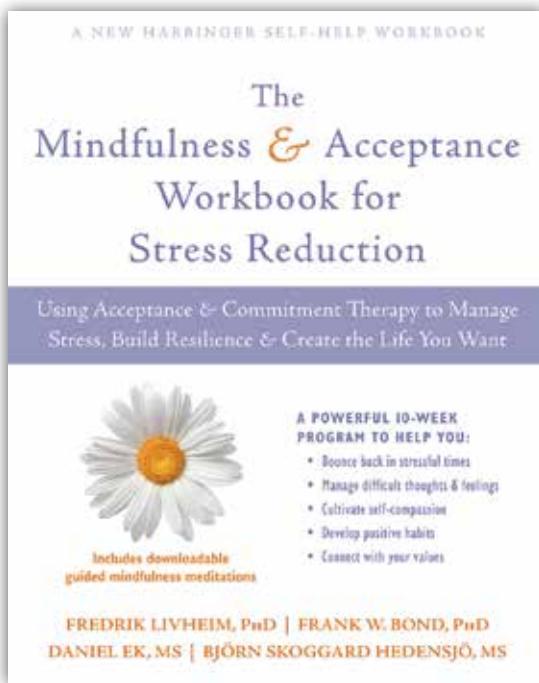


978-1626252783 | \$25.95



978-1626254091 | \$21.95





The Mindfulness and Acceptance Workbook for Stress Reduction

Using Acceptance and Commitment Therapy to Manage Stress, Build Resilience, and Create the Life You Want

**Fredrik Livheim, PhD, Frank W. Bond, PhD,
Daniel Ek, MS, and Bjorn S. Hedensjo, MS**

- 77 percent of the US population periodically suffers from significant stress. Almost 1/3 of American adults report that stress has a strong impact on their physical and mental health.

978-1684031283 | US \$22.95
8 x 10 | 224 pp | trade paper | self-help
PUB DATE: July 1, 2018

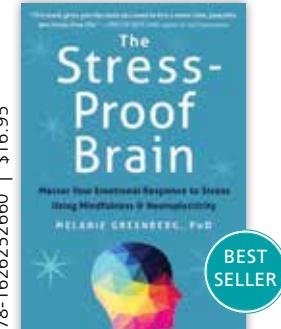
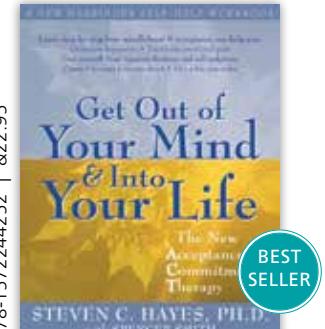
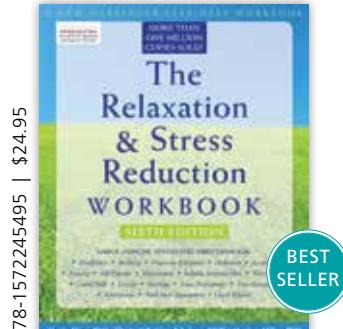
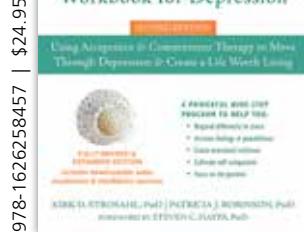
Everyone experiences stress. From the moment we wake up in the morning to the moment we finally settle into bed at night, our days are packed with stressful moments that can quickly add up and feel overwhelming. Unfortunately, we can't escape stress. But we can change the way we relate to it.

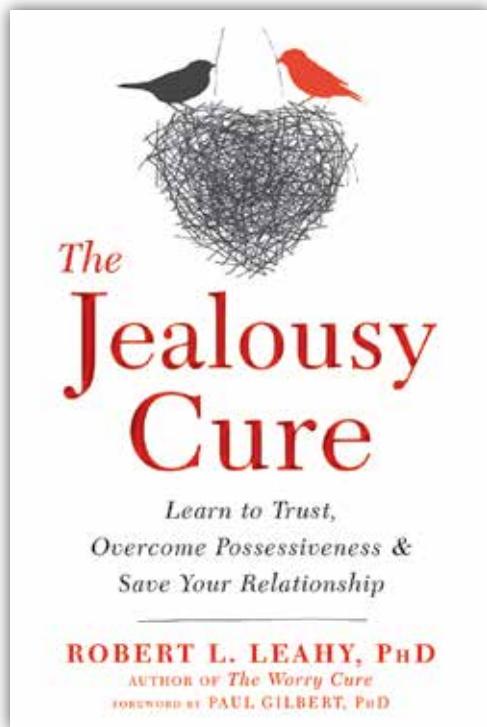
Written by internationally renowned acceptance and commitment therapy (ACT) experts, *The Mindfulness and Acceptance Workbook for Stress Reduction* offers a powerful ten-week program for stress management drawing on the latest research in ACT and mindfulness. Readers will gain a better understanding of what stress really is, how it affects the brain and body, and what they can do to manage and reduce stress in their life. They'll discover how to build resilience and set smart, effective personal goals that align with their values. Finally, they'll learn to be more aware of how they deal with stress in the moment so they can keep it in its place and live a more vital life.



Fredrik Livheim, PhD, is a licensed clinical psychologist at FORUM, a research center for psychosocial health at the Karolinska Institutet in Stockholm, Sweden. **Frank W. Bond, PhD**, is professor of psychology and director of the Institute of Management Studies at Goldsmiths, University of London. **Daniel Ek, MS**, is a registered psychologist with professional experience in stress management. Ek treats patients with stress and chronic fatigue syndrome on a daily basis. **Bjorn S. Hedensjo, MS**, is a science reporter studying psychology. Livheim, Ek, and Hedensjo reside in Sweden. Bond resides in London, UK.

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The Jealousy Cure

*Learn to Trust, Overcome Possessiveness,
and Save Your Relationship*

Robert L. Leahy, PhD | Foreword by Paul Gilbert, PhD

- Although jealousy is universal, many people feel ashamed, embarrassed, and confused by it—which does nothing to help. This book offers a non-stigmatizing approach to jealousy.
- Former president of the Association for Behavioral and Cognitive Therapy, Leahy is an expert in the field of psychology, and the author of several popular books, including *The Worry Cure* (ISBN: 978-1400097661).

978-1626259751 | US \$16.95

6 x 9 | 240 pp | trade paper | relationships

PUB DATE: March 1, 2018

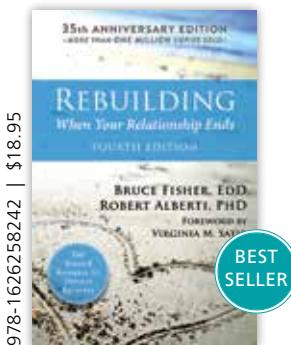
In *The Jealousy Cure*, renowned psychologist and author of *The Worry Cure* Robert L. Leahy takes a more nuanced approach to tackling feelings of jealousy. In this compelling book, readers will uncover the evolutionary origins of jealousy, and how and why it's served to help us as a species. They'll also learn practices based in emotional schema theory, cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and mindfulness to help them overcome the shame jealousy can bring, improve communication with their partner, and ultimately make room for jealousy while making their relationship more meaningful. Readers will also learn that confronting jealousy in a relationship does not have to be a catastrophe, but can redirect a couple to build more trust, acceptance, and connection.

We often feel jealous because we fear losing the things or people that matter to us the most. With this insightful guide, readers will discover how jealousy can both help and hurt their relationship, and learn proven-effective skills to keep jealousy in its place.

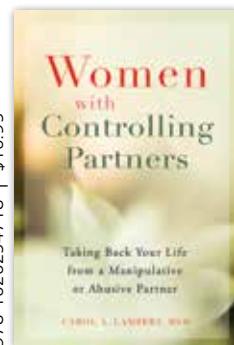


Robert L. Leahy, PhD, is author or editor of twenty-six books, including *The Worry Cure*. He has led or been involved with many CBT organizations, and writes a regular blog for *Psychology Today*. An international speaker who has been featured in print, radio, and television media, Leahy resides in New York, NY. Foreword writer Paul Gilbert, PhD, is the developer of compassion-focused therapy (CFT), and head of the mental health research unit at the University of Derby. He is author of numerous books, including *The Compassionate Mind*, *Mindful Compassion*, and *Overcoming Depression*. Gilbert resides in Derby, UK.

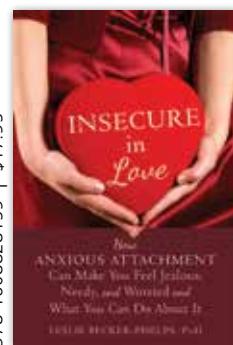
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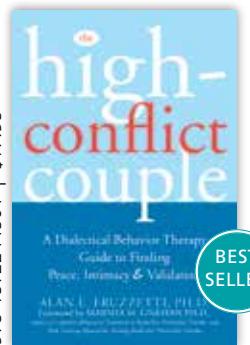
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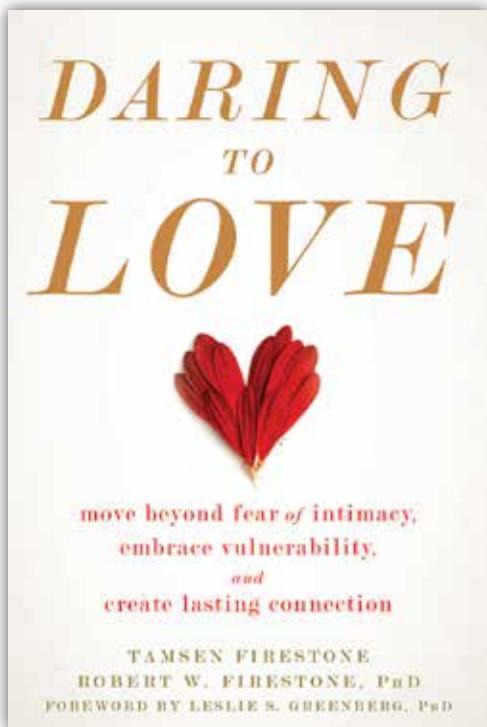


978-1608828159 | \$17.95



978-1572244504 | \$17.95

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Daring to Love

Move Beyond Fear of Intimacy, Embrace Vulnerability, and Create Lasting Connection

Tamsen Firestone, and Robert W. Firestone, PhD
Foreword by Leslie S. Greenberg, PhD

- This book presents the groundbreaking voice therapy method developed by Robert W. Firestone that focuses on giving a voice to unhealthy relationship patterns often rooted in childhood.
- While this book is written for couples, its focus is on helping individual readers identify the patterns that prevent them from having the fulfilling relationships they want.

978-1684030736 | US \$16.95

6 x 9 | 192 pp | trade paper | relationships

PUB DATE: May 1, 2018

After a breakup, most of us spend a lot of time thinking about what the *other* person did to cause it, rather than reflecting on ourselves. It seems self-evident that we want love, and that we want our romantic relationships to work. But what if our desire for love is not as straightforward as our emotions make us believe? What if, instead of pursuing love, we're unconsciously pushing it away?

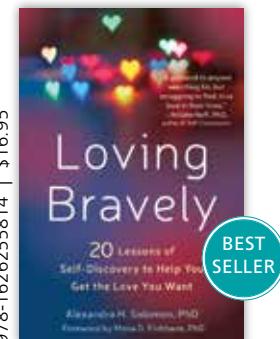
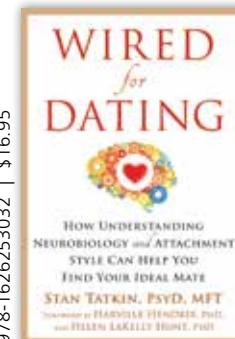
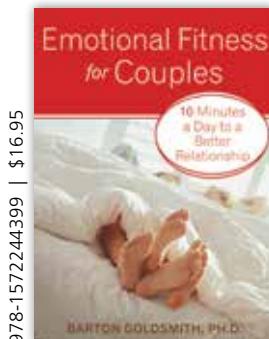
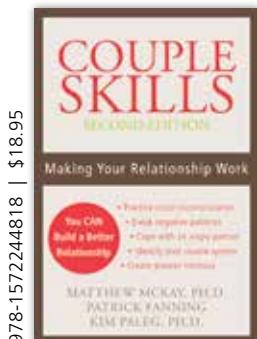
In *Daring to Love*, Tamsen and Robert W. Firestone offer techniques based in Robert's groundbreaking voice therapy—the process of giving spoken word to unhealthy patterns—to help readers understand how they get in their own way on the quest for true love. Love, the Firestones argue, makes us vulnerable and triggers old defenses we formed in childhood, causing us to sabotage our relationships in myriad subtle—and not-so-subtle—ways. Using the voice therapy strategies in this book, readers will be able to identify their own defensive patterns and uncover the destructive messages of their critical inner voice.



