

Paperback | \$23.95
Young Adult Nonfiction
 New Harbinger
 Publications
 Ages 13-19
 Jun 1, 2019
 Ctn Qty: 20
 176 pages
 6.00" x 8.00"

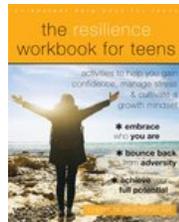


9781684032297

From Anger to Action: Powerful Mindfulness Tools to Help Teens Harness Anger for Positive Change
Instant Help Solutions
 Mitch R Abblett, Christopher Willard

A comprehensive mindfulness program to help teens understand and channel anger into healthy expressions of creativity, advocacy, and empowerment. Sometimes you just feel pissed off, and that's okay. Maybe you missed a deadline in school, flunked a test, didn't get invited to a party, or feel angry about something you saw on the news or online. We've all been there. It's impossible to go through life never feeling angry. But what if, instead of letting your anger take control, you were able to harness it in constructive ways? This book will show you how. With this guide, you'll find powerful mindfulness tools to help you listen to your anger, connect with your core values and goals, and make positive changes that will truly empower you. Instead of resorting to outbursts, you'll learn to channel the incredible energy of your anger into self-advocacy, social action, and productivity. You'll also find stories from other teens just like you who've successfully redirected their anger into creating positive change. If you're ready to change your relationship with anger and transform it into fuel for change and creative possibility, this book will guide you, every step of the way.

Paperback | \$24.95
Young Adult Nonfiction
 New Harbinger
 Publications
 Ages 13-19
 May 1, 2019
 Ctn Qty: 20
 160 pages
 8.00" x 10.00"

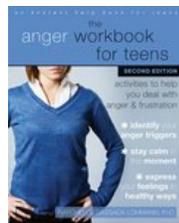


9781684032921

The Resilience Workbook for Teens: Activities to Help You Gain Confidence, Manage Stress, and Cultivate a Growth Mindset
 Cheryl M Bradshaw

It's time to realize your full potential! In *The Resilience Workbook for Teens*, you'll learn to bounce back from setbacks, develop grit and a growth mindset, and overcome any obstacle that comes your way. Social media, online ads, and glossy magazines make it look easy to be a teen—everyone seems to be laughing, sun-kissed, beautiful, surrounded by friends, and wearing the perfect clothes. But if you're like most teens and young adults, reality doesn't look like a magazine ad, lifestyle blog, or Instagram feed. You may struggle with not fitting in or being bullied. You may feel overwhelmed by stress, experience a significant setback, or lose a parent or loved one. That's why it's so important to build resilience—the cornerstone of mental health and wellness. This workbook will show you how. In *The Resilience Workbook for Teens*, author, psychotherapist, and youth mentor Cheryl M. Bradshaw will show you that the key to building resilience lies in your relationship with yourself. Through activities and interactive exercises, you'll learn to balance... [\[more\]](#)

Paperback | \$25.50
Young Adult Nonfiction
 New Harbinger
 Publications
 Ages 13-19
 May 1, 2019
 Ctn Qty: 20
 180 pages
 8.00" x 10.00"

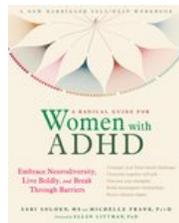


9781684032457

The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration
 Raychelle Cassada Lohmann, Julia V Taylor

Fully revised and updated based on reader feedback! This second edition of *The Anger Workbook for Teens* includes brand-new activities to help you understand and interact with your anger, and tips for managing it in constructive ways. Does your anger often get you into trouble? Do you react to situations and later regret how you behaved? Does your anger cause problems with other people? If so, you aren't alone. Between family life, friends, social media, and the pressures of school, there's no doubt that it's stressful being a teenager. And while anger is a natural human emotion, different people handle it differently. Some hold in their anger and let it build, some lash out with hurtful words, and some resort to fighting. If you've noticed yourself beginning to take out your frustrations on the people you love most—your parents, brothers or sisters, and friends—it's time to make a change. This second edition of *The Anger Workbook for Teens* includes brand-new skills and activities based in clinically proven treatments such as acceptance and commitment therapy (ACT) to help you... [\[more\]](#)

Paperback | \$31.95
Family & Relationships
 New Harbinger
 Publications
 Jul 1, 2019
 Ctn Qty: 20
 200 pages
 8.00" x 10.00"

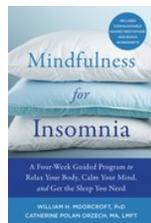


9781684032617

A Radical Guide for Women with ADHD: Embrace Neurodiversity, Live Boldly, and Break Through Barriers
 Sari Solden, Michelle Frank, Ellen Littman

Live boldly as a woman with ADHD! This radical guide will show you how to cultivate your individual strengths, honor your neurodiversity, and learn to communicate with confidence and clarity. If you are a woman with attention deficit/hyperactivity disorder (ADHD), you've probably known—all your life—that you're different. As girls, we learn which behaviors, thinking, learning, and working styles are preferred, which are accepted and tolerated, and which are frowned upon. These preferences are communicated in innumerable ways—from media and books to our first-grade classroom to conversations with our classmates and parents. Over the course of a lifetime, women with ADHD learn through various channels that the way they think, work, speak, relate, and act does not match up with the preferred way of being in the world. In short, they learn that difference is bad. And, since these women know that they are different, they learn that they are bad. It's time for a change. *A Radical Guide for Women with ADHD* is the first guided workbook for women with ADHD... [\[more\]](#)

Paperback | \$24.95
Health & Fitness
 New Harbinger
 Publications
 Jul 1, 2019
 Ctn Qty: 1
 200 pages
 6.00" x 9.00"



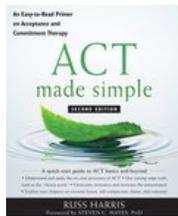
9781684032587

Mindfulness for Insomnia: A Four-Week Guided Program to Relax Your Body, Calm Your Mind, and Get the Sleep You Need
 Catherine Polan Orzech, William H Moorcroft, Jason C Ong

Break the cycle of anxious thinking and rumination that keeps you up at night. With this much-needed guide, you'll learn to quiet your mind, relax your body, feel less tense, and finally get the sleep you need. Sleep plays a crucial role in our waking lives. While we sleep, our bodies are recharging with energy, damaged tissue is repaired, and our memories are stored. When we don't get enough sleep, we are tired, less positive, less motivated, less focused, and more likely to feel depressed. We may even experience more intense cravings for high-fat, sugar-rich foods. And yet, despite the myriad advantages of getting a good night's sleep, countless people suffer from chronic insomnia. If you're one of them, this book can help. In this guide, a trained mindfulness expert teams up with a behavioral sleep specialist to offer evidence-based meditations and an innovative four-week protocol to address the emotional stresses and anxieties that lie at the root of sleep issues. You'll learn practices grounded in mindfulness-based stress reduction (MBSR) mindful self-co... [\[more\]](#)

Paperback | \$56.95
Psychology
 New Harbinger
 Publications

May 1, 2019
 Ctn Qty: 20
 384 pages
 8.00" x 10.00"



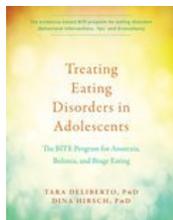
9781684033010

ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy
Made Simple
 Russ Harris, Steven C Hayes

Now fully-revised and updated, this second edition of ACT Made Simple includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you're looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), and myriad other psychological issues. It's also a revolutionary new way to view the human condition... [\[more\]](#)

Paperback | \$56.95
Psychology
 New Harbinger
 Publications

Jul 1, 2019
 Ctn Qty: 20
 304 pages
 8.50" x 11.00"



9781684032235

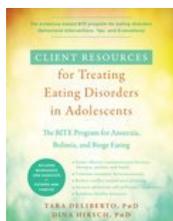
Treating Eating Disorders in Adolescents: Evidence-Based Interventions for Anorexia, Bulimia, and Binge Eating

Tara Deliberto, Dina Hirsch

Two leading experts in eating disorders offer a comprehensive, evidence-based, and fully customizable program for treating adolescents with anorexia nervosa, bulimia nervosa, and binge eating. If you treat adolescents with eating disorders, you need a flexible treatment plan that can be tailored to your patient's individual needs, and which fully incorporates the adolescent's family or caregivers. This book offers a holistic approach to recovery that can be used in inpatient or outpatient settings, with individuals and with groups. The groundbreaking and integrative program outlined in this professional guide draws on several evidence-based therapies, including Maudsley family-based treatment (FBT), cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), compassion-focused therapy (CFT), exposure therapy, and appetite awareness training. This fully customizable approach meets the patient wherever they are—emotionally and cognitively—throughout the process of recovery. This book covers all aspects of the recovery process... [\[more\]](#)

Paperback | \$56.95
Psychology
 New Harbinger
 Publications

Jul 1, 2019
 Ctn Qty: 1
 304 pages
 8.50" x 11.00"



9781684034444

Client Resources for Treating Eating Disorders in Adolescents: Evidence-Based Interventions for Anorexia, Bulimia, and Binge Eating

Tara Deliberto, Dina Hirsch

