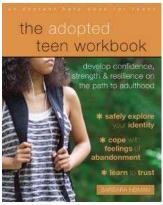
New Harbinger Early Spring 2019





The Adopted Teen Workbook

Develop Confidence, Strength, and Resilience on the Path to Adulthood

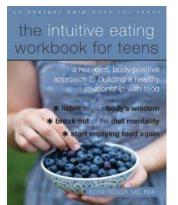
by Barbara Neiman

New Harbinger Publications • On Sale: Mar 1/19 • 8 x 10 • 160 pages **9781684031412** • \$23.95 • pb • YA NonFic / Family / Adoption

Written for teens who were adopted, this compassionate workbook will help give you the strength, resilience, and confidence you need to thrive-now and on into adulthood.

If you're like many other adopted teens, you may wonder about your birth family. You may question why you were given up. And you may even grapple with feelings of isolation, abandonment, and broken trust. These feelings are valid and deserve to be addressed. This





The Intuitive Eating Workbook for Teens

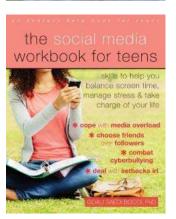
A Non-Diet, Body Positive Approach to Building a Healthy Relationship with Food

by Elyse Resch, MS, RDN

New Harbinger Publications • On Sale: Apr 1/19 • 8 x 10 • 160 pages 9781684031443 • \$23.95 • pb • YA NonFic / Social Topics / Eating Disorders & Body Image • Instant Help Solutions

A new, non-diet approach to adopting healthy eating habits! Drawing on the same evidencebased practices introduced in Intuitive Eating, this workbook for teens addresses the ten principles of intuitive eating to help you listen to your body's natural hunger and fullness cues.





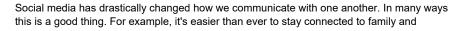
The Social Media Workbook for Teens

Skills to Help You Balance Screen Time, Manage Stress, and Take Charge of Your Life

by Goali Saedi Bocci, PhD, foreword by Gina M. Biegel, MA, LMFT New Harbinger Publications • On Sale: Mar 1/19 • 8 x 10 • 152 pages

9781684031900 • \$23.95 • pb • YA NonFic / Social Topics / Emotions & Feelings

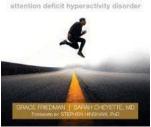
Is social media stressing you out? Written by a millennial psychologist and media expert, this workbook offers practical skills to help you reduce anxiety, balance screen time, deal with cyberbullies, and take charge of your life.







a playbook for teens & young adults with



Winning With ADHD

A Playbook for Teens and Young Adults with Attention Deficit Hyperactivity Disorder

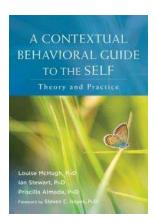
by Grace Friedman and Sarah Cheyette, MD, foreword by Stephen Hinshaw, PhD

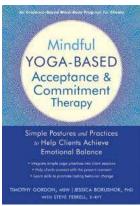
New Harbinger Publications • On Sale: Apr 1/19 • 6 x 8 • 176 pages 9781684031658 • \$23.95 • pb • YA NonFic / Social Topics / Special Needs • Instant Help

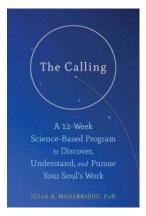
Get the real inside scoop on thriving as a teen with attention deficit/hyperactivity disorder (ADHD). Drawing on her own experiences living with the disorder, college student Grace Friedman-along with pediatric neurologist Sarah Cheyette-offers valuable tips and tricks to heln you face the unique challenges of ADHD

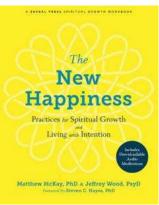


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A Contextual Behavioral Guide to the Self

Theory and Practice

by Louise McHugh, PhD, Ian Stewart, PhD and Priscilla Almada, PhD

New Harbinger Publications • On Sale: Mar 1/19 • 7 x 10 • 240 pages 9781626251762 • \$69.95 • pb • Psychology / Clinical Psychology • Context Press Mastering ACT

Professional

The self plays an integral role in human motivation, cognition, and social identity. A musthave addition to any acceptance and commitment therapy (ACT) practitioner's library, *A Contextual Behavioral Guide to the Self* translates the ACT model's most difficult-yet



Mindful Yoga-Based Acceptance and Commitment Therapy

Simple Postures and Practices to Help Clients Achieve Emotional Balance

by Timothy Gordon, MSW and Jessica Borushok, PhD, with Steve Ferrell, E-RYT

New Harbinger Publications • On Sale: Apr 1/19 • 7 x 10 • 240 pages 9781684032358 • \$56.95 • pb • Psychology / Psychotherapy / General

The ancient wisdom of yoga meets the evidence-based effectiveness of acceptance and commitment therapy (ACT) in this breakthrough professional guide for both yoga instructors and ACT clinicians.



The Calling

A 12-Week Science-Based Program to Discover, Understand, and Pursue Your Soul's Work

by Julia A. Mossbridge, PhD, foreword by Carole Griggs, PhD

New Harbinger Publications • On Sale: Apr $1/19 \cdot 6 \times 9 \cdot 192$ pages $9781684031566 \cdot $24.95 \cdot pb \cdot Self-Help / Spiritual$

The Calling offers a groundbreaking twelve-week program to help you discover more fulfilling work, more authentic relationships, and a deeper sense of connection.

It's no secret that many working professionals are dissatisfied with their occupations-it's been estimated that more than 75 percent of employees in the US are disengaged or otherwise unhappy in their jobs. This dissatisfaction is often seen as a *structural* problem-



The New Happiness

Practices for Spiritual Growth and Living with Intention by Matthew McKay, PhD and Jeffrey C. Wood, PsyD, foreword by Steven C. Hayes, PhD

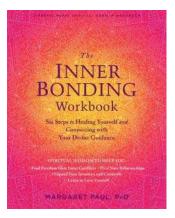
New Harbinger Publications • On Sale: Mar 1/19 • 8 x 10 • 224 pages 9781684033379 • \$34.95 • pb • Self-Help / Personal Growth / Happiness

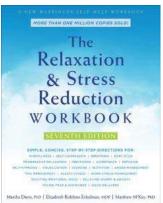
We all want to be happy, but how do we achieve it? This unique workbook blends spiritual wisdom with evidence-based psychological practices to help you achieve lasting fulfilment.

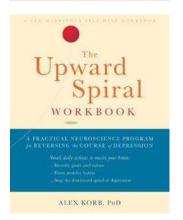
Most of us are searching for happiness in one form or another, but the happiness" we've been conditioned to pursue is often elusive and fleeting. When we base our happiness on



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The Inner Bonding Workbook

Six Steps to Healing Yourself and Connecting with Your Divine Guidance

by Margaret Paul, PhD

New Harbinger Publications • On Sale: Mar 1/19 • 8 x 10 • 224 pages 9781684033188 • \$31.95 • pb • Self-Help / Personal Growth / General

Take responsibility for every aspect of your life, love yourself unconditionally, and connect to your own divine guidance using the life-changing six-step process outlined in this breakthrough guide, from the best-selling author and cocreator of the Inner Bonding(Reg TM) self-healing process.



Many of us long for spiritual connection and divine guidance-the wisdom and ability to make

The Relaxation and Stress Reduction Workbook

by Martha Davis, PhD, Elizabeth Robbins Eshelman, MSW and Matthew McKay, PhD

New Harbinger Publications • On Sale: Apr 1/19 • 8 x 10 • 392 pages 9781684033348 • \$36.95 • pb • Self-Help / Stress Mgmt

Now in its seventh edition-with more than one million copies sold worldwide- *The Relaxation and Stress Reduction Workbook* remains the go-to resource for stress reduction strategies that can be incorporated into even the busiest lives.

The Relaxation and Stress Reduction Workbook broke new ground when it was first published in 1980, detailing easy, step-by-step techniques for calming the body and mind in an increasingly overstimulated world. Now in its seventh edition, this fully revised and



The Upward Spiral Workbook

A Practical Neuroscience Program for Reversing the Course of Depression

by Alex Korb, PhD

New Harbinger Publications • On Sale: Apr 1/19 • 8 x 10 • 200 pages 9781684032426 • \$34.95 • pb • Self-Help / Depression

Positive life changes lead to positive brain changes. Drawing on the huge success of his groundbreaking book, *The Upward Spiral*, neuroscientist Alex Korb offers actionable, step-by-step skills to help you reshape your brain and create an upward spiral towards a happier, healthier life.

Depression is defined by a collection of symptoms. You feel crappy most of the time.