Tamsen Firestone is the founder and editor-in-chief of PsychAlive.org. She has been a principle editor for many of the books written by her husband Robert W. Firestone, including *Fear of Intimacy*, *Conquer Your Critical Inner Voice*, and *Creating a Life of Meaning and Compassion*.

Robert W. Firestone, PhD, is a psychologist and author whose best-known books—*The Fantasy Bond*, *Voice Therapy*, *Combating Destructive Thought Processes*, and *Compassionate Child-Rearing*—outline a fully realized and comprehensive theory on neurosis and human development. **The Firestones reside in Santa Barbara, CA.** Foreword writer **Leslie S. Greenberg, PhD**, is distinguished research professor of psychology at York University in Toronto, Canada.

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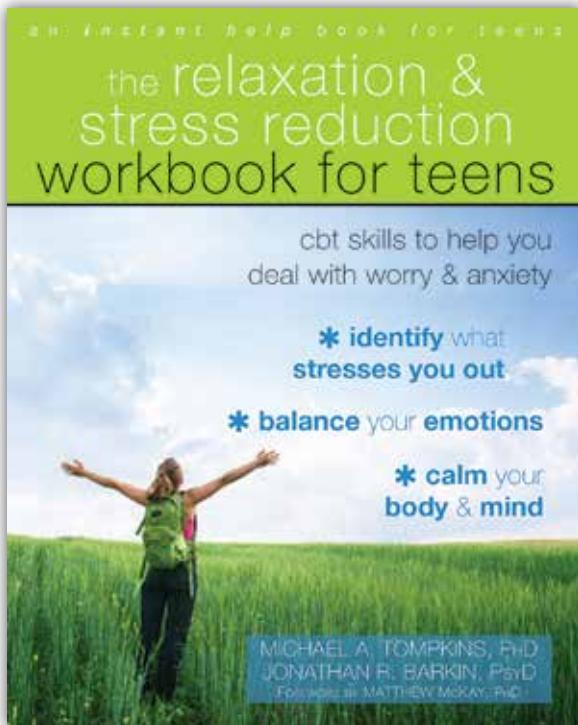


978-1572244818 | \$18.95

978-1572244399 | \$16.95

978-1626253032 | \$16.95

978-1626255814 | \$16.95



The Relaxation and Stress Reduction Workbook for Teens

CBT Skills to Help You Deal with Worry and Anxiety

Michael A. Tompkins, PhD, and Jonathan R. Barkin, PsyD
Foreword by Matthew McKay, PhD

- *The Relaxation and Stress Reduction Workbook* (ISBN: 978-1572245495) is in its sixth edition and has sold over 1 million copies. Now adapted for teens ages 13–18, this workbook will help them learn to relax and reduce their stress.
- Tompkins and Barkin are renowned psychologists and specialists in teen anxiety and stress.

978-1684030095 | US \$16.95
8 x 10 | 168 pp | trade paper | teen/self-help
PUB DATE: March 1, 2018

Based on the self-help classic, *The Relaxation and Stress Reduction Workbook*, this evidence-based guide will help teen readers develop a game plan for reducing stress so they can focus on reaching their goals.

With *The Relaxation and Stress Reduction Workbook for Teens*, teen readers will learn to understand the underlying causes of their stress. They'll discover practical mindfulness and breathing techniques to help them calm their mind and body in moments of worry and anxiety. They'll also find tips for moving past "what ifs" and "shoulds," strategies for managing negative thoughts and emotions, and tools to help them develop their own personalized plan for dealing with stress.

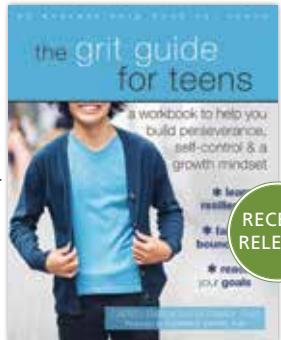
Teens need mental health resources more than ever. With more than 1.5 million copies sold worldwide, **Instant Help Books** for teens are engaging, proven-effective, and recommended by therapists.



Michael A. Tompkins, PhD, is codirector of the San Francisco Bay Area Center for Cognitive Therapy, assistant clinical professor at the University of California, Berkeley, and a diplomate and founding fellow of the Academy of Cognitive Therapy. He is author or coauthor of numerous books, including *Digging Out*, *OCD*, and *Anxiety and Avoidance*. Tompkins serves on the Advisory Board of Magination Press. **Jonathan R. Barkin, PsyD**, is a licensed clinical psychologist, partner at the San Francisco Bay Area Center for Cognitive Therapy, and assistant clinical professor at the University of California, Berkeley. Both Tompkins and Barkin reside in Oakland, CA. Foreword writer **Matthew McKay, PhD**, is a professor at the Wright Institute in Berkeley, CA, and coauthor of *The Relaxation and Stress Reduction Workbook*.

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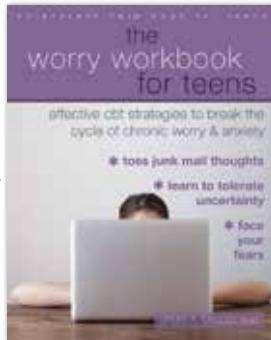
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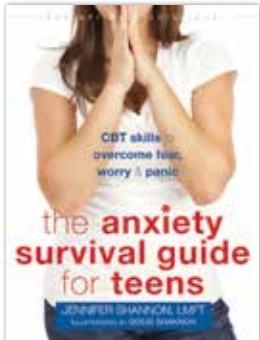
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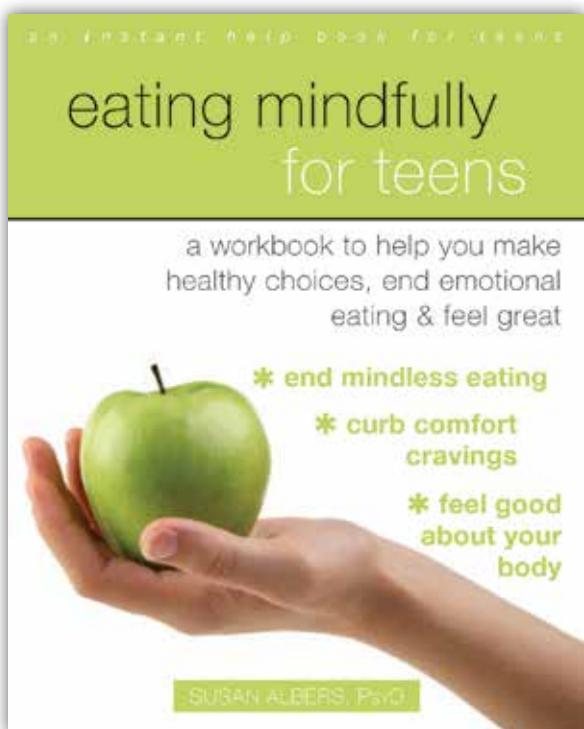


978-1626255845 | \$16.95



978-1626252431 | \$17.95





Eating Mindfully for Teens

A Workbook to Help You Make Healthy Choices, End Emotional Eating, and Feel Great

Susan Albers, PsyD

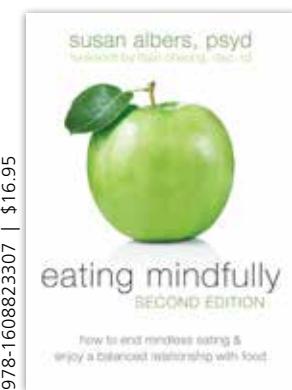
- Obesity affects 30 percent of youth in the US. 40 percent of teen girls suffer from an eating disorder, and 91 percent diet to control weight.
- Albers is the *New York Times* bestselling author of *Eat Q* (ISBN: 978-0062222763) and *Eating Mindfully* (ISBN: 978-1572243507), which have sold over 150,000 copies.

978-1684030033 | US \$16.95

8 x 10 | 184 pp | trade paper | teen/health

PUB DATE: April 1, 2018

Also by the Author



978-1608823307 | \$16.95

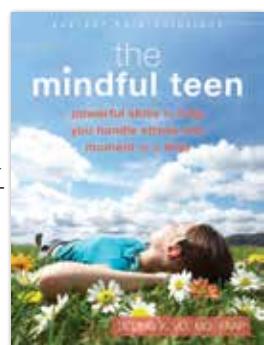
Teens who zone out while eating are not alone. It's easy to polish off a bag of chips or a giant bowl of popcorn while marathon-streaming a favorite TV show. And while indulging here and there certainly won't hurt, mindless eating can become a harmful habit in the long run. It's time to turn mindless eating habits into *mindful* eating habits!

In this breakthrough workbook, Susan Albers—author of *Eating Mindfully* and the *New York Times* bestseller *Eat Q*—offers powerful mindfulness-based activities and skills to help teens stop overeating. Using the same highly effective approach in *Eating Mindfully*, *Eating Mindfully for Teens* will show teen readers how to deal with the day-to-day challenges of making healthy decisions about food, guiding them one bite at a time. Instead of resorting to fad diets, they'll learn how to avoid overeating in the first place, be more aware of their body, and really *enjoy* meals.

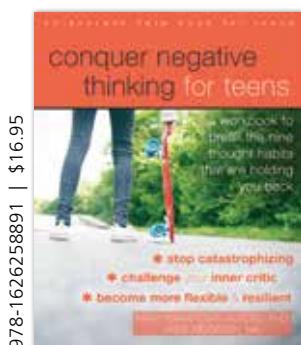


Susan Albers, PsyD, is a *New York Times* bestselling author and licensed clinical psychologist at the Cleveland Clinic specializing in eating issues, weight loss, body image concerns, and mindfulness. She graduated from the University of Denver, completed an internship at the University of Notre Dame, and was a postdoctoral fellow at Stanford University. Her work has been quoted in *O*, *The Oprah Magazine*, *Family Circle*, *Self*, and *The Wall Street Journal*, and she has been a guest expert on the *Today Show* and *Dr. Oz*. Albers resides in Wooster, OH.

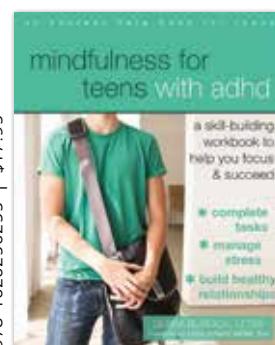
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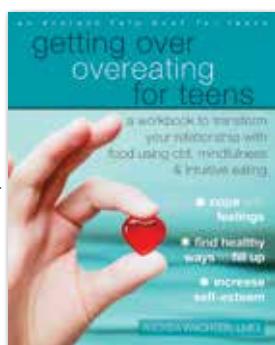
978-1626250802 | \$17.95



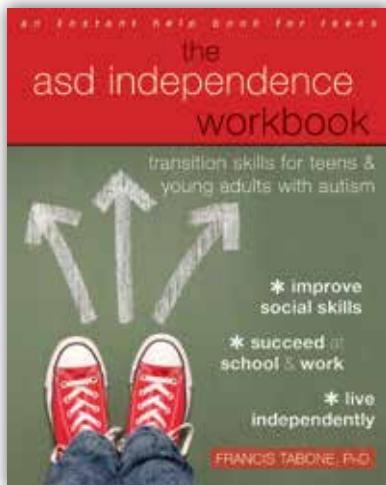
978-1626258891 | \$16.95



978-1626256255 | \$17.95



978-1626254985 | \$16.95



- 4.5 million US teens have autism. Autism spectrum disorder (ASD) is the fastest-growing developmental disability.
- This workbook gives readers the skills required for daily living.

