

## The Adopted Teen Workbook

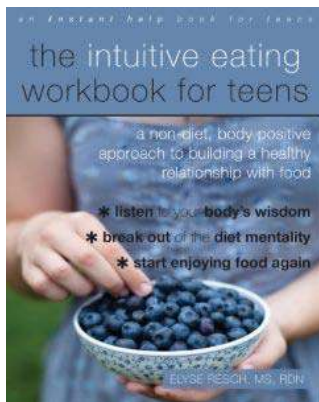
Develop Confidence, Strength, and Resilience on the Path to Adulthood

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



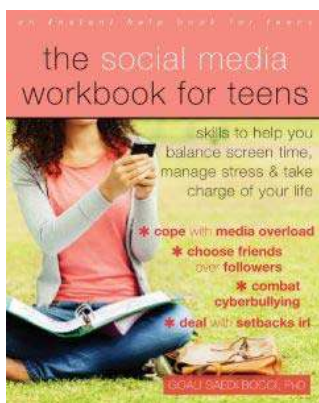
## The Intuitive Eating Workbook for Teens

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 evidence-based 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

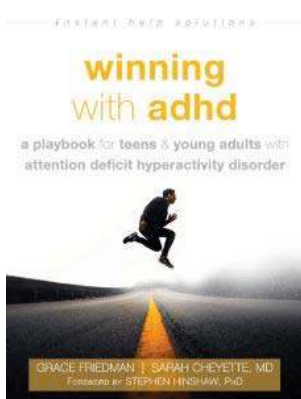
Skills to Help You Balance Screen Time, Manage Stress, and Take Charge of Your Life

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.

Social media has drastically changed how we communicate with one another. In many ways this is a good thing. For example, it's easier than ever to stay connected to family and



## Winning With ADHD

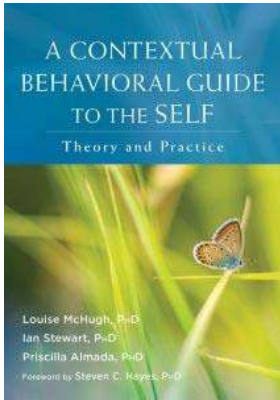
A Playbook for Teens and Young Adults with Attention Deficit Hyperactivity Disorder

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 Solutions

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 help you face the unique challenges of ADHD.





## A Contextual Behavioral Guide to the Self

Theory and Practice

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

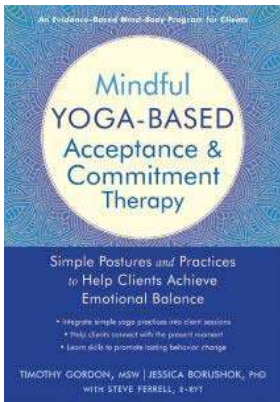
New Harbinger Publications • On Sale: Mar 1/19 • 7 x 10 • 240 pages  
**9781626251762** • \$69.95 • pb • Psychology / Clinical Psychology • Context Press Mastering ACT

### Professional

The self plays an integral role in human motivation, cognition, and social identity. A must-have 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



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## Mindful Yoga-Based Acceptance and Commitment Therapy

Simple Postures and Practices to Help Clients Achieve Emotional Balance

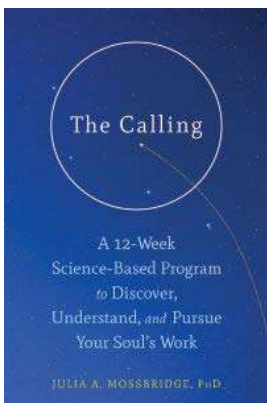
by Timothy Gordon, MSW and Jessica Borushok, PhD, with Steve Ferrell, E-RYT

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.



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## 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

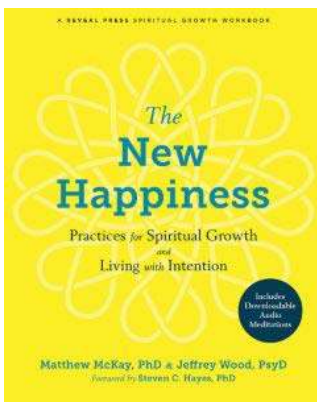
New Harbinger Publications • On Sale: Apr 1/19 • 6 x 9 • 192 pages  
**9781684031566** • \$24.95 • pb • Self-Help / Spiritual

*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-



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## 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 fulfillment.

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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