



# FALL 2019

NEW TITLES *and* FEATURED BACKLIST



newharbinger

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



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

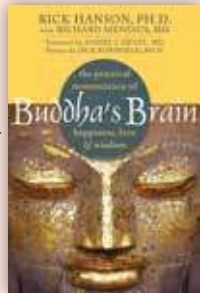
# BEST SELLERS

#1 NEW YORK TIMES BESTSELLER

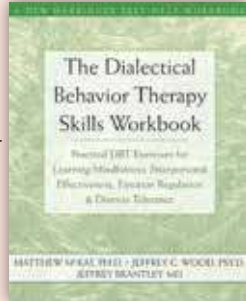
978-1572245372 | \$17.95



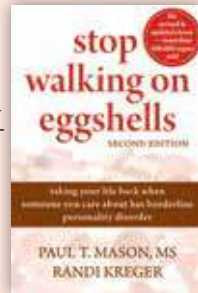
978-1572246959 | \$18.95



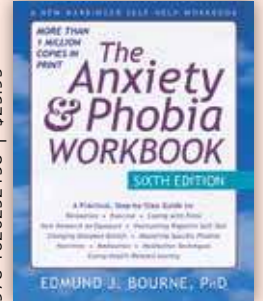
978-1572245136 | \$24.95



978-1572246904 | \$19.95



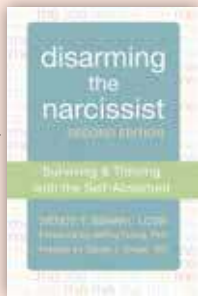
978-1626252158 | \$25.95



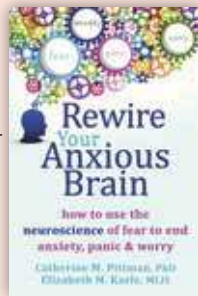
978-1572246034 | \$15.95



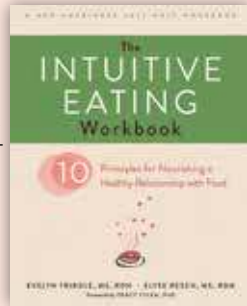
978-1608827602 | \$17.95



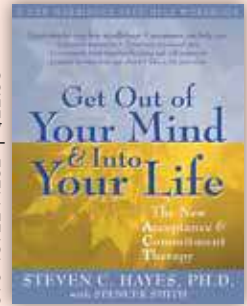
978-1626251137 | \$17.95



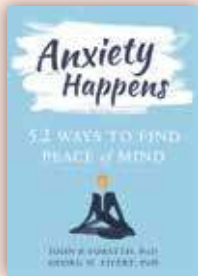
978-1626256224 | \$21.95



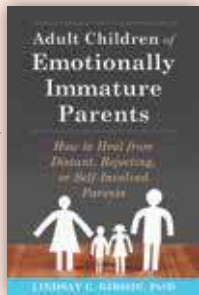
978-1572244252 | \$22.95



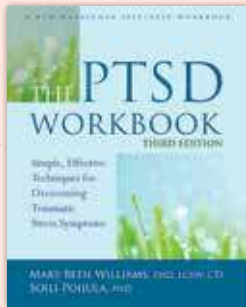
978-1684031108 | \$14.95



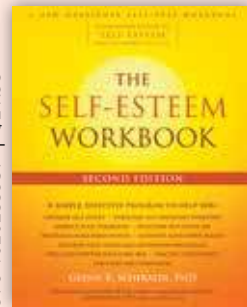
978-1626251700 | \$17.95



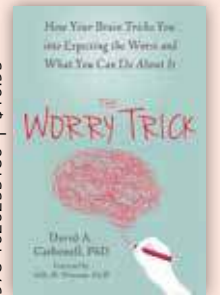
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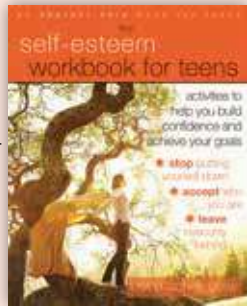
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978-1626253346 | \$24.95



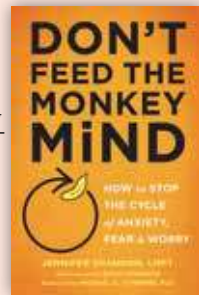
978-1608825820 | \$16.95



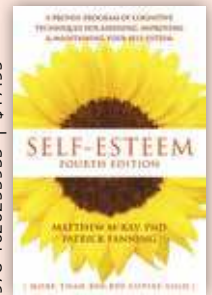
978-1626250765 | \$22.95



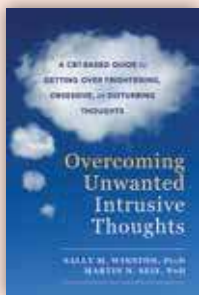
978-1626255067 | \$16.95



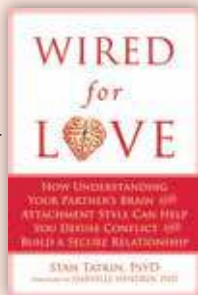
978-1626253933 | \$17.95



978-1626254343 | \$16.95



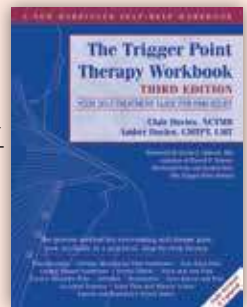
978-1608820580 | \$17.95



978-1572244818 | \$18.95



978-1608824946 | \$25.95



978-1626253063 | \$17.95



Dear Friends—

In our increasingly hectic and uncertain world, it's no wonder that more and more people are experiencing anxiety and worry. This season, we're pleased to be publishing several new books to help readers slow down, connect with what really matters, and cultivate calm in the midst of daily stress and challenges.

Following the success of David Carbonell's *The Worry Trick*, we're excited to offer the pocket-sized companion, *Ten Little Ways to Beat the Worry Trick*. This fun and very portable guide provides readers with ten strategies to break the cycle of chronic worry and find lasting relief from anxiety—anytime and anywhere.

In a culture where women are expected to “have it all,” juggle family and career effortlessly, and navigate the daily realities of sexism, it isn't surprising that women are twice as likely to experience anxiety. That's why we're publishing *Be Mighty*—an empowering guide for women that's chock-full of evidence-based skills for building personal resilience in a difficult world.

Finally, we're especially proud to introduce the **Social Justice Handbook** series—a collection of books that provide readers with practical tools for challenging inequality in their daily lives. Launching this series are *The Racial Healing Handbook* and *The Feminist Handbook*, offering exercises based in social science to help readers unlearn internalized negative messages, transform their communities, and improve well-being.

As always, we thank you for supporting New Harbinger's mission to provide proven-effective resources to help readers spark positive change.

Sincerely,



—Matthew McKay, PhD, Publisher

# what's inside...

## new releases

■ self-help . . . . .	2
■ teen self-help . . . . .	8
■ parenting . . . . .	9
■ memoir . . . . .	10
■ health . . . . .	10
■ spirituality . . . . .	11
■ psychology . . . . .	12

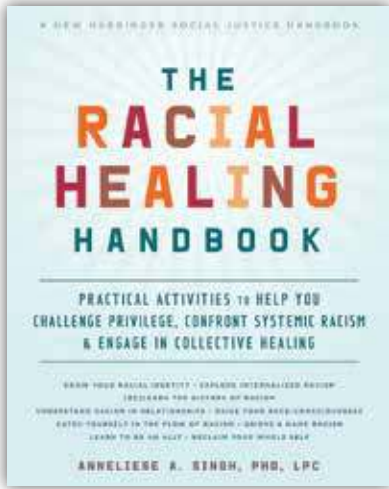
contact us . . . . .	13
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are available on

edelweiss

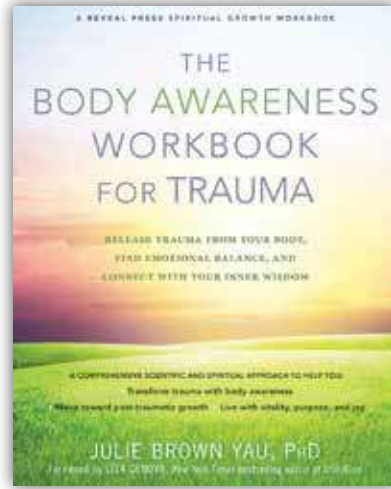


[https://www.edelweiss.plus/  
#publisher=NH](https://www.edelweiss.plus/#publisher=NH)



■ This book provides practical skills to help both people of color and white allies address the urgent problem of racism in our society and begin healing.