978-1684030644 | US \$16.95
8 x 10 | 160 pp
trade paper | teen/self-help

PUB DATE: May 1, 2018

The ASD Independence Workbook

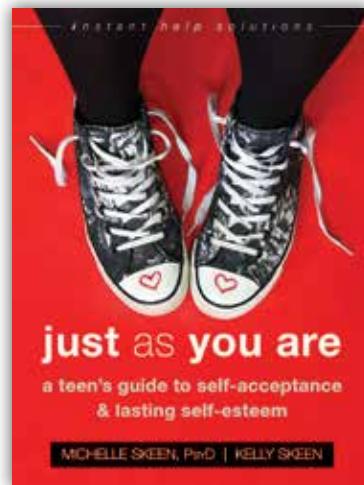
Transition Skills for Teens and Young Adults with Autism

Francis Tabone, PhD

Teens and young adults with autism spectrum disorder (ASD) face many unique challenges on the road to growing up. Daily interactions that others take for granted can be particularly difficult. This easy-to-follow, engaging workbook is designed to help young readers with ASD ages fourteen and up develop invaluable communication skills for interactions they'll encounter in everyday life. Teens will also find information on topics that are imperative for a successful transition into adulthood. This unique book not only focuses on adaptive skills but also gives teens with ASD the ability to practice these skills, either independently or with a teacher or caregiver.

Francis Tabone, PhD, is head of The Cooke Center for Learning and Development. He has been both a teacher and administrator for the Department of Education in New York, NY, developing innovative programming for special needs students. Tabone serves as an adjunct professor of special education at several colleges and universities. **He resides in New York, NY.**

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- 62 percent of teen girls feel insecure; 71 percent feel their looks don't measure up.
- This book incorporates self-compassion, which cultivates an enduring sense of well-being.

978-1626255906 | US \$16.95
6 x 8 | 200 pp
trade paper | teen/self-help

PUB DATE: July 1, 2018

Just As You Are

A Teen's Guide to Self-Acceptance and Lasting Self-Esteem

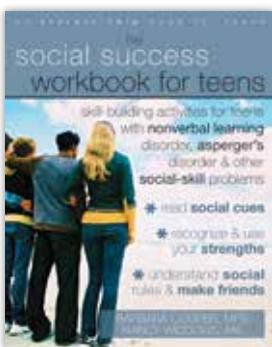
Michelle Skeen, PsyD, and Kelly Skeen

In *Just As You Are*, psychologist Michelle Skeen and her daughter, Kelly Skeen, offer simple tips to help teens overcome feelings of inadequacy and unworthiness, stop comparing themselves to others, and be more open and accepting of all aspects of who they are. They'll also learn how to be more aware of their thoughts and feelings in the moment using powerful mindfulness tools, and build a plan of action for the future based on their values.

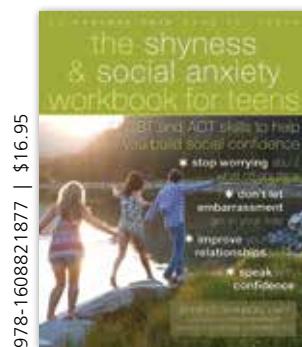
Michelle Skeen, PsyD, is a therapist who lives and works in San Francisco, CA. She is author of *Love Me, Don't Leave Me*, and coauthor of *Acceptance and Commitment Therapy for Interpersonal Problems* and, with her daughter, Kelly Skeen, *Communication Skills for Teens*. She hosts a weekly radio show called *Relationships 2.0 with Dr. Michelle Skeen* on KCAA Radio 1050 AM and iHeart Radio. **Skeen resides in San Francisco, CA.**

Kelly Skeen is a student at Georgetown University in Washington, DC.

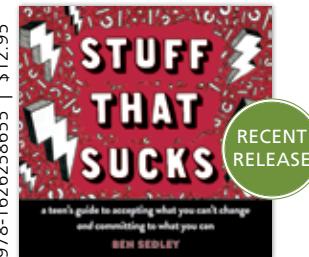
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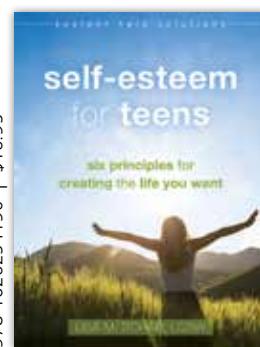
978-1572246140 | \$15.95



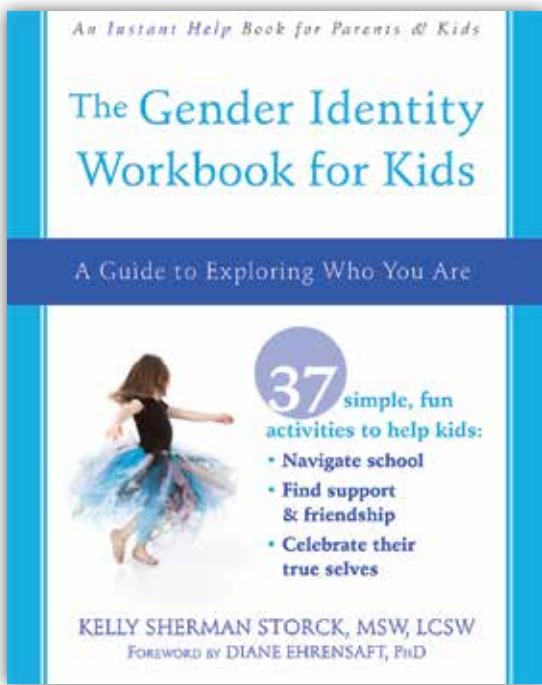
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978-1626258655 | \$12.95



978-1626254190 | \$16.95



The Gender Identity Workbook for Kids

A Guide to Exploring Who You Are

Kelly Sherman Storck, MSW, LCSW
Foreword by Diane Ehrensaft, PhD

- There's a growing demand for resources to help transgender and gender-nonconforming (TGNC) youth navigate identity development.
- This new workbook in the Instant Help imprint for kids and teens (over 1.5 million books sold) is the first designed to help readers understand gender identity in childhood.

978-1684030309 | US \$17.95
8 x 10 | 152 pp | trade paper | parenting
PUB DATE: April 1, 2018

Transgender and gender-nonconforming (TGNC) children need validation and support on their journey toward self-discovery. Unfortunately, due to stigma and misinformation, these kids can be especially vulnerable to bullying, discrimination, and even mental health issues such as anxiety or depression. The good news is that there are steps that can be taken to empower children as they explore, understand, and affirm their gender identity.

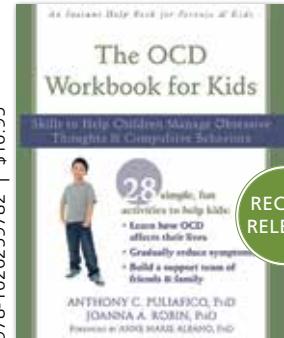
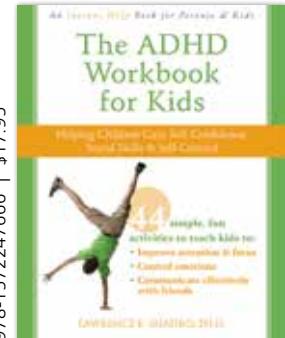
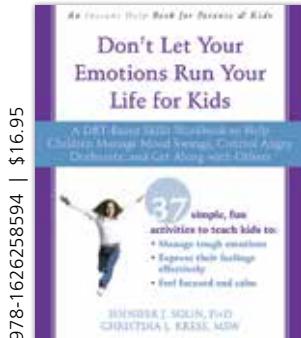
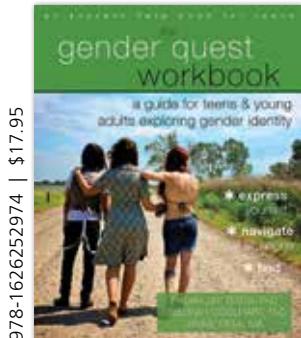
In *The Gender Identity Workbook for Kids*, a licensed clinical social worker who specializes in gender-nonconforming youth offers real tools to help TGNC children thrive in all aspects of life. Parents, caregivers, and children will discover a more expansive way of understanding gender; gain insight into gender-diverse thoughts, feelings, and experiences; and find engaging activities with fun titles such as, "Apple, Oranges, and Fruit Bowls" and "Pronoun Town" to help children explore their own unique identity in a way that is age appropriate and validating.



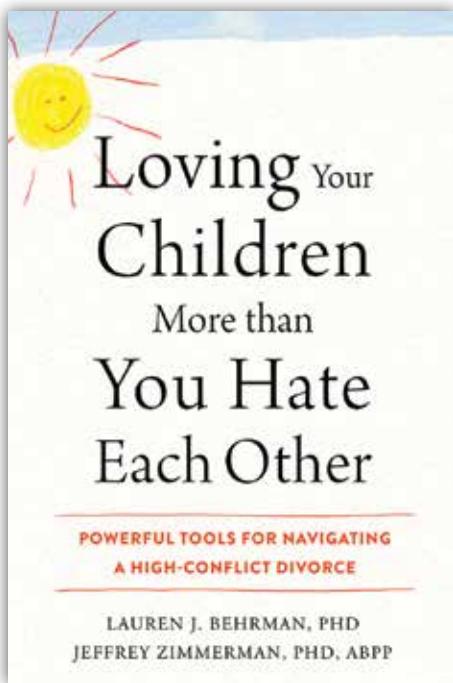
No child experiences gender in a vacuum, and children don't just transition—families do. Let this workbook be a guide on this important journey in their lives.

Kelly Sherman Storck, MSW, LCSW, is a social worker and gender therapist with a private practice in St. Louis, MO. Along with her work as a therapist, Storck presents on transgender issues, cofacilitates a support group for gender expansive youth, and works to build a thriving gender-diverse world with room for everyone. She resides in St. Louis, MO. Foreword writer **Diane Ehrensaft, PhD**, is director of mental health and founding member of the Child and Adolescent Gender Center. She is a developmental and clinical psychologist in the San Francisco Bay Area.

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RECENT RELEASE



Loving Your Children More Than You Hate Each Other

Powerful Tools for Navigating a High-Conflict Divorce

Lauren J. Behrman, PhD, and Jeffrey Zimmerman, PhD, ABPP

- 40 percent of children have divorced parents, and about 20 percent of all divorces with children are considered high conflict—requiring legal and mental health interventions.
- This book offers a unique approach to dealing with high-conflict divorce based in dialectical behavioral therapy (DBT).

978-1626259041 | US \$16.95

6 x 9 | 192 pp | trade paper | parenting

PUB DATE: May 1, 2018

In a high-conflict divorce, an ex may attempt to undermine their former partner's relationship with the children, blame them for the failed marriage, and be hostile in general. Unfortunately, this negativity affects the kids, too. This book can help.

Loving Your Children More Than You Hate Each Other offers powerful skills based in dialectical behavior therapy (DBT) and values-based parenting to help readers take control of their emotions. With this book, they'll develop tools to help identify cycles of conflict, as well as strategies for breaking these cycles before they get out of hand. They'll also learn to effectively communicate with one another and their children in a way that is healthy and productive.

People going through a high-conflict divorce need real tools to help manage the pain and anger that can follow. This book will give readers the skills they need to go from *ex* to *co-parent*, and start rebuilding their—and their child's—life.



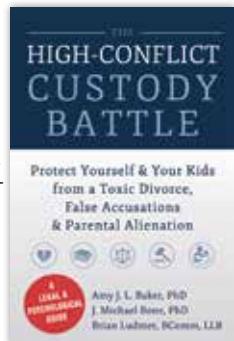
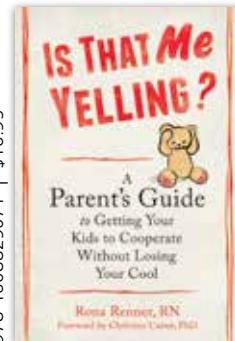
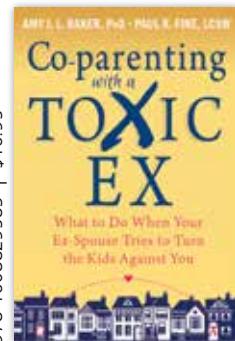
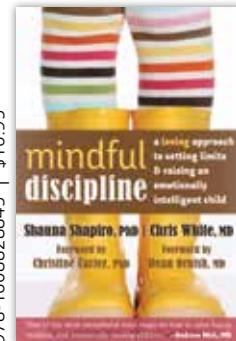
Lauren J. Behrman, PhD, is a licensed psychologist, mediator, collaborative divorce professional, and parent coordinator in private practice in Westchester, NY, with offices in White Plains, Katonah, and Midtown Manhattan.

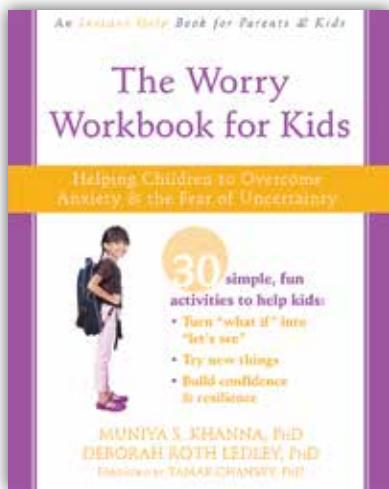


Jeffrey Zimmerman, PhD, ABPP, is president and cofounder of Beacon Behavioral Services in Avon, CT, and the PEACE Program (Parents Equally Allied to Co-parent Effectively). He is a member of the American Psychological Association, a member and fellow of the Connecticut Psychological Association, and a diplomate and founding fellow of the American College of Advanced Practice Psychologists. Zimmerman is also on the clinical faculty of the University of Connecticut Health Center. He is coauthor of *The Co-Parenting Survival Guide*. Both Behrman and Zimmerman reside in Katonah, NY.

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Email campaign to parenting & special needs kids and families & relationships communities • Goodreads.com giveaway and author promotion • Listserv campaign to the professional psychology community • Print campaign to family, parenting, and women's interest publications • Online campaign to co-parenting and divorce websites, blogs, support groups, and resource pages • Radio, TV, and podcast campaign to parenting shows • **WORLD RIGHTS**





- 2.8 million kids in the US suffer from anxiety; even more, from chronic worrying.
- This unique workbook for kids 7–12 focuses on the fear of uncertainty.

978-1626259638 | US \$16.95

8 x 10 | 136 pp

trade paper | parenting

PUB DATE: June 1, 2018

The Worry Workbook for Kids

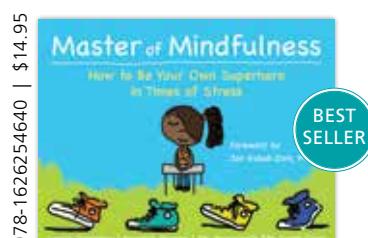
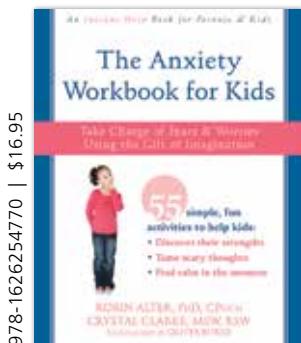
Helping Children to Overcome Anxiety and the Fear of Uncertainty

Muniya S. Khanna, PhD, and Deborah Roth Ledley, PhD
Foreword by Tamar Chansky, PhD

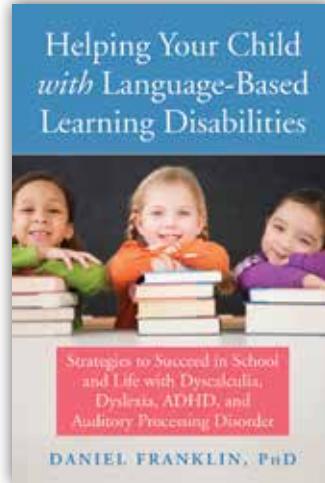
One of the most prevalent causes of worry in children is the *fear of the unknown*. Written for children ages seven to twelve, this engaging workbook offers evidence-based cognitive behavioral therapy (CBT) tools to help kids embrace uncertainty and actually change their thoughts and behaviors by taking action—which will help bring adventure, fun, and freedom back into their lives! The practices in this workbook can be used anytime, anywhere, to help kids put a stop to worry.

Muniya S. Khanna, PhD, is a licensed clinical psychologist at the Children's and Adult Center for OCD and Anxiety. She is coauthor of *The C.A.T. Project*. **She resides in Plymouth Meeting, PA.** **Deborah Roth Ledley, PhD**, is a licensed clinical psychologist at the Children's and Adult Center for OCD and Anxiety. Her books include *Becoming a Calm Mom*. **Ledley resides in Narberth, PA.** Foreword writer **Tamar Chansky, PhD**, is a psychologist and author. She resides in Philadelphia, PA.

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978-1626254640 | \$14.95



- 15–20 percent of people in the US have a language-based learning disability.

- The attachment-based approach in this book is supported by cutting-edge research.

978-1684030989 | US \$16.95

6 x 9 | 216 pp

trade paper | parenting

PUB DATE: July 1, 2018

Helping Your Child with Language-Based Learning Disabilities

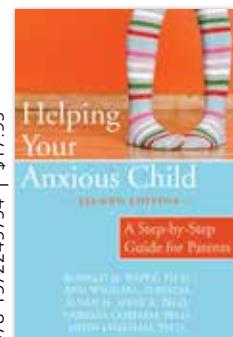
Strategies to Succeed in School and Life with Dyscalculia, Dyslexia, ADHD, and Auditory Processing Disorder

Daniel Franklin, PhD

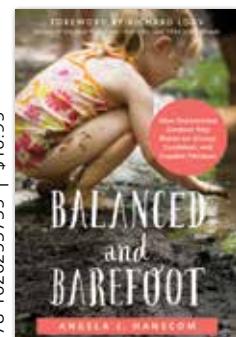
Helping Your Child with Language-Based Learning Disabilities (LBLDs) outlines an attachment-based approach for parents to help their children succeed based in the latest research. This research indicates that a secure attachment relationship between parent and child actually optimizes their learning ability by enhancing motivation, regulating anxiety, and triggering neuroplasticity. In this book, parents will discover why it's so important to accurately assess their children, find new perspectives on LBLDs based on the most current studies, and discover tips and strategies for navigating school, home life, and the future. Most importantly, they'll learn how the special parent-child bond can help spark their interest in reading, writing, and math.

Daniel Franklin, PhD, is the founder and president of Los Angeles-based Franklin Educational Services, Inc., which provides a wide range of individualized school support services for students of all ages. He has extensive experience as a classroom teacher, school administrator, and educational consultant. **Franklin resides in Los Angeles, CA.**

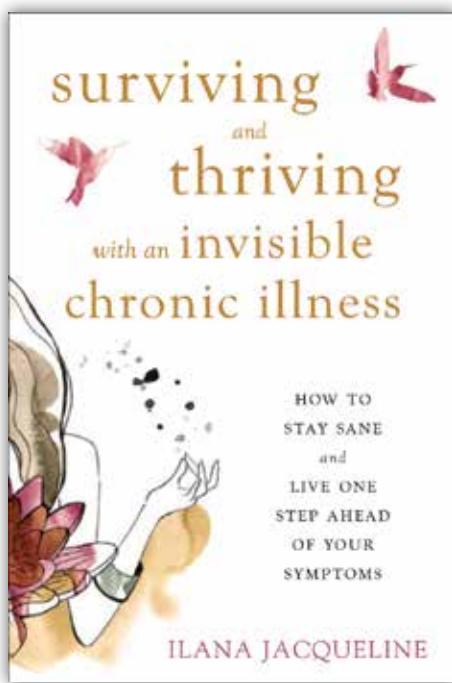
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978-1572245754 | \$17.95



978-1626253735 | \$16.95



Surviving and Thriving with an Invisible Chronic Illness

How to Stay Sane and Live One Step Ahead of Your Symptoms

Ilana Jacqueline

- Nearly 1 in 2 Americans (133 million people) has a chronic condition. And for 96 percent of the people who live with an illness, the condition is invisible.
- Jacqueline is author of the award-winning blog, *Let's Feel Better*, which receives over 6,000 unique visitors a month. She uses her blog to discuss her own chronic autoimmune diseases.

978-1626255999 | US \$16.95

6 x 9 | 232 pp | trade paper | health

PUB DATE: March 1, 2018

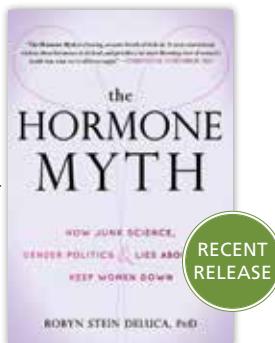
People living with a chronic, debilitating, yet *invisible* condition may feel isolated, out of step, judged, lonely, or misunderstood—and that's on top of dealing with the symptoms of the actual illness.

Written by a blogger who suffers from two autoimmune diseases, *Surviving and Thriving with an Invisible Chronic Illness* offers peer-to-peer support to help readers stay sane, be their own advocate, and get back to living their life. This smart, compelling guide is written for anyone suffering with an illness no one can see—such as postural orthostatic tachycardia syndrome (POTS), chronic fatigue syndrome (CFS), fibromyalgia, multiple chemical sensitivity (MCS), Lyme disease, lupus, dysautonomia, or even multiple sclerosis (MS). This book presents advice and practical tips—everything readers need to know about living with a complicated, invisible condition—from how to balance sex, dating, and relationships to handling work and school with unavoidable absences. They'll also learn to navigate judgmental or skeptical relatives and strangers and—most importantly—manage their medical care.



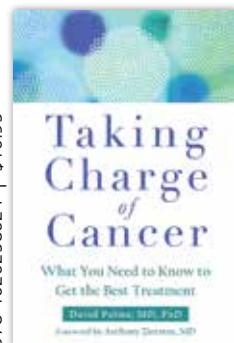
Ilana Jacqueline is author of the award-winning blog *Let's Feel Better*, which she started to share her humbling, hilarious, and heartfelt experiences of coping with chronic illness (postural orthostatic tachycardia syndrome, a form of dysautonomia, and primary immune deficiency disease). She is a columnist for the patient-centered immunodeficiency magazine *IG Living*, and managing editor of *The RARE Daily*, for the international rare and genetic disease nonprofit Global Genes. Her work has been published in the *Sun Sentinel*, *The Boca Raton Observer*, and others. Jacqueline recently created a nonprofit organization called Chronic Connect to help patients who have ongoing disease with support, career guidance, and financial planning. She resides in Boca Raton, FL.

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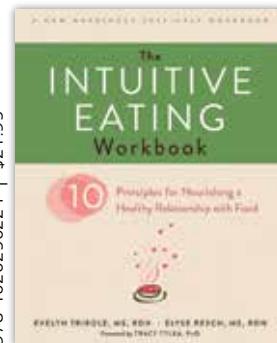


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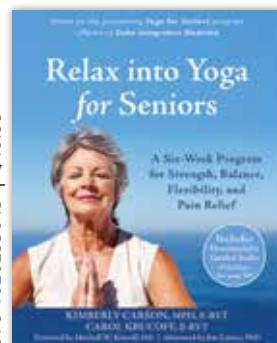
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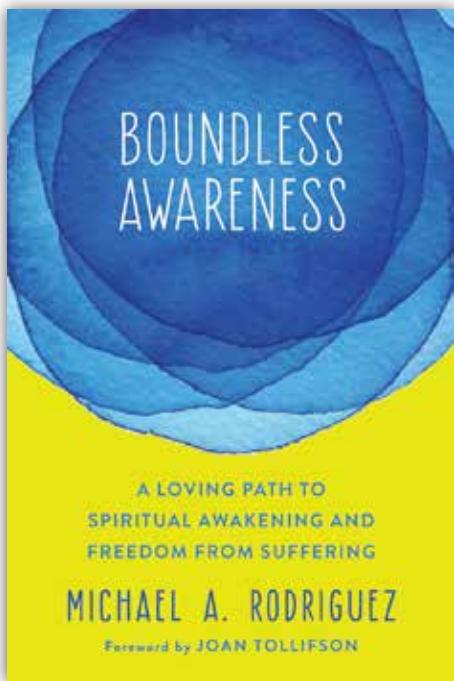
978-1626258624 | \$16.95



978-1626256224 | \$21.95



978-1626253643 | \$19.95



Boundless Awareness

A Loving Path to Spiritual Awakening and Freedom from Suffering

Michael A. Rodriguez | Foreword by Joan Tollifson

- Rodriguez breaks down complex theological teachings into an approach that's accessible to a broad audience of readers and spiritual seekers, regardless of religious background. His gentle techniques yield immediate somatic results.
- As a non-dual coach, Rodriguez helps relieve clients of suffering by acknowledging their painful life experiences while pointing them toward the realization that they're innately perfect, just as they are.

978-1684030675 | US \$16.95

6 x 9 | 216 pp | trade paper | spirituality

PUB DATE: April 1, 2018

Suffering is part of the human experience. But there is something greater, something that we all share, indeed something that we all *are*, that can alleviate that pain: it is the formless presence—the loving, boundless awareness—at the heart of all experience.

Boundless Awareness seeks to relieve suffering by drawing attention to the beautiful, encompassing, cohesive nature of awareness itself, as found in our direct experience. Using practical, contemplative exercises and brief meditations, the author guides readers along a broad path of spiritual awakening, deconstructing their delusions of self and separation and integrating a concept of existence that is free from the suffering of individual selfhood, but which acknowledges the attachments, traumatic experiences, and emotional pain of being human.

With this book, readers will come to realize their innate perfection as the uncreated light of boundless awareness, and soften into the open, spacious, and unconditionally loving essence of existence. They'll gain a deeper understanding of pain and attachments, and learn to meet these experiences with a new resilience.

Most importantly, they'll find guidance on how to embody and express this awakening as love, joy, service, and creativity in daily life.



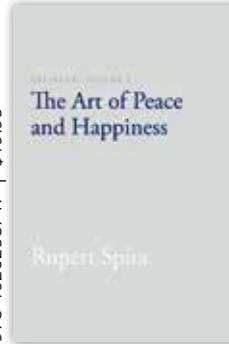
Michael A. Rodriguez is a full-time non-dual coach who works with people in private sessions, offers satsangs in the United States and abroad, and leads retreats. He taught at the university level for sixteen years, and has given many talks at national and international academic conferences on topics such as modern literature, aesthetics, and psychology. Rodriguez resides in Berkeley, CA. Foreword writer **Joan Tollifson** is author of *Nothing to Grasp*, *Painting the Sidewalk with Water*, and *Awake in the Heartland*. She resides in Ashland, OR.

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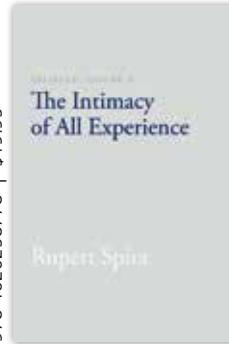
978-1684030002 | \$19.95



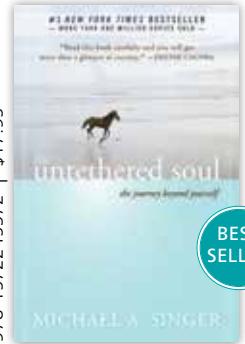
978-1626258747 | \$19.95

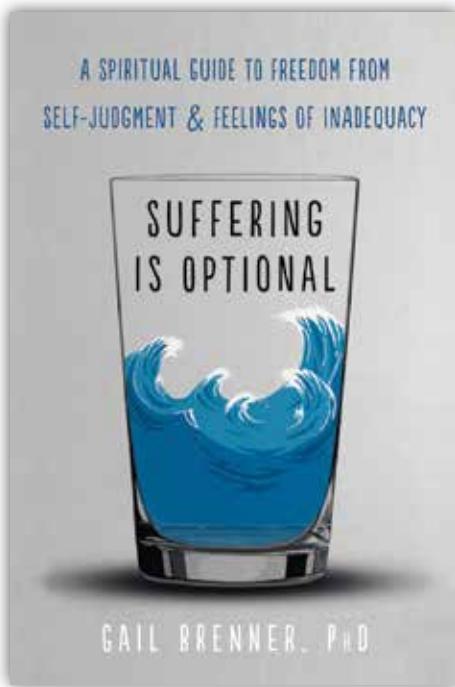


978-1626258778 | \$19.95



978-1572245372 | \$17.95





Suffering Is Optional

A Spiritual Guide to Freedom from Self-Judgment and Feelings of Inadequacy

Gail Brenner, PhD

- The perfect blend of self-help and spirituality, this book provides solutions to low self-esteem and unworthiness through the spiritual teachings of non-separation, inviting readers on a profound investigation capable of relieving suffering.
- Brenner's blog (gailbrenner.com/blog) generates significant reader engagement, and she has thousands of followers online.

978-1684030156 | US \$16.95

6 x 9 | 224 pp | trade paper | self-help/spirituality

PUB DATE: June 1, 2018

Millions of us feel we're not good enough. We may struggle every day, seeing ourselves as pathetic or damaged and destined to fail. We may convince ourselves we aren't worthy of love or respect, and view ourselves with self-hatred. Sadly, these self-definitions lead to even more pain and suffering: shame, relationship problems, opportunities lost—a life not fully lived.

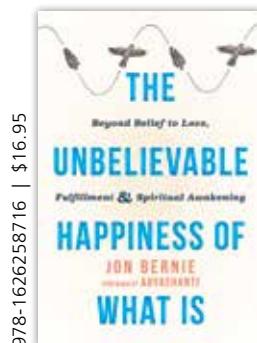
In *Suffering Is Optional*, clinical psychologist Gail Brenner offers readers practical ways to discover they're not what their thoughts tell them they are. This book goes straight to the heart of the problem—the mistaken identification of oneself as broken and undeserving—to guide readers out of these limiting thoughts and into an investigation of the nature of reality that ultimately liberates them from suffering. With these exercises, experiments, reflections, practices, and inspiring stories, readers will have a spiritual solution to the personal problem of limitation and self-sabotage.



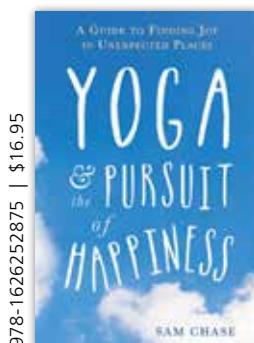
Using the four guiding principles and five core practices presented in this book—including turning toward direct experience, grounding in aware presence, losing interest in thoughts, welcoming feelings, and the sacred return to presence—readers will be able to shed their false identity and wake up to the inherent peace and happiness that's available in any given moment.

Gail Brenner, PhD, is a clinical psychologist who joyfully helps people discover that suffering is optional. Through investigating her own experience and working with clients for over twenty-five years, she's discovered how to unravel common problems of everyday life to reveal the deepest acceptance and peace. The author of the award-winning *The End of Self-Help* and *At the Core of Every Heart*, Brenner resides in Santa Barbara, CA.

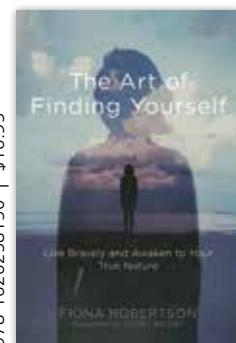
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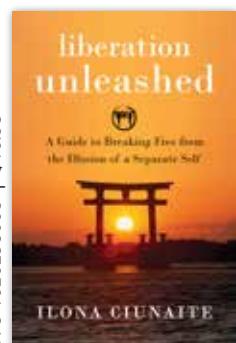
978-1626258716 | \$16.95



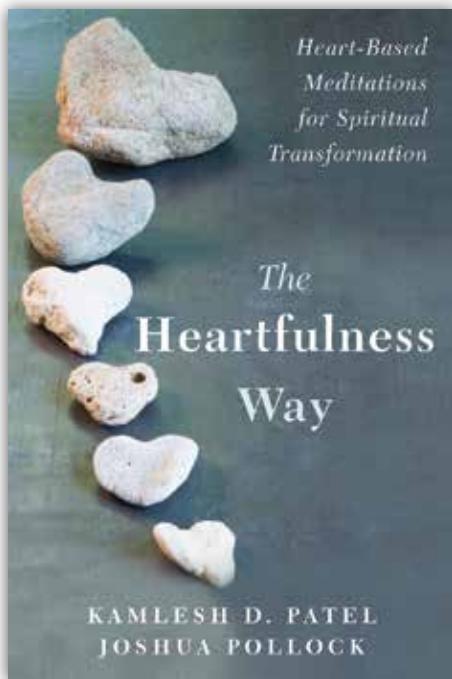
978-1626252875 | \$16.95



978-1626258150 | \$16.95



978-1626258068 | \$16.95



The Heartfulness Way

Heart-Based Meditations for Spiritual Transformation

Kamlesh D. Patel and Joshua Pollock

- Heartfulness is inclusive: it's practiced by Buddhists in Leh, Jains in Udaipur, and Catholic nuns in Bangalore. It's also taught in US churches and Islamic schools in India.
- Known widely as Daaji, coauthor Patel is the global leader of the Heartfulness tradition, which is over 75 years old, with 1 million aspirants, 8,000 trainers, and 250 retreats around the world.

978-1684031344 | US \$16.95

6 x 9 | 232 pp | trade paper | spirituality

PUB DATE: June 1, 2018

In this heart-centered book, a student in conversation with his teacher, Kamlesh D. Patel—affectionately known as Daaji, the fourth and current spiritual guide of the decades-old Heartfulness tradition—present a unique method of meditation with the power to facilitate an immediate, tangible spiritual experience, irrespective of faith.

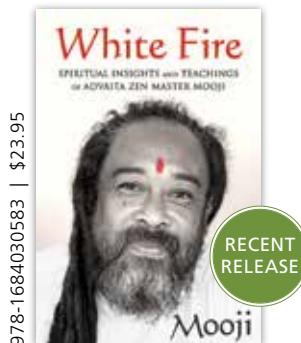
Based on Daaji's own combination of approaches and practices for the modern spiritual seeker, Heartfulness is a contemporized version of the ancient Indian practice of Raja Yoga, which enables the practitioner to realize the divine self within. While many books describe refined states of consciousness and connection to a higher self, *The Heartfulness Way* goes further, providing a pragmatic course to experience them.

Heartfulness meditation consists of four elements—relaxation, meditation, rejuvenation, and connection—and illuminates the ancient, defining feature of yogic transmission (or *pranahuti*), the utilization of divine energy for spiritual growth and transformation. With this book, readers will reach new levels of attainment and learn to live a life more deeply connected to the values of the Heartfulness way—with acceptance, humility, compassion, empathy, and love.

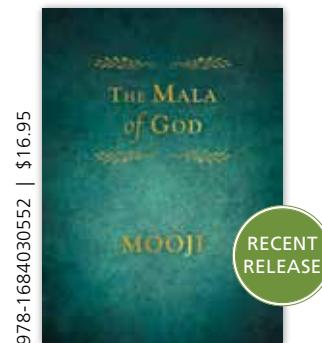


Kamlesh D. Patel, also known as Daaji, is the current global guide of the Heartfulness movement, in a lineage that extends back to the turn of the twentieth century and includes Ram Chandra of Fatehgarh, Ram Chandra of Shahjahanpur, and Parthasarathi Rajagopalachari. **Patel resides in Staten Island, NY; Monroe, NJ; and Hyderabad, Telangana, India.** **Joshua Pollock** has taught Heartfulness at universities, corporations, government institutions, and public seminars. An accomplished violinist, he holds degrees in musical arts from Indiana University and the Guildhall School of Music and Drama in London. **Pollock resides in Washington, DC.**

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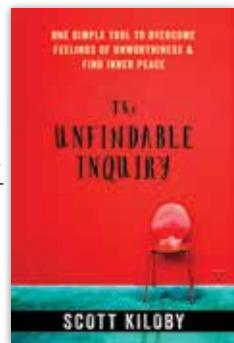
978-1684030583 | \$23.95



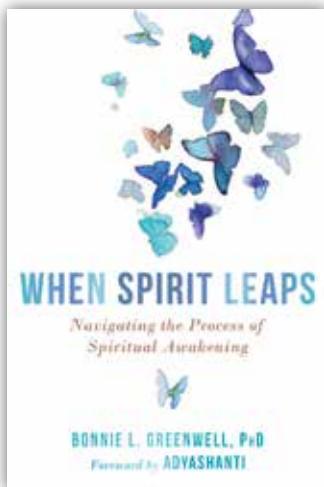
978-1684030552 | \$16.95



978-1626258396 | \$17.95



978-1626258129 | \$16.95



- Based on hundreds of accounts over 30 years, this is a comprehensive book on all aspects of spiritual awakening, which people are increasingly exploring.

978-1684030767 | US \$17.95
6 x 9 | 224 pp
trade paper | spirituality

PUB DATE: May 1, 2018

When Spirit Leaps

Navigating the Process of Spiritual Awakening

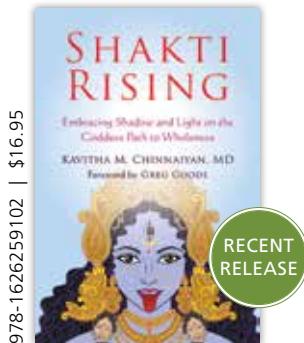
Bonnie L. Greenwell, PhD | Foreword by Adyashanti

Spiritual awakening, also known as spiritual emergence, can occur spontaneously, after years of practice, or through many other portals. Although awakening is often considered a positive experience, many people are not prepared for the ramifications of such a life-altering event.

When Spirit Leaps explores how spiritual awakening occurs across all traditions and the various ways it can happen. Including discussions on kundalini energy, meditation, qigong, breathwork, near-death experiences, and much more, this book offers companionship and practical solutions to common spiritual challenges.

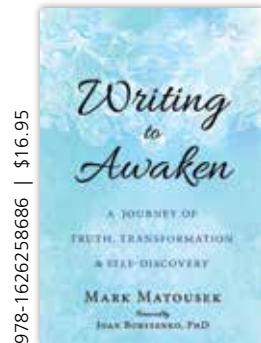
Bonnie L. Greenwell, PhD, is a transpersonal psychotherapist and a non-dual teacher in the lineage of Adyashanti. For more than thirty years, she has mentored people going through transformative experiences, and has studied Jin Shin Do® acupressure, Psychotropic and Radiance Breathwork, yoga, Buddhism, and more. Greenwell is founder of the Kundalini Research Network, and established Shanti River Center in **Ashland, OR**, where she resides. Foreword writer **Adyashanti** is an American-born spiritual teacher. He resides in the San Francisco Bay Area.

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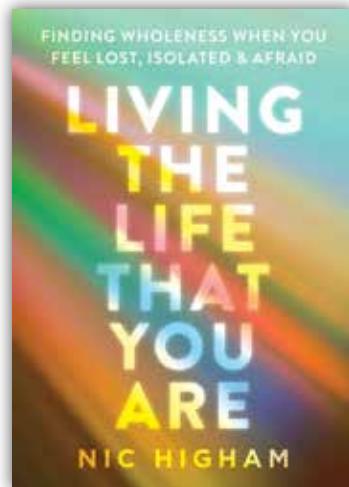


978-1626259102 | \$16.95

RECENT RELEASE



978-1626258686 | \$16.95



- Loneliness and anxiety are epidemics in our modern society.
- This book bridges the gap between mainstream mindfulness and ancient Eastern philosophy with "radical mindfulness."

978-1684030859 | US \$16.95
5 x 7 | 176 pp
trade paper | spirituality

PUB DATE: July 1, 2018

Living the Life That You Are

Finding Wholeness When You Feel Lost, Isolated, and Afraid

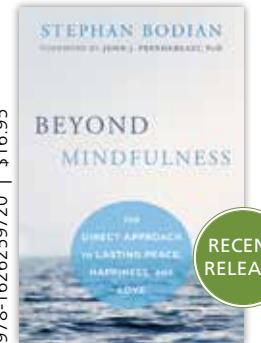
Nic Higham

Living the Life That You Are examines the modern-day dilemma of loneliness, revealing that its root cause is the belief that we're all separate individuals bound by personal limitations. But the truth is, we are boundless.

Using radical mindfulness—a combination of mindfulness and non-dual self-inquiry—this book will guide readers toward awakening to the transformative truth and love that is their foundational being. By learning to observe, acknowledge, and question their experience without censorship or prejudice, their sense of being lost and alone will give way to an enriching and comforting state of communion with all.

Nic Higham is certified in a number of psychotherapeutic approaches including person-centered counseling, group analysis, neurolinguistic therapy, and self-inquiry. He manages a renowned mental health service improvement scheme run by a social justice charity whose work aims to improve the lives and autonomy of the most marginalized social groups in the UK. Higham is also a mindfulness tutor at a mental health recovery college. He resides in Leicestershire, UK.

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978-1626259720 | \$16.95

RECENT RELEASE



978-1626258099 | \$16.95

UNDIVIDED LOVE

A Guide to
Healing Relationships &
Deepening Intimacy
Through Spiritual
Awakening

Lynn Marie Lumiere

Undivided Love

A Guide to Healing Relationships and Deepening Intimacy Through Spiritual Awakening

Lynn Marie Lumiere

- Relationship problems are widespread: roughly 3,000 married couples get divorced in the US each day, and many seek help only after their issues have impacted daily life.
- People may be more spiritually inclined now, but enlightenment does not resolve the issues that cause relationship problems. This book helps readers embody their spirituality in relationships.

978-1684031016 | US \$16.95

6 x 9 | 224 pp | trade paper | relationships/spirituality

PUB DATE: July 1, 2018

Our natural state is to love and be loved. Yet relationships remain a struggle—even for the most spiritually enlightened.

Written by a licensed therapist and pioneer in bringing the most direct teachings of non-duality into the practice of psychotherapy, *Undivided Love* offers practical guidance for improving relationships through “awakened relating”—a more enlightened experience of falling in love, communication, conflict resolution, and sexuality. With examples, guidelines, and experiential inquiries for realizing our true nature, this book will dispel common myths and mistaken beliefs about intimacy and help readers cultivate a loving relationship with themselves and others.

Featuring inspirational stories of people who practice awakened relating in their own lives—including Adyashanti and Mukti, and Rupert Spira and Ellen Emmet—this book will show readers how to identify, transform, and resolve the deep psychological issues that prevent them from having the harmonious, loving relationships they seek.



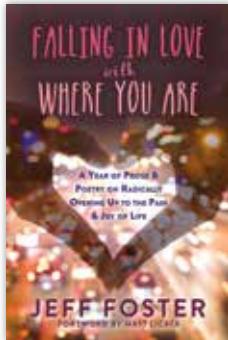
Lynn Marie Lumiere is a psychotherapist and pioneer in the exploration of non-dual wisdom and psychotherapy. Married for twenty-five years, she is an authority on “awakened relating” who leads workshops on non-duality and intimate relationships, and embodying spiritual awakening in everyday life. *Undivided Love* arose out of her lifelong, passionate dedication to spiritual and psychological healing and awakening. Lumiere resides in Oakland, CA.

“Full of wisdom as well as practical guidance about how to bring spiritual illumination into the very heart of our humanness.”

—JOHN WELWOOD,
author of *Perfect Love, Imperfect Relationships*

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978-1908664396 | \$16.95



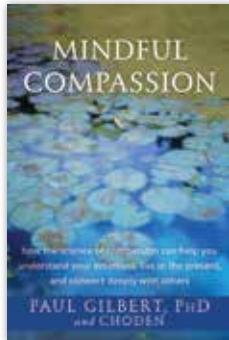
978-1626258808 | \$19.95

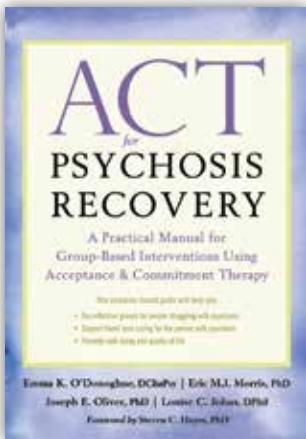


978-1908664297 | \$13.95



978-1626250611 | \$18.95





ACT for Psychosis Recovery

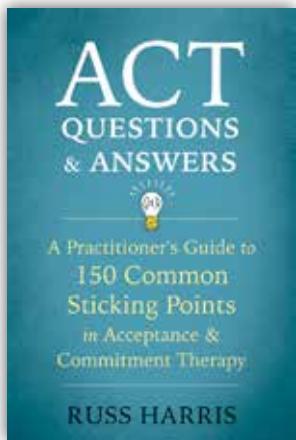
A Practical Manual for Group-Based Interventions Using Acceptance & Commitment Therapy

Emma K. O'Donoghue, DClinPsy | Eric M. J. Morris, PhD, Joseph E. Oliver, PhD | Louise C. Johns, DPhil | Foreword by Steven C. Hayes, PhD

- The authors are experts in psychological approaches to psychosis, and ACT can be an incredibly effective treatment to aid in psychosis recovery.

978-1626256132 | US \$49.95 | 7 x 10 | 280 pp | trade paper | psychology

PUB DATE: March 1, 2018



ACT Questions and Answers

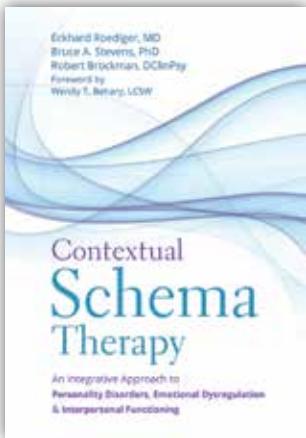
A Practitioner's Guide to 150 Common Sticking Points in Acceptance & Commitment Therapy

Russ Harris

- Harris is an acclaimed ACT expert and author of *The Happiness Trap* (ISBN: 978-1590305843) and *ACT Made Simple* (ISBN: 978-1572247055) (over 150,000 copies sold combined).

978-1684030361 | US \$29.95 | 6 x 9 | 264 pp | trade paper | psychology

PUB DATE: April 1, 2018



Contextual Schema Therapy

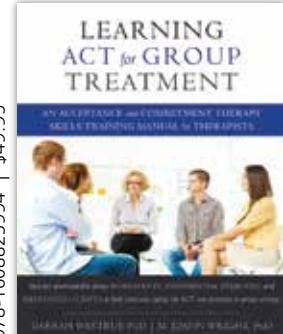
An Integrative Approach to Personality Disorders, Emotional Dysregulation, and Interpersonal Functioning

Eckhard Roediger, MD, Bruce A. Stevens, PhD, and Robert Brockman, DClinPsy
Foreword by Wendy T. Behary, LCSW

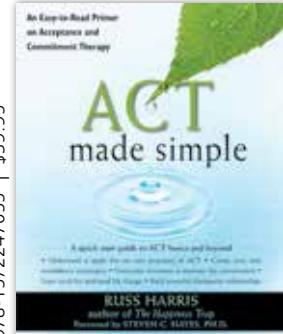
- Schema therapy has been particularly successful in treating difficult-to-treat personality disorders.
- This much-needed book will provide professionals with an up-to-date guide for conducting schema therapy.

978-1684030958 | US \$49.95 | 7 x 10 | 272 pp | trade paper | psychology

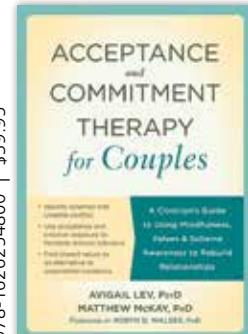
PUB DATE: June 1, 2018



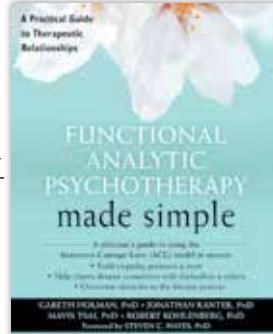
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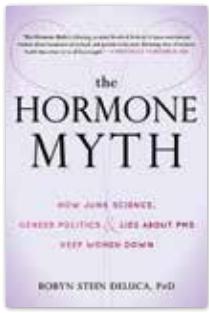
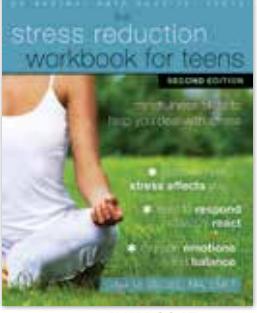
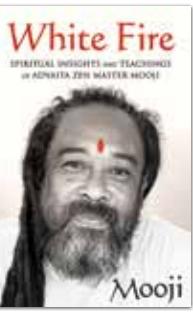
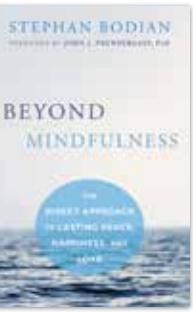
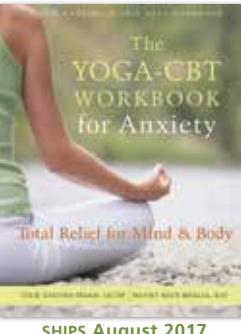
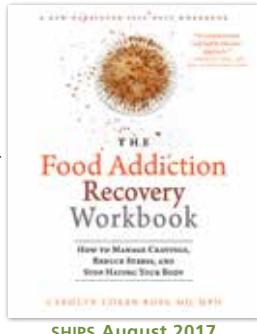
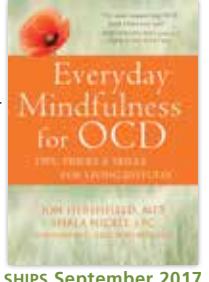
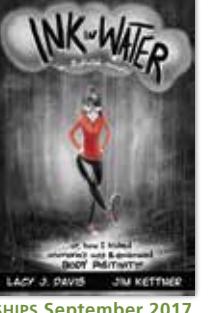
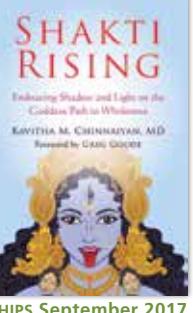
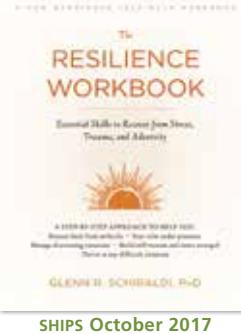
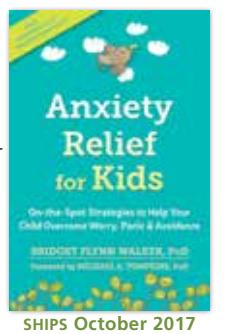
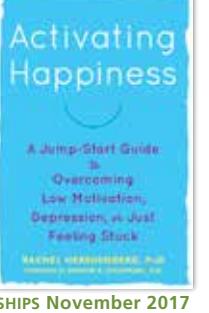
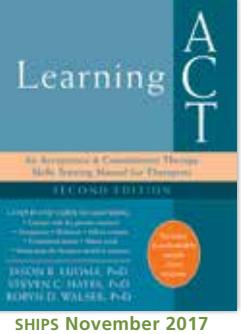
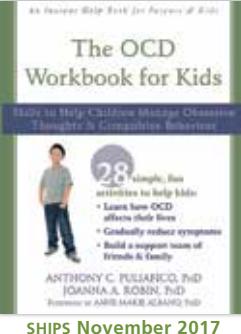
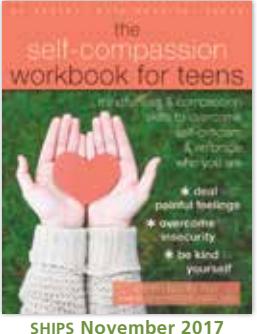
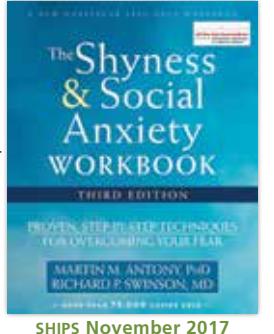
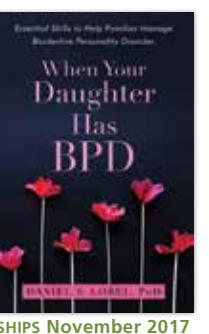
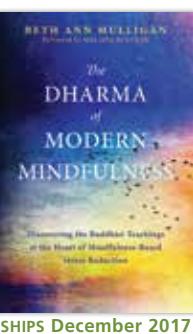
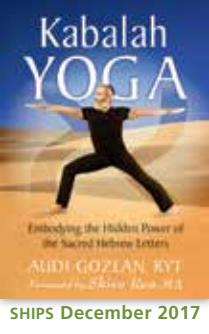
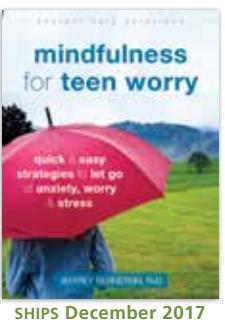
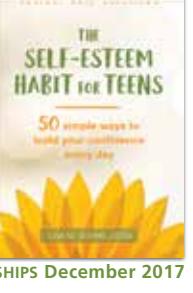
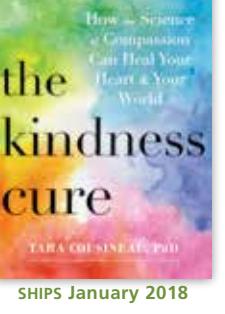
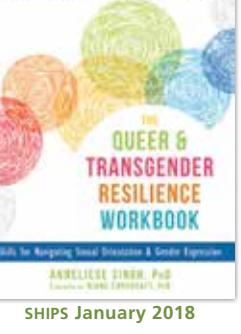


978-1626254800 | \$39.95



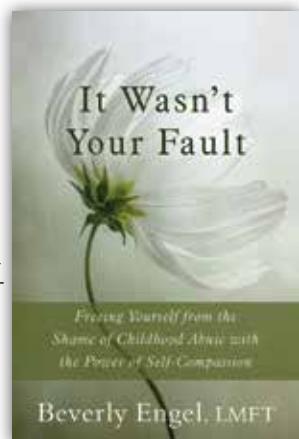
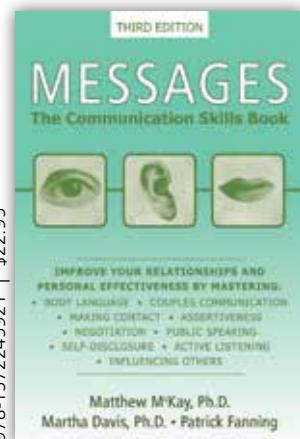
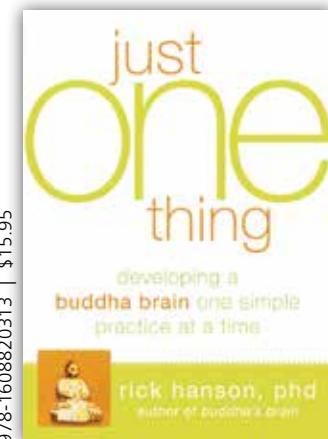
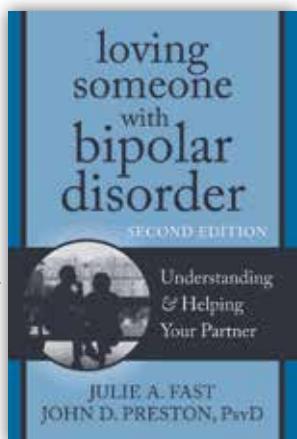
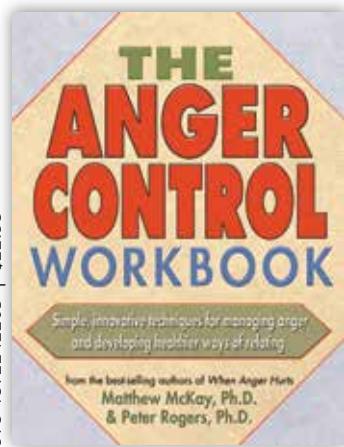
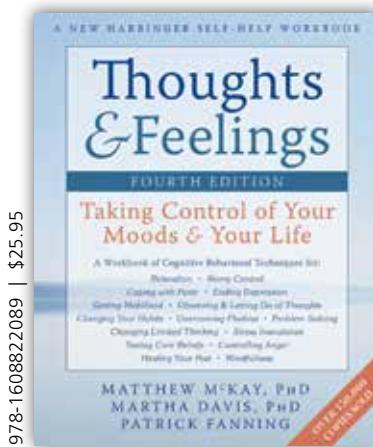
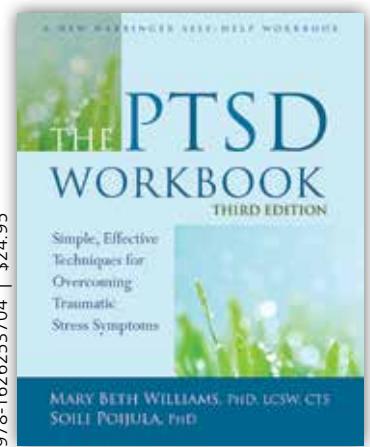
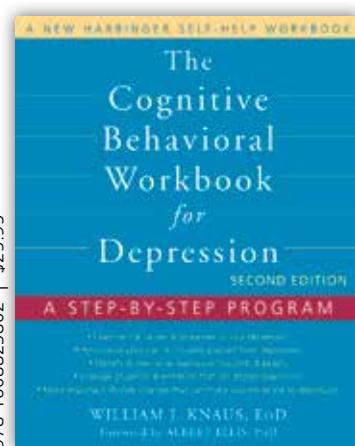
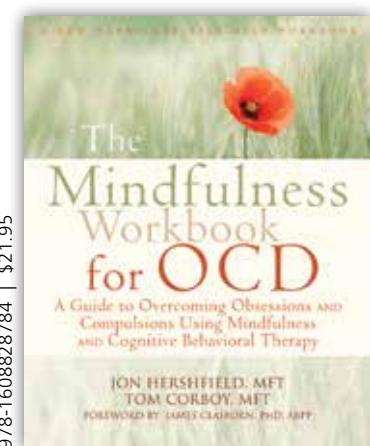
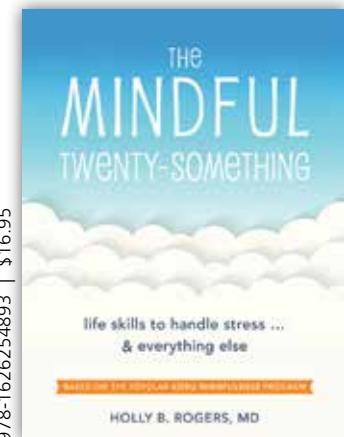
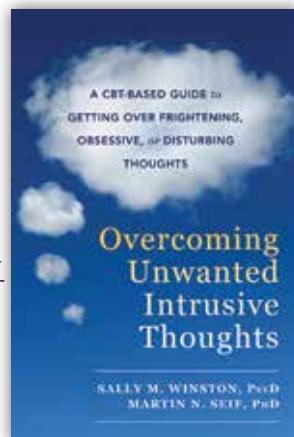
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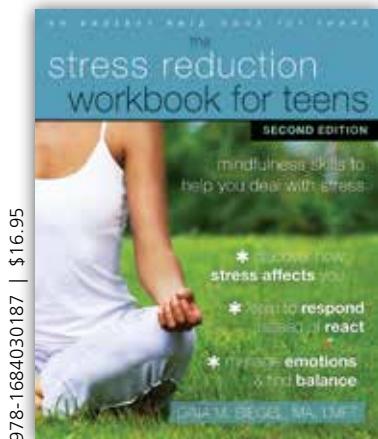
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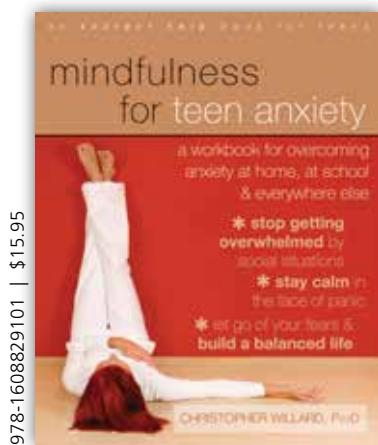
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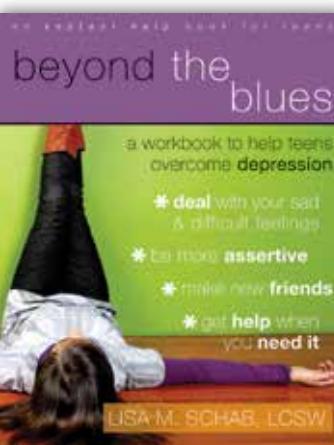
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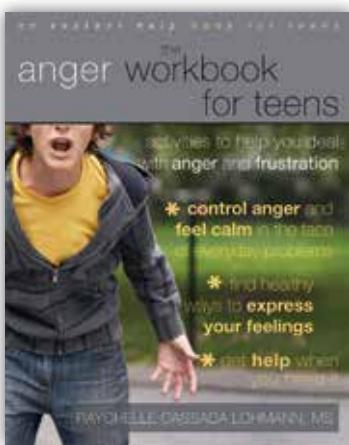


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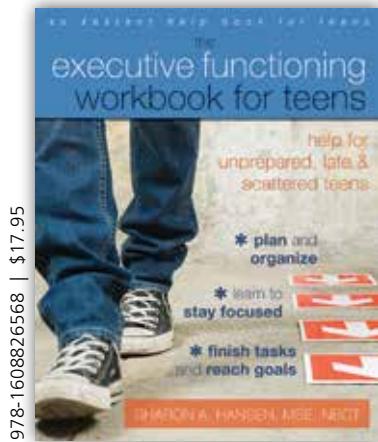


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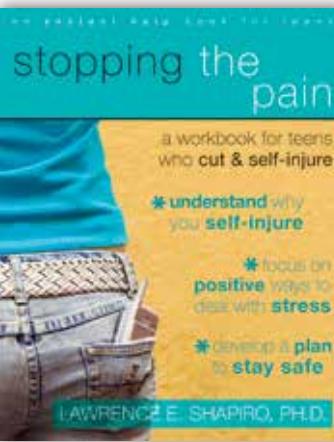
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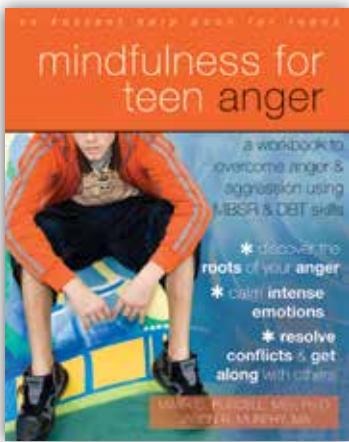
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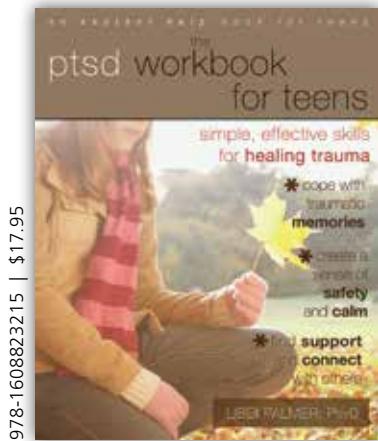
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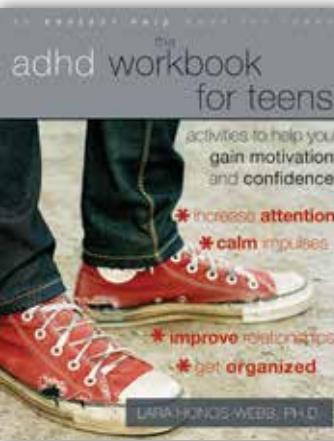
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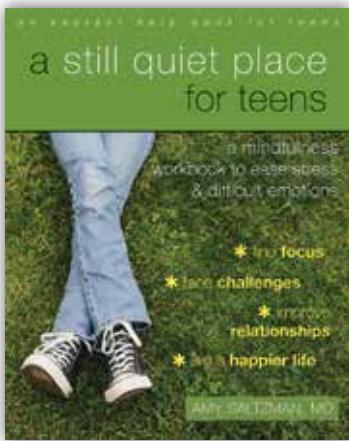
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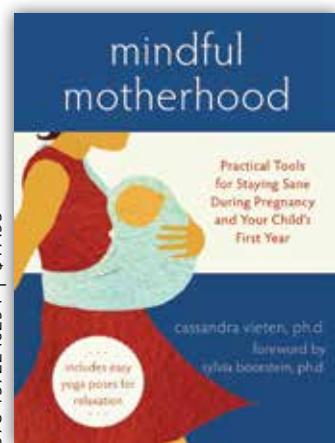
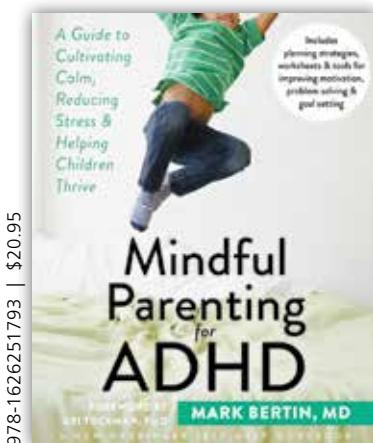
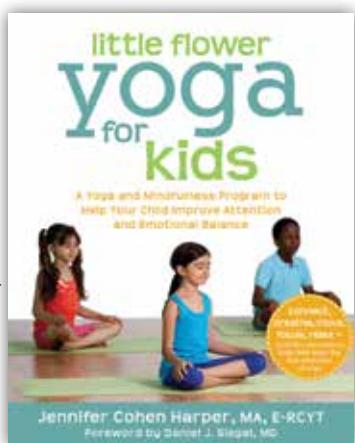
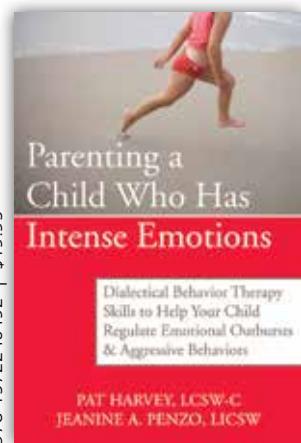
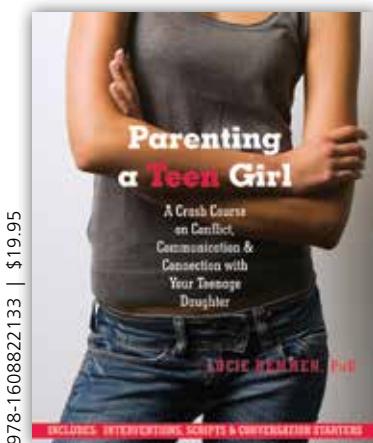
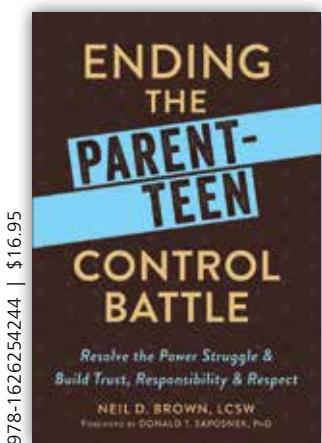
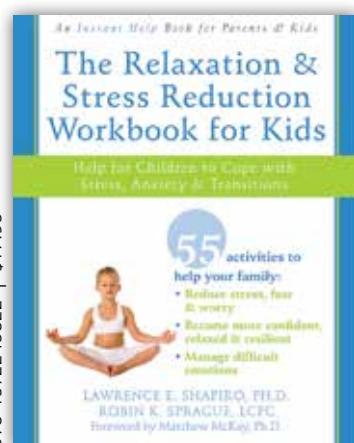
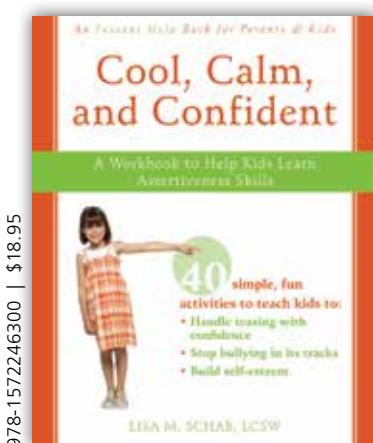
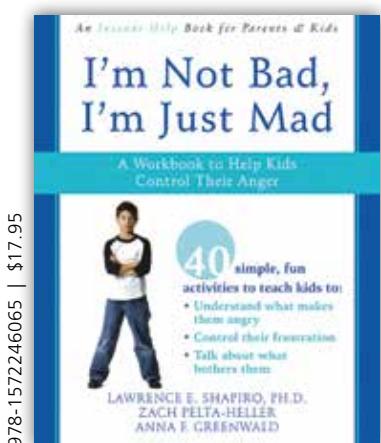
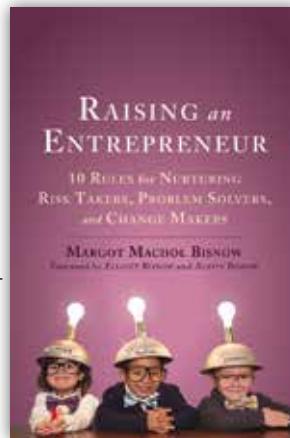
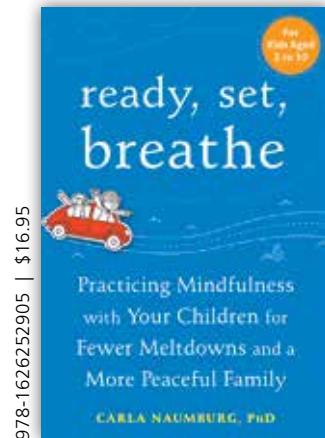
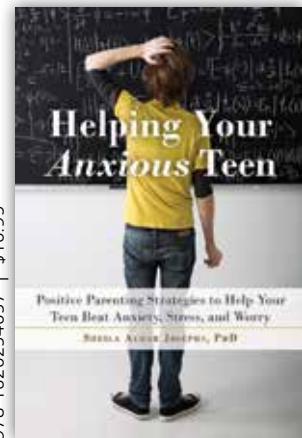
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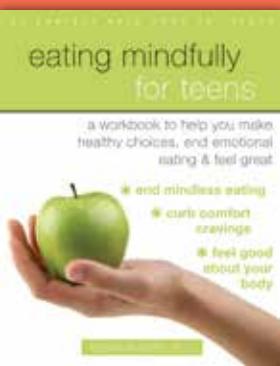
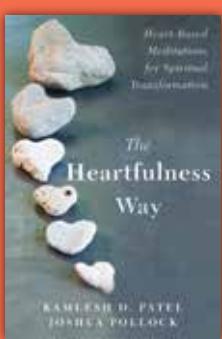
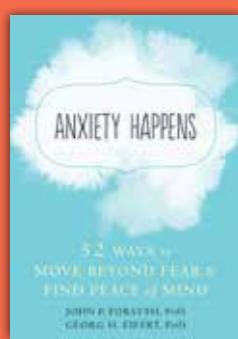
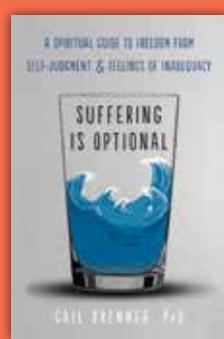
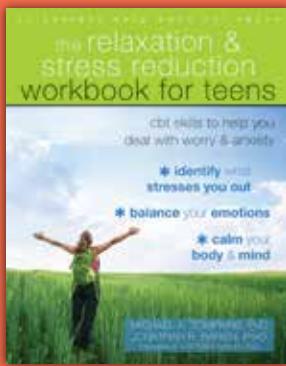
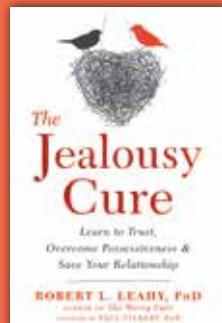
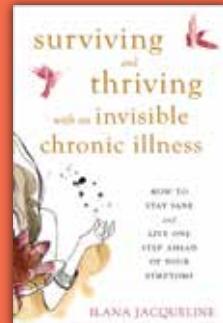
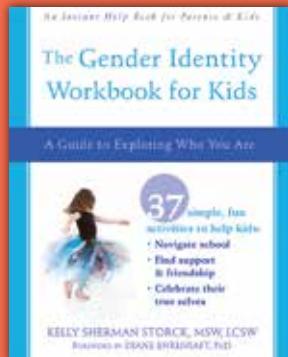
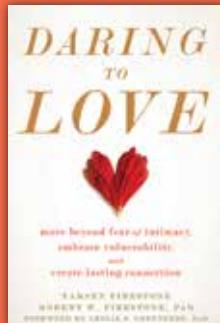
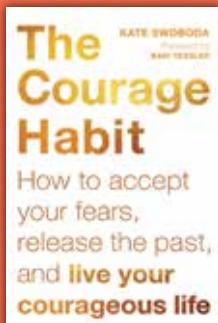
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