978-1684032709 | US \$24.95  
8 x 10 | 216 pp  
trade paper | self-help  
PUB DATE: **August 1, 2019**



■ The negative effects of trauma extend far beyond mental health. This book offers a mind-body spiritual approach to moving past trauma and toward post-traumatic growth.

978-1684033256 | US \$21.95  
8 x 10 | 200 pp  
trade paper | self-help  
PUB DATE: **September 1, 2019**

## The Racial Healing Handbook

*Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing*  
Anneliese A. Singh, PhD, LPC

A powerful and practical guide to help readers heal from racism, challenge privilege, and manage stress and trauma. Healing from the effects of racism is a journey that often involves reliving trauma and experiencing feelings of shame, guilt, and anxiety. *The Racial Healing Handbook* offers practical tools to help readers navigate daily and past experiences of racism, challenge internalized negative messages and privileges, develop racial consciousness and conscientiousness, and ultimately build a community of healing in a world still filled with microaggressions and discrimination. This book is not just about ending racial harm—it is about racial liberation.

Anneliese A. Singh, PhD, LPC, is a professor and associate dean of diversity, equity, and inclusion in the college of education at the University of Georgia. Singh is cofounder of the Georgia Safe Schools Coalition to work on reducing heterosexism, transprejudice, racism, and other oppressions in Georgia schools. She is author of *The Queer and Transgender Resilience Workbook*. Singh resides in Atlanta, GA.

**PUBLICITY & PROMOTION** • Advertising in the annual conference guides of the American Psychological Association, the American Counseling Association, and the Association of Multicultural Counseling and Development • Campaign to mental health professionals, trauma and PTSD, and spirituality communities • Online advertising in the Greater Good Science Center and Shelf Awareness e-newsletters • Features in New Harbinger consumer and professional catalogs • **WORLD RIGHTS**

## The Body Awareness Workbook for Trauma

*Release Trauma from Your Body, Find Emotional Balance, and Connect with Your Inner Wisdom*  
Julie Brown Yau, PhD

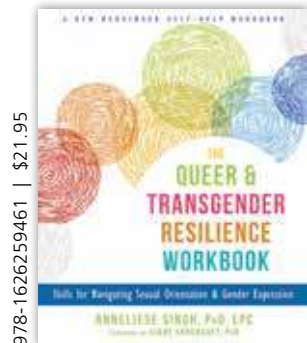
For years, we've understood the connection between trauma and mental health issues such as depression and anxiety. But somatic psychology has recently shown that our *bodies* hold on to trauma, and trauma can manifest in physical symptoms, such as pain, hormone imbalance, sexual dysfunction, and addiction. *The Body Awareness Workbook for Trauma* presents a comprehensive mind-body approach to healing trauma that invites readers to reconnect with their body's innate capacity for healing, growth, vitality, and joy. Readers learn to move past their trauma toward post-traumatic growth, and transform the dark side of trauma into body awareness and spiritual fulfillment.

Julie Brown Yau, PhD, is a psychologist with more than thirty years' experience in somatic and spiritual traditions. She is director of education and program development at Compassionate Care ALS, where she incorporates her knowledge of somatic depth psychology, grief counseling, and contemplative practices. Julie has a private practice in Laguna Beach, CA.

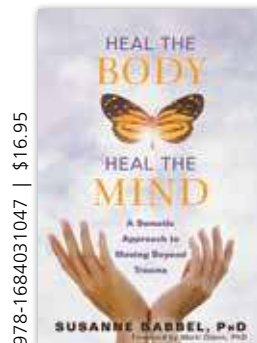
**PUBLICITY & PROMOTION** • Advertising in *Spirituality & Health*, *Light of Consciousness*, and the annual conference guides for Science and Nonduality and the United States Association for Body Psychotherapy • Campaign to spirituality media outlets, relevant professional organizations, and core psych media outlets • Feature in New Harbinger consumer and spirituality catalogs • **WORLD RIGHTS**



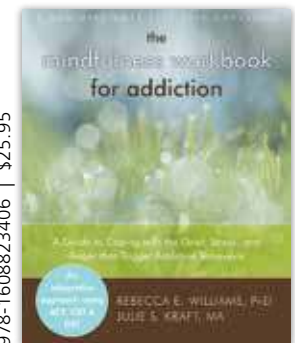
978-1684032679 | \$16.95



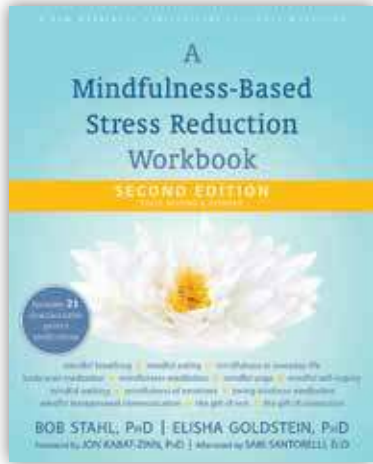
978-1626259461 | \$21.95



978-1684031047 | \$16.95



978-1608823406 | \$25.95



## A Mindfulness-Based Stress Reduction Workbook, Second Edition

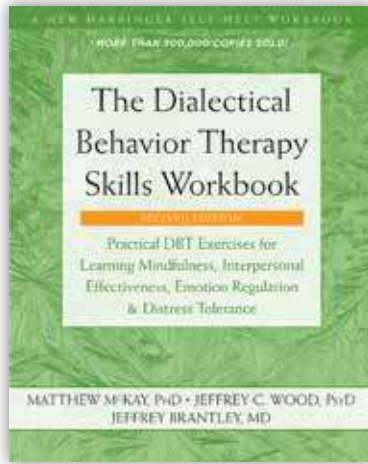
Bob Stahl, PhD, and Elisha Goldstein, PhD

- The first edition of *A Mindfulness-Based Stress Reduction Workbook* (ISBN: 978-1572247086) is a New Harbinger best seller, with more than 115,000 copies sold worldwide.

Stress and pain are nearly unavoidable in our daily lives, and the key to maintaining balance is responding to stress not with frustration and self-criticism, but with mindful, nonjudgmental awareness of our bodies and minds. The ultimate practical guide to mindfulness-based stress reduction (MBSR) is now available in a fully revised and updated second edition. In *A Mindfulness-Based Stress Reduction Workbook*, two MBSR experts present a step-by-step, eleven-week program for effective stress reduction.

978-1684033553 | US \$25.95  
8 x 10 | 256 pp | trade paper | self-help  
WORLD RIGHTS

PUB DATE: **September 1, 2019**



## The Dialectical Behavior Therapy Skills Workbook, Second Edition

*Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance*

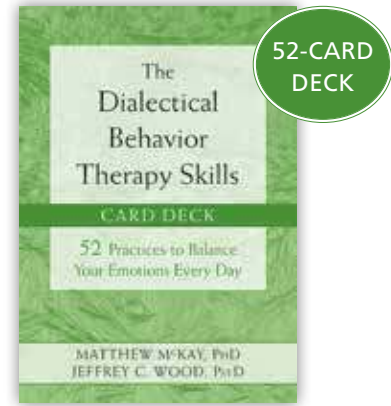
Matthew McKay, PhD, Jeffrey C. Wood, PsyD, and Jeffrey Brantley, MD

- Authors Matthew McKay and Jeff Brantley are pioneers in the self-help book industry. Together, their books have sold more than 3.5 million copies worldwide.

*The Dialectical Behavior Therapy Skills Workbook* broke new ground in self-help resources when it was released more than ten years ago, offering readers unprecedented access to the core skills of dialectical behavior therapy (DBT). Now fully revised and updated, this second edition continues to offer straightforward, step-by-step exercises that will bring core DBT skills to thousands who need it.

978-1684034581 | US \$24.95  
8 x 10 | 272 pp | trade paper | self-help  
WORLD RIGHTS

PUB DATE: **October 1, 2019**



## The Dialectical Behavior Therapy Skills Card Deck

*52 Practices to Balance Your Emotions Every Day*

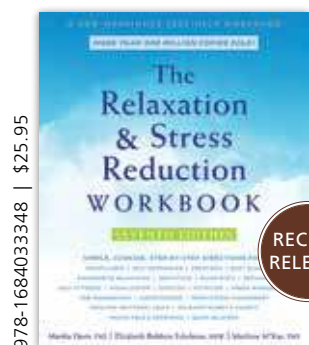
Matthew McKay, PhD, and Jeffrey C. Wood, PsyD

- This card deck gives readers—including general consumers and clinicians—a quick way to easily access DBT in bite-sized pieces.

Dialectical behavior therapy (DBT) has proven effective as treatment for a range of other mental health problems, especially for those characterized by overwhelming emotions. Based on the best-selling self-help classic, *The Dialectical Behavior Therapy Skills Workbook*, this powerful and portable card deck presents fifty-two core DBT skills for learning mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance. With these cards, users will find practical ways to put these skills to work, every day.

978-1684033980 | US \$16.95  
3.5 x 5 | 52-card deck | self-help  
WORLD RIGHTS

PUB DATE: **October 1, 2019**

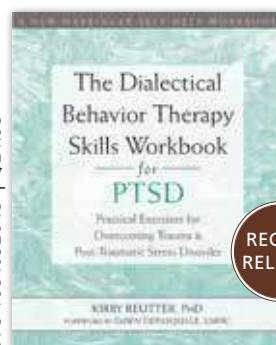


978-1684033348 | \$25.95

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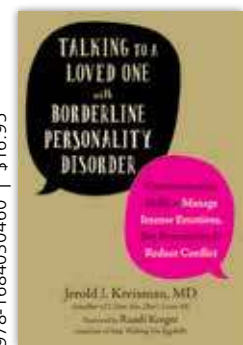


978-1626254893 | \$16.95

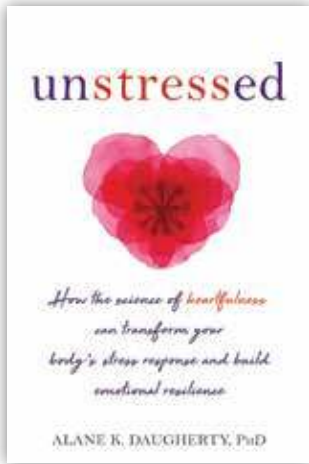


978-1684032648 | \$24.95

RECENT RELEASE



978-1684030460 | \$16.95



## Unstressed

*How the Science of Heartfulness Can Transform Your Body's Stress Response and Build Emotional Resilience*

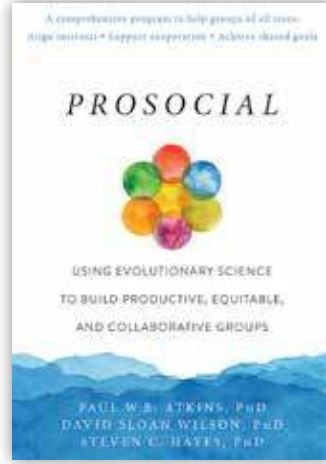
Alane K. Daugherty, PhD

- Stress is a modern epidemic. This book examines the ways stress affects us on both a psychological and embodied level.

Stress affects both body and mind—leading to mental health issues such as anxiety and depression, as well as physical illnesses. In this guide, a professor of kinesiology shows readers how embodying emotions such as gratitude, compassion, empathy, and love can rewire the body's stress response and ignite a sense of calm and connection in the face of everyday stress. Readers will also discover practical skills and clinically proven strategies grounded in mindfulness, neurobiology, and positive psychology to cultivate a deep sense of strength and emotional resilience.

978-1684032839 | US \$16.95  
6 x 9 | 200 pp | trade paper | self-help  
WORLD RIGHTS

PUB DATE: **October 1, 2019**



## Prosocial

*Using Evolutionary Science to Build Productive, Equitable, and Collaborative Groups*

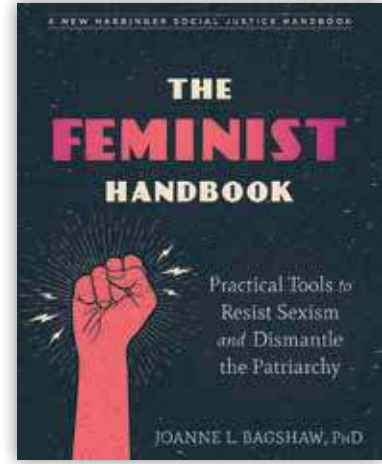
Paul W.B. Atkins, PhD, David Sloan Wilson, PhD, and Steven C. Hayes, PhD

- Authors Paul Atkins, Steven Hayes, and David Sloan Wilson are luminaries in the field of contextual behavioral science.

Based on the work of Nobel Prize-winning economist Elinor Ostrom—and grounded in contextual behavioral science, evolutionary science, and acceptance and commitment therapy (ACT)—*Prosocial* presents a practical, step-by-step approach to help readers energize and strengthen their business or organization. Using the Prosocial model, readers will learn to design groups that are more harmonious, have better member or employee retention, have better relationships with other groups or business partners, and have more success and longevity.

978-1684030248 | US \$24.95  
7 x 10 | 240 pp | trade paper | psychology  
WORLD RIGHTS

PUB DATE: **October 1, 2019**



## The Feminist Handbook

*Practical Tools to Resist Sexism and Dismantle the Patriarchy*

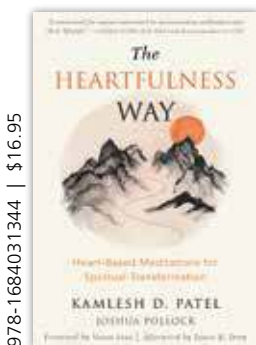
Joanne L. Bagshaw, PhD

- In the age of #MeToo and the Women's March, this intersectional guide offers practical ways women and allies can challenge sexism and patriarchal power structures.

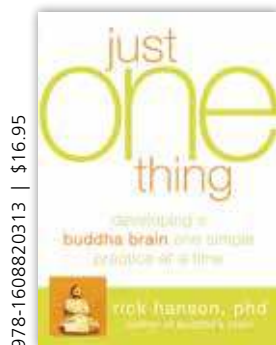
From reproductive rights to sexual harassment and the wage gap—gender inequality has permeated nearly every aspect of our culture. With this revolutionary feminist self-help guide, readers will find powerful tools they can use every day to combat the effects of discrimination and gender inequality, improve self-confidence, build resilience, and actively resist the gendered messages they've internalized from living in an openly sexist, patriarchal society. The book also includes actionable tips for creating lasting change through activism and community.

978-1684033805 | US \$19.95  
8 x 10 | 184 pp | trade paper | self-help/sociology  
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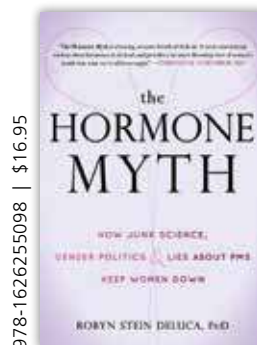
PUB DATE: **November 1, 2019**



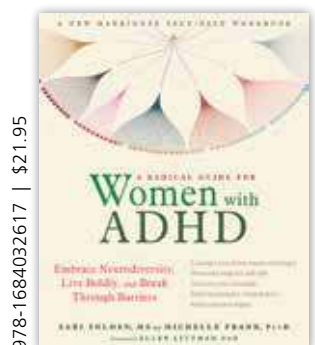
978-1684031344 | \$16.95



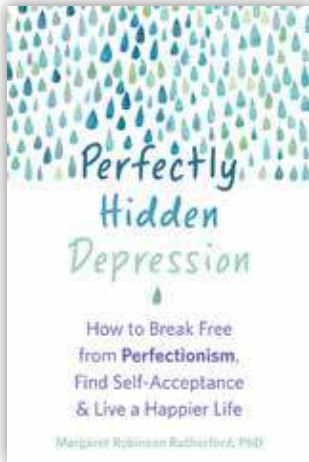
978-1608820313 | \$16.95



978-1626255098 | \$16.95



978-1684032617 | \$21.95



## Perfectly Hidden Depression

*How to Break Free from Perfectionism, Find Self-Acceptance, and Live a Happier Life*

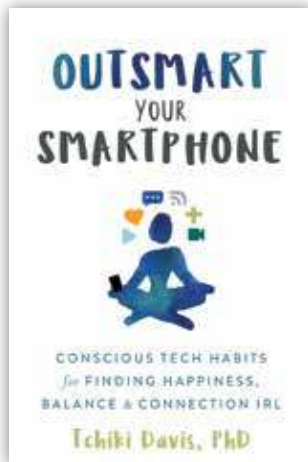
Margaret Robinson Rutherford, PhD

- Depression masked by perfectionism can be easily missed or misunderstood by mental health professionals, which highlights the need for this unique resource.

For many perfectionists, depression can feel like a weakness or failure—so, they often hide it. Their perfectionism then fuels their depression further—and so the cycle continues. *Perfectly Hidden Depression* offers real tools to help readers with perfectionism finally break free from this vicious cycle, so they can develop self-compassion, begin healing, and start living happier, more authentic lives.

978-1684033584 | US \$16.95  
6 x 9 | 232 pp | trade paper | self-help  
WORLD RIGHTS

PUB DATE: **November 1, 2019**



## Outsmart Your Smartphone

*Conscious Tech Habits for Finding Happiness, Balance, and Connection IRL*

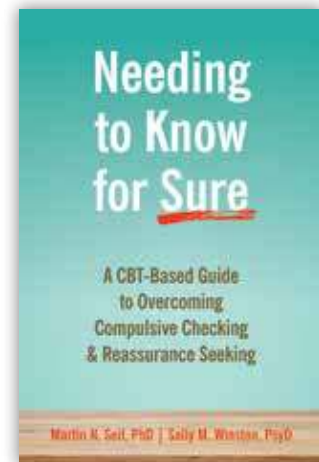
Tchiki Davis, PhD

- The steps outlined in this book are based on research organized by the Greater Good Science Center at the University of California, Berkeley.

We live in a screen-obsessed world. Between social media, texting, video streaming, and online shopping, many people struggle with “smartphone syndrome,” and are looking to find balance—and more happiness. Rather than taking an anti-tech stance, this refreshingly honest how-to guide teaches readers how to develop *conscious* tech habits, and use technology in *better* ways to boost happiness and improve connections and communication on- and offline.

978-1684033492 | US \$16.95  
6 x 9 | 192 pp | trade paper | self-help  
WORLD RIGHTS

PUB DATE: **November 1, 2019**



## Needing to Know for Sure

*A CBT-Based Guide to Overcoming Compulsive Checking and Reassurance Seeking*

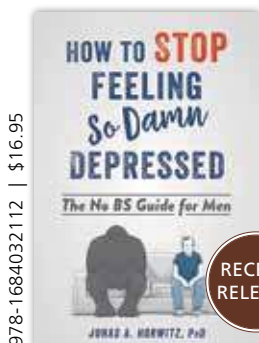
Martin N. Seif, PhD, and Sally M. Winston, PsyD

- The authors draw on years of experience treating reassurance-seeking behaviors, giving readers helpful facts and insights into how readers can cope.

“How do I know I made the right decision?” “What if I’m wrong?” “I need to know *for sure*.” *Needing constant reassurance is a hidden struggle for many who fear the unknown. In this guide, readers will find evidence-based skills grounded in cognitive behavioral therapy (CBT) to help them tolerate uncertainty, face specific worrying scenarios, and gradually reduce the compulsion to incessantly seek reassurance.*

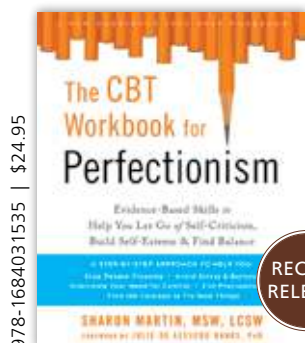
978-1684033706 | US \$16.95  
6 x 9 | 200 pp | trade paper | self-help  
WORLD RIGHTS

PUB DATE: **December 1, 2019**



978-1684032112 | \$16.95

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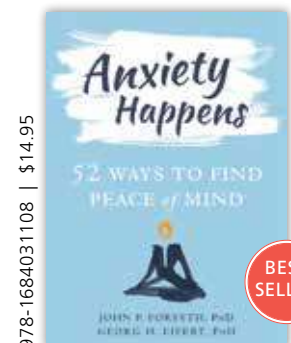


978-1684031535 | \$24.95

RECENT RELEASE

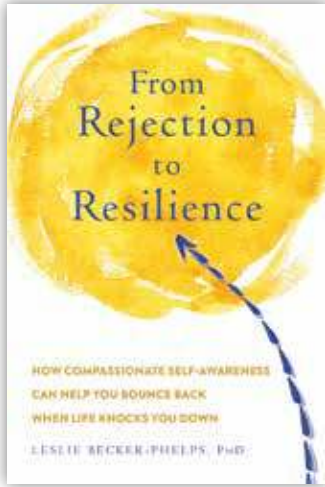


978-1572249219 | \$25.95



978-1684031108 | \$14.95

BEST SELLER



- This groundbreaking book helps readers understand and overcome struggles with rejection by gaining a deeper understanding of their attachment style.

978-1684034024 | US \$16.95  
6 x 9 | 192 pp | trade paper self-help | WORLD RIGHTS  
PUB DATE: **December 1, 2019**

## From Rejection to Resilience

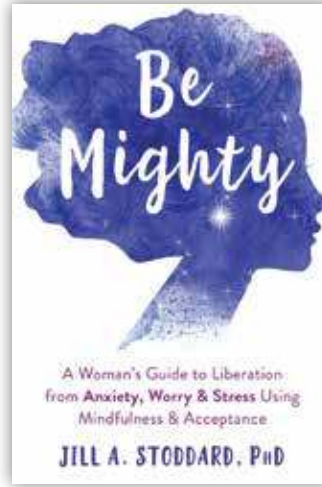
*How Compassionate Self-Awareness Can Help You Bounce Back When Life Knocks You Down*

Leslie Becker-Phelps, PhD

Many people have a fear of rejection—but for some, this fear is crippling, and can greatly interfere with everyday life. Based in attachment theory, this groundbreaking guide helps readers understand the root cause of their fears, and offers skills to help them foster compassionate self-awareness and resilience. Using the theory of attachment, and the five domains of awareness: Sensations, Thoughts, Emotions, Actions, and Mentalizing (STEAM), readers will learn to relate to themselves and to others in more positive ways. This isn't a book that promises to protect readers from future rejection. But readers will learn the skills needed to bounce back, even when life throws a curveball.

Leslie Becker-Phelps, PhD, is a licensed psychologist, author, and speaker. She writes the *Relationships* blog for WebMD, as well as the blog *Making Change for Psychology Today*. Becker-Phelps previously served at Robert Wood Johnson University Hospital, Somerset; as chief of psychology in the department of psychiatry. She resides in Basking Ridge, NJ.

**PUBLICITY & PROMOTION** • Advertising in the annual conference guides of the Anxiety and Depression Association of America, the American Association of Marriage and Family Therapy, and Psychotherapy Networker • Campaign to professional organizations, psychology and mental health publications, podcasts, and relevant online outlets • Features in New Harbinger consumer and professional catalogs • **WORLD RIGHTS**



- 40 million Americans have anxiety—and women are at least twice as likely to suffer from an anxiety disorder (World Health Organization).

978-1684034413 | US \$16.95  
6 x 9 | 200 pp | trade paper self-help | WORLD RIGHTS  
PUB DATE: **January 2, 2020**

## Be Mighty

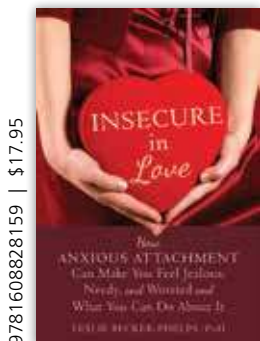
*A Woman's Guide to Liberation from Anxiety, Worry, and Stress Using Mindfulness and Acceptance*

Jill A. Stoddard, PhD

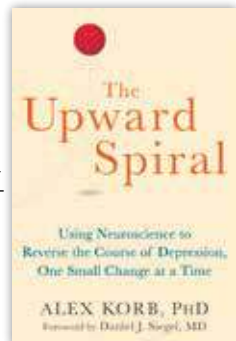
Anxiety is rampant in our fast-paced, high-tech, overwhelming society—and women are twice as likely as men to suffer from anxiety-related issues. *Be Mighty* leads readers on a bold quest to gain a deeper understanding of anxiety by exploring their own “origin story”—how early experiences led to thoughts and behaviors that are now standing in the way of living a full life. In this empowering guide, women will find practical tools based in acceptance and commitment therapy (ACT) to help them mindfully conquer anxieties, worries, and fears—and live mightily. Readers will emerge fresh and fierce, with the confidence to stand up for the life they want to live and the power to face life's complexities as their best, most authentic self.

Jill A. Stoddard, PhD, is founder and director of The Center for Stress and Anxiety Management, an outpatient clinic in San Diego, CA. She specializes in evidence-based treatments for anxiety and related disorders, and is associate professor of psychology at Alliant International University.

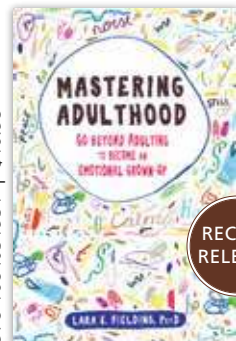
**PUBLICITY & PROMOTION** • Advertising in *the Behavior Therapist*, the *Journal of Contextual Behavioral Science*, and in the annual conference guides of the Association for Behavioral and Cognitive Therapies, the Anxiety and Depression Association of America, the American Psychological Association, and Psychotherapy Networker • Campaign to professional organizations, and psychology and mental health publications • Feature in New Harbinger consumer catalog • **WORLD RIGHTS**



9781608828159 | \$17.95



9781626251205 | \$17.95



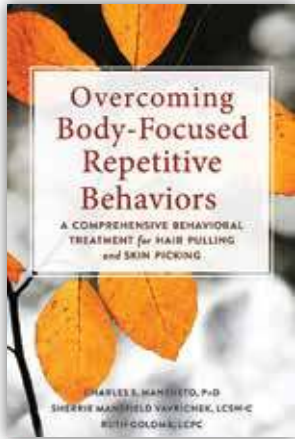
978-1684031931 | \$16.95

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- 10 million Americans engage in a body-focused repetitive behavior. This book offers a practical cognitive behavioral approach to help readers overcome this disorder.

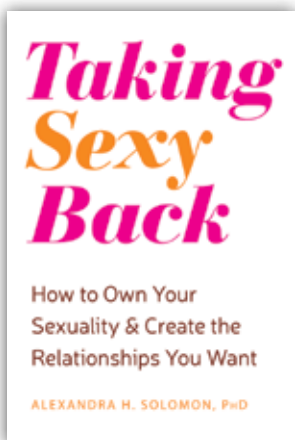
978-1684033645 | US \$18.95  
6 x 9 | 224 pp  
trade paper | self-help  
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PUB DATE: **January 2, 2020**

## Overcoming Body-Focused Repetitive Behaviors

*A Comprehensive Behavioral Treatment for Hair Pulling and Skin Picking*

Charles S. Mansueto, PhD, Sherrie Mansfield, Vavrichek, LCSW-C, and Ruth Golomb, LCPC

Body-focused repetitive behaviors (BFRB), such as hair pulling and skin picking, are greatly misunderstood, and few resources are available to those afflicted. In this much-needed self-help resource, three renowned BFRB experts and clinicians offer the first comprehensive treatment approach grounded in evidence-based cognitive behavioral therapy (CBT) to help readers overcome BFRB for good.



- This empowering guide gives young women the information, insights, and skills needed to expand their sexual self-awareness and reclaim their sexual power.

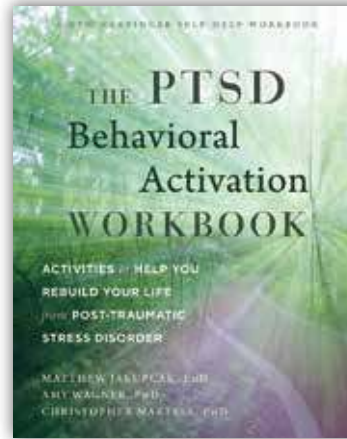
978-1684033461 | US \$16.95  
6 x 9 | 224 pp  
trade paper | families & relationships  
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PUB DATE: **February 1, 2020**

## Taking Sexy Back

*How to Own Your Sexuality and Create the Relationships You Want*

Alexandra H. Solomon, PhD

Today's sexual climate leaves little to no space for honoring the complexities of sex—sex as pleasure, sex as connection, sex as creative expression, and sex as healing. In *Taking Sexy Back*, relationship expert Alexandra Solomon shows women that they are more than just sexy objects, and offers real tools to help women own their sexuality, communicate their needs, draw boundaries to be safe, and build the satisfying relationships they truly want.



- An alternative to trauma-focused therapy, behavioral activation is a present-centered approach to treating trauma with a focus on increasing joy.

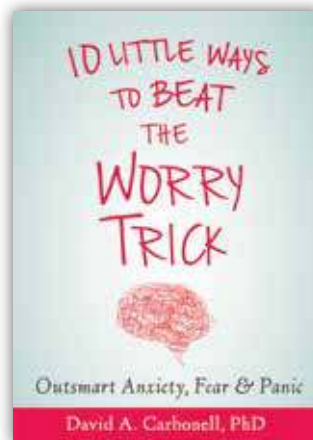
978-1684033072 | US \$24.95  
8 x 10 | 224 pp  
trade paper | self-help  
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PUB DATE: **January 2, 2020**

## The PTSD Behavioral Activation Workbook

*Activities to Help You Rebuild Your Life from Post-Traumatic Stress Disorder*

Matthew Jakupcak, PhD, Amy Wagner, PhD, and Christopher Martell, PhD

For many people suffering from post-traumatic stress disorder (PTSD), reliving the past through trauma-focused treatments can be too painful a place to start. By shifting the focus from the patient's trauma to what gives their life fulfillment, joy, and value, *The PTSD Behavioral Activation Workbook* can help readers envision the kind of future they *want* to have, so they can move forward in their treatment to pursue that future.



- David Carbonell is an anxiety expert and author of *The Worry Trick* (ISBN: 978-1626253186) and *Panic Attacks Workbook* (ISBN: 978-1569754153).

978-1684031993 | US \$16.95  
5 x 7 | 192 pp  
trade paper | self-help  
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PUB DATE: **February 1, 2020**

## Ten Little Ways to Beat the Worry Trick

*Outsmart Anxiety, Fear, and Panic*

David A. Carbonell, PhD

What if anxiety and worry are just tricks our mind plays on us? Drawing on the huge success of author David Carbonell's *The Worry Trick*, this irreverent, on-the-go guide offers the ten most powerful strategies to put worry in its place—anytime, anywhere. With these easy-to-use tips and tools, readers will learn to outsmart the worry trick, and finally overcome the anxiety, fear, and panic that get in the way of living their best lives.



## The Chronic Pain and Illness Workbook for Teens

*CBT and Mindfulness-Based Practices to Turn the Volume Down on Pain*

Rachel Zoffness, PhD

- Current research shows that cognitive behavioral therapy (CBT) is highly effective in treating kids and teens with chronic pain and illness.

Help teens turn the volume down on chronic pain. In this much-needed addition to the popular Instant Help Books workbook series, pediatric pain specialist Rachel Zoffness offers evidence-based cognitive behavioral and mindfulness-based strategies to help teens cope with chronic pain and illness. Teen readers will gain an understanding of how pain affects both the body and mind, and learn proven-effective strategies for taking control of their pain so they can get back to living their lives.

978-1684033522 | US \$16.95

8 x 10 | 152 pp | trade paper | teen self-help  
WORLD RIGHTS

PUB DATE: **August 1, 2019**



## The Mindfulness Workbook for Teen Self-Harm

*Skills to Help You Overcome Cutting and Self-Harming Behaviors, Thoughts, and Feelings*

Gina M. Biegel, MA, LMFT, and  
Stacie Cooper, PsyD

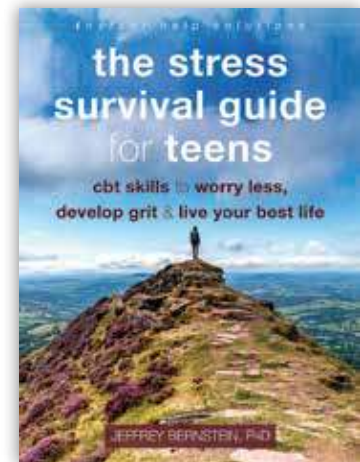
- This workbook offers evidence-based mindfulness tools to help teens manage self-harming behaviors, such as cutting.

Being a teen in today's world isn't easy, and as a result, many teens self-harm. Mindfulness creates space for teens to stop and reflect, before engaging in impulsive reactions such as self-harm. In this workbook, mindfulness expert Gina Biegel offers teen readers powerful skills to help them identify negative self-harming thoughts, and manage these thoughts in healthy ways instead of resorting to cutting and other dangerous behaviors.

978-1684033676 | US \$16.95

8 x 10 | 176 pp | trade paper | teen self-help  
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PUB DATE: **September 1, 2019**



## The Stress Survival Guide for Teens

*CBT Skills to Worry Less, Develop Grit, and Live Your Best Life*

Jeffrey Bernstein, PhD

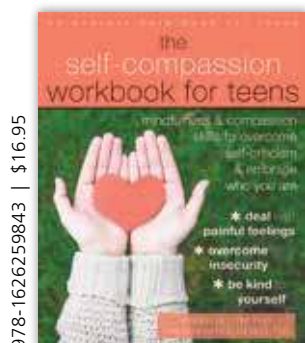
- Cognitive behavioral therapy (CBT) is clinically proven to effectively treat anxiety disorders in young people.
- Early intervention can help teens develop positive coping strategies before negative coping habits—including drugs, alcohol, and self-harm—begin to take root.

Between school pressures, friends, dating, social media, and planning for the future—is it any wonder today's teens are stressed out? In this guide, clinical psychologist Jeffrey Bernstein offers practical and easy-to-learn tips based in cognitive behavioral therapy (CBT) and positive psychology to show teens how to keep stress and worry from taking over their life so they can overcome setbacks and set themselves up for success.

978-1684033911 | US \$16.95

6 x 8 | 200 pp | trade paper | teen self-help  
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PUB DATE: **December 1, 2019**



978-1626259843 | \$16.95

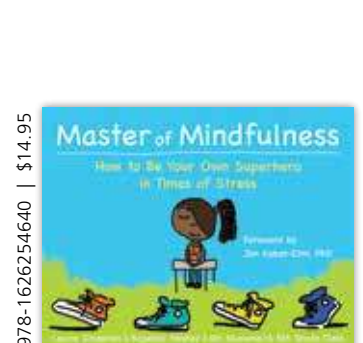


978-1684032457 | \$17.95

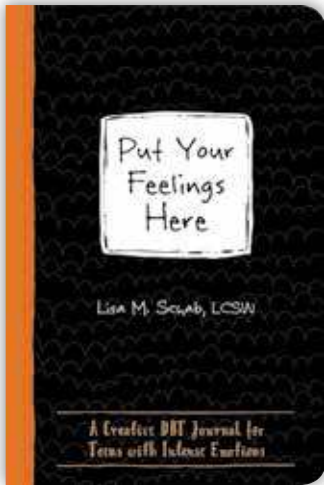
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978-1626258563 | \$16.95



978-1626254640 | \$14.95



■ Psychologist Lisa Schab is author of *The Anxiety Workbook for Teens* (ISBN: 978-1572246034). Her previous books have sold more than 200,000 copies worldwide.

978-1684034239 | US \$16.95  
5.5 x 8.25 | 224 pp | trade paper  
teen self-help | WORLD RIGHTS  
PUB DATE: **January 2, 2020**

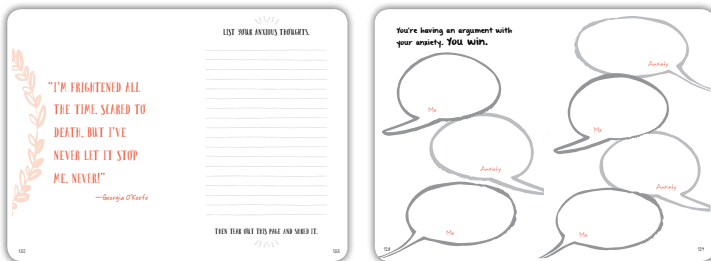
## Put Your Feelings Here

*A Creative DBT Journal for Teens with Intense Emotions*

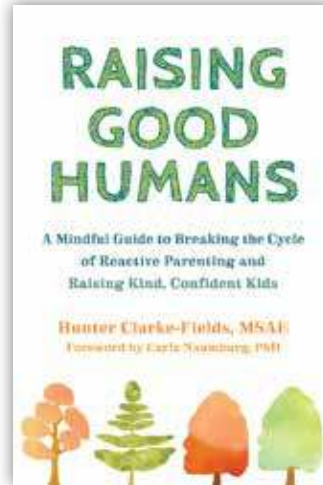
Lisa M. Schab, LCSW

Life is full of reasons to feel angry, sad, scared, overwhelmed, and frustrated—and that’s okay. Most teens experience intense feelings, but many lack the skills needed to regulate their emotions in healthy ways. In this unique guided journal, best-selling author and teen expert Lisa Schab offers writing prompts and a creative space for teens to organize their thoughts, work through difficult experiences, balance their emotions, and break free from destructive rumination. This journal also includes powerful behavioral prompts to help teen readers develop trust in their own coping skills, and put what they’ve learned into action.

### ILLUSTRATED INTERIOR



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



■ This book offers a fresh approach to parenthood—one with the larger end goal of raising competent and compassionate human beings.

978-1684033881 | US \$16.95  
6 x 9 | 160 pp | trade paper  
parenting | WORLD RIGHTS  
PUB DATE: **December 1, 2019**

## Raising Good Humans

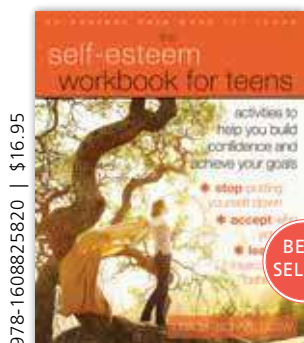
*A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids*

Hunter Clarke-Fields, MSAE

An essential must-read for all parents—now more than ever! A kinder, more compassionate world starts with kind and compassionate kids. In *Raising Good Humans*, mindfulness mentor, parenting coach, and mother of two Hunter Clarke-Fields offers parents practical and breakthrough strategies for conflict resolution and positive communication. Parents learn to break free from ingrained “reactive parenting” habits in order to forge better relationships with their children—relationships built on respect and cooperation. When children experience a parent reacting with kindness and patience, they learn to act with kindness as well—thereby altering generational patterns for a kinder, more compassionate future.

Hunter Clarke-Fields, MSAE, is a mindfulness mentor, coach, host of the *Mindful Mama* podcast, and creator of the Mindful Parenting online course. She coaches moms on how to cultivate mindfulness in their daily lives. Hunter has over twenty years of experience in meditation and yoga practices, and has taught mindfulness to thousands worldwide.

**PUBLICITY & PROMOTION** • Advertising in the *Journal of Contextual Behavioral Science* and in the annual conference guides of the Association for Contextual Behavioral Science and the American Association of Marriage and Family Therapy • Campaign to parenting and mindfulness outlets and publications • Feature in New Harbinger consumer catalog • **WORLD RIGHTS**



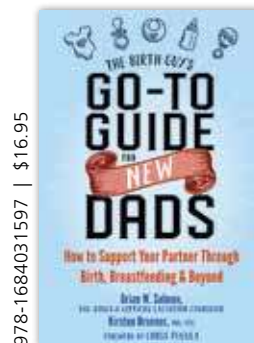
978-1608825820 | \$16.95

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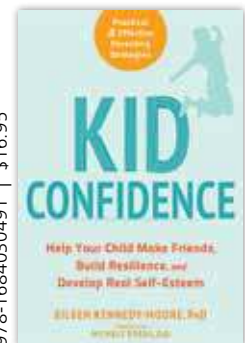


978-1684032143 | \$16.95

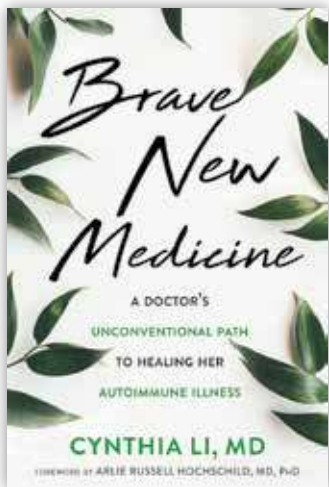
RECENT RELEASE



978-1684031597 | \$16.95



978-1684030491 | \$16.95



■ Millions of Americans are affected by autoimmune conditions. Dr. Cynthia Li's journey through autoimmune illness provides vindication and guidance for these readers.

978-1684032051 | US \$18.95  
6 x 9 | 272 pp  
trade paper | memoir  
PUB DATE: **September 1, 2019**

## Brave New Medicine

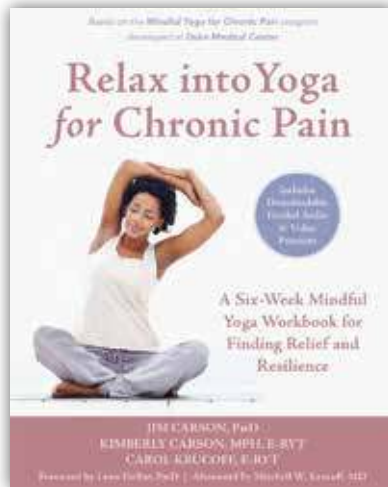
*A Doctor's Unconventional Path to Healing Her Autoimmune Illness*

Cynthia Li, MD

Dr. Cynthia Li had it all: a successful career in medicine, a loving marriage, and children on the horizon. But it all came crashing down when, within months of having her first child, she developed mysterious symptoms that baffled her doctors. In this revelatory memoir, Li shares the truth other doctors don't always understand and often won't share if they do—that chronic illness is complicated, and that treatment is not just a matter of test results and prescriptions. By sharing her own struggle with a disabling autoimmune crisis, which forced her to question her own conventional medical training and embrace the integrative principles of functional medicine, Li reveals the insider knowledge sufferers need to truly begin healing—mind, body, and spirit.

Cynthia Li, MD, is a board-certified physician in internal medicine, having completed her medical training at the University of Texas Southwestern Medical Center in Dallas, TX. Her practice has centered on public health in underserved communities (HIV/AIDS in San Francisco, CA; Doctors Without Borders in rural China), environmental health, and evolutionary health. Li resides in Berkeley, CA.

**PUBLICITY & PROMOTION** • Advertising in *Spirituality & Health*, *Light of Consciousness*, and the conference guides for the Institute for Functional Medicine and the American Board of Internal Medicine • Campaign to women's interest and health media • Feature in New Harbinger consumer and spirituality catalogs • **WORLD RIGHTS**



■ Chronic pain is a public health crisis in America. Yoga is a proven-effective alternative to opioids for treating chronic pain, fatigue, and distress.

978-1684033287 | US \$24.95  
8 x 10 | 200 pp  
trade paper | health  
PUB DATE: **January 2, 2020**

## Relax into Yoga for Chronic Pain

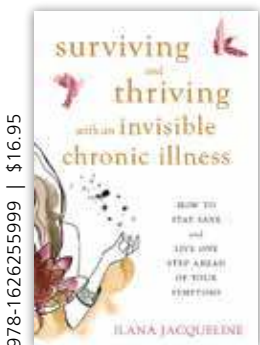
*A Six-Week Mindful Yoga Workbook for Finding Relief and Resilience*

Jim Carson, PhD, Kimberly Carson, MPH, E-RYT, and Carol Krucoff, E-RYT

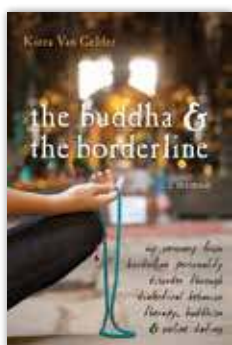
Yoga is a powerful practice for managing pain and building physical and psychological resilience. Based on the popular *Relax into Yoga for Pain Relief* program developed at Duke University, *Relax into Yoga for Pain Relief* will help readers learn to relax their bodies with gentle poses, and calm their minds using the ancient wisdom of yoga—bringing relief to both physical and mental suffering. This is not a book about getting into pretzel positions or sitting on a yoga mat for hours. This is a book about gentle, easy, and calming yoga that will help readers improve overall well-being.

Jim Carson, PhD, has taught the practices and philosophy of yoga worldwide for over thirty years. Jim and Kimberly Carson together developed the first mindfulness program for couples, as well as the first loving-kindness meditation program for medical patients. Kimberly Carson, MPH, E-RYT, is a health educator at Oregon Health & Science University (OHSU) in Portland, OR, specializing in the therapeutic use of yoga and mindfulness meditation for seniors and people with medical challenges. Carol Krucoff, E-RYT, is a yoga therapist at Duke Integrative Medicine in Durham, NC, where she offers classes for people with health challenges.

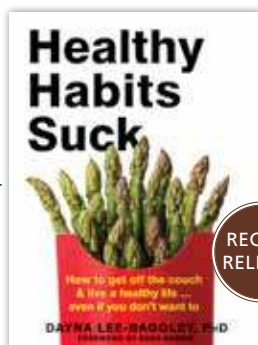
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978-1626255999 | \$16.95



978-1572247109 | \$18.95

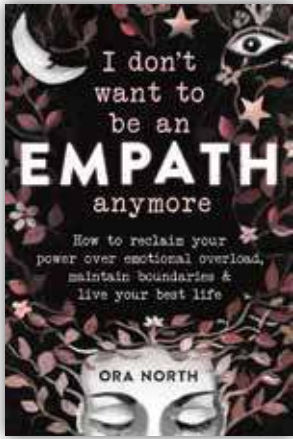


978-1684033317 | \$16.95

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978-1626253643 | \$19.95



- This book is for all sensitive readers seeking help and support in an era of sensory and emotional overwhelm.

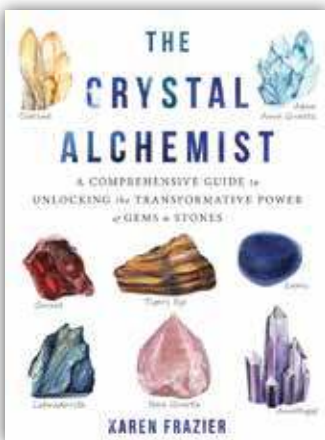
978-1684034178 | US \$16.95  
6 x 9 | 176 pp  
trade paper | spirituality  
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PUB DATE: **August 1, 2019**

## I Don't Want to Be an Empath Anymore

*How to Reclaim Your Power Over Emotional Overload, Maintain Boundaries, and Live Your Best Life*

Ora North

Being an empath means feeling *all* the feels, *all* the time—and that can be exhausting. In this empowering guide, shamanic practitioner Ora North teaches empaths how to navigate their intuition and sensitivities, draw much-needed boundaries, and build confidence. Sensitive people will also learn how to balance emotions and energy, and harness the strength of their shadow side to embrace their whole self.



- More than a reference guide, this book focuses on the practical application of crystals and crystal rituals for greater well-being every day.

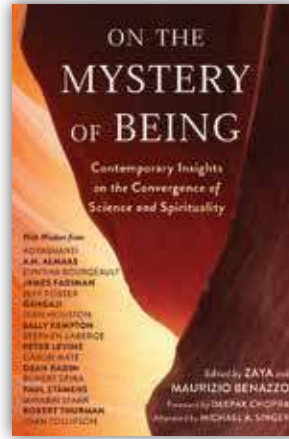
978-1684032952 | US \$17.95  
6 x 8 | 184 pp  
trade paper | spirituality  
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PUB DATE: **November 1, 2019**

## The Crystal Alchemist

*A Comprehensive Guide to Unlocking the Transformative Power of Gems and Stones*

Karen Frazier

Crystals have long been known for their beauty and mysterious qualities. Written by healer, metaphysical practitioner, and Reiki master teacher Karen Frazier, this brilliant guide goes beyond the basics of most reference books, and teaches readers everything they need to know about tapping into the truly transformative power of crystals for a more intentional, contemplative, spiritually fulfilling life.



- This long-awaited collection features essays by Deepak Chopra, Rupert Spira, Adyashanti, Jeff Foster, Gail Brenner, and many more.

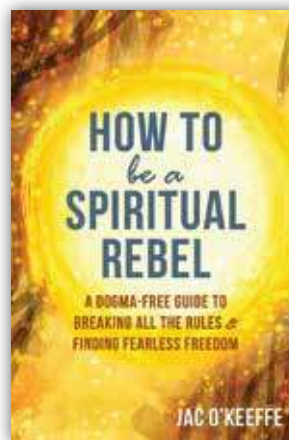
978-1684033959 | US \$16.95  
6 x 9 | 216 pp  
trade paper | spirituality  
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PUB DATE: **October 1, 2019**

## On the Mystery of Being

*Contemporary Insights on the Convergence of Science and Spirituality*

Edited by Zaya and Maurizio Benazzo

“Who are we?” “What is our place in this vast and ever-evolving universe?” “Where do science and spirituality meet?” With this dazzling collection of essays, the founders of the expanding Science and Nonduality (SAND) conference bring together a wide array of visionary spiritual leaders, psychologists, philosophers, scientists, teachers, authors, and healers to celebrate and explore what it means to be human.



- Jac O'Keeffe is an internationally known spiritual teacher with over twenty years' experience. This book encompasses the core of her teachings.

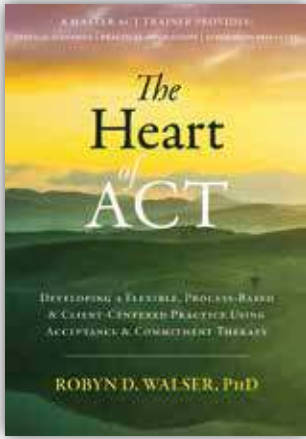
978-1684032495 | US \$16.95  
6 x 9 | 120 pp  
trade paper | spirituality  
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PUB DATE: **November 1, 2019**

## How to Be a Spiritual Rebel

*A Dogma-Free Guide to Breaking All the Rules and Finding Fearless Freedom*

Jac O'Keeffe

“Don't let fear hold you back from experiencing your authentic self.” That's the message spiritual rebel and internationally renowned teacher Jac O'Keeffe offers in *How to Be a Spiritual Rebel*. In this courageous, non-dogmatic guide, readers will learn to break free from the limited perceptions they have about themselves, and move beyond mindfulness toward boundless, fearless freedom.



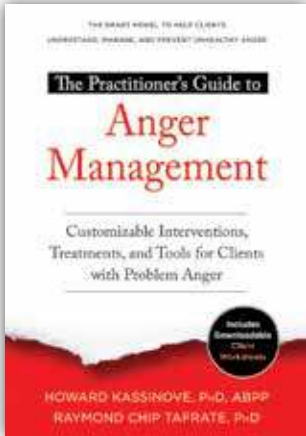
978-1684030392 | US \$49.95  
7 x 10 | 256 pp | trade paper  
psychology | WORLD RIGHTS  
PUB DATE: **October 1, 2019**

## The Heart of ACT

*Developing a Flexible, Process-Based, and Client-Centered Practice Using Acceptance and Commitment Therapy*

Robyn D. Walser, PhD

Renowned acceptance and commitment therapy (ACT) trainer Robyn Walser offers clinicians engaging clinical scenarios, therapeutic insights, and supervision dialogues to move beyond the conceptual aspects of ACT, and master the nuances of the therapeutic relationship at the heart of ACT. Using the tips and strategies in this professional guide, clinicians will learn to develop a flexible, grounded, and client-centered practice.



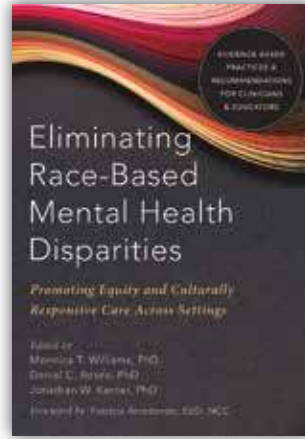
978-1684032860 | US \$49.95  
7 x 10 | 320 pp | trade paper  
psychology | WORLD RIGHTS  
PUB DATE: **December 1, 2019**

## The Practitioner's Guide to Anger Management

*Customizable Interventions, Treatments, and Tools for Clients with Problem Anger*

Howard Kassinove, PhD, ABPP, and  
Raymond Chip Tafrate, PhD

From the authors of the hugely popular self-help guide, *Anger Management for Everyone*, comes a comprehensive resource to help clinicians treat client anger. Using the authors' innovative and modular SMART (Selection Menu for Anger Reduction Treatment) model for anger intervention, professionals will find motivational interviewing techniques and other effective tools for helping clients manage problem anger and live better lives.



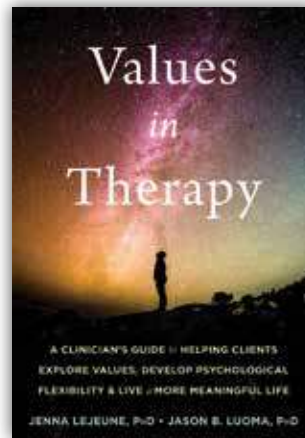
978-1684031962 | US \$89.95  
7 x 10 | 384 pp | trade paper  
psychology | WORLD RIGHTS  
PUB DATE: **November 1, 2019**

## Eliminating Race-Based Mental Health Disparities

*Promoting Equity and Culturally Responsive Care Across Settings*

Edited by Monnica T. Williams, PhD, Daniel C. Rosen, PhD, and Jonathan Kanter, PhD

In this edited volume, three leading experts in race and mental health address the urgent problem of racial inequities and biases, which often prevent people of color from seeking mental health services—leading to poor outcomes if and when they do receive treatment. This critical guide provides evidence-based recommendations for addressing inequities at multiple levels, as well as best practices for helping clients across a range of cultural groups and settings.



978-1684033218 | US \$49.95  
7 x 10 | 224 pp | trade paper  
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PUB DATE: **December 1, 2019**

## Values in Therapy

*A Clinician's Guide to Helping Clients Explore Values, Increase Psychological Flexibility, and Live a More Meaningful Life*

Jenna LeJeune, PhD, and Jason B. Luoma, PhD

With an emphasis on cultivating meaning and vitality in client lives, the values component of acceptance and commitment therapy (ACT) is arguably what draws most clinicians to the treatment model. Edited by two renowned ACT therapists, this book provides clinicians with practical tools to conceptualize, integrate, and effectively apply the values component of the ACT hexaflex with their clients.

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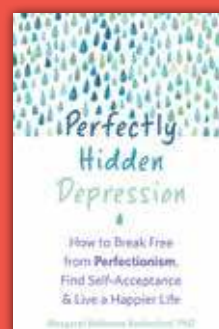
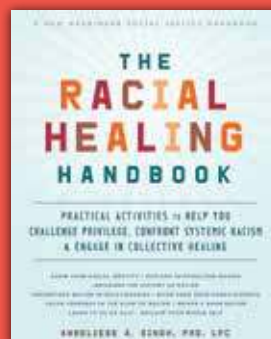
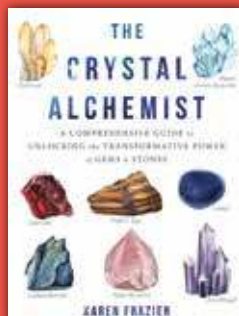
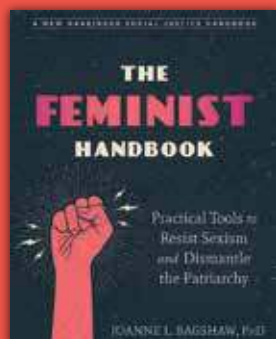
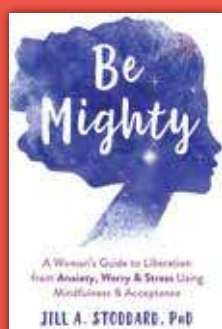
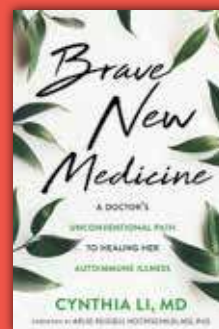
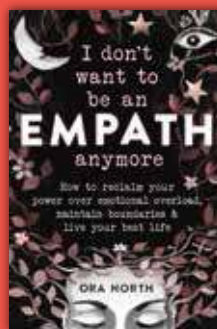
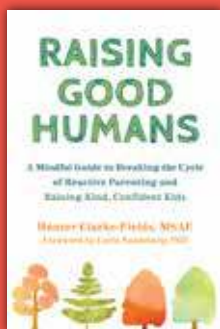
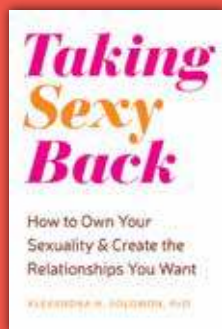
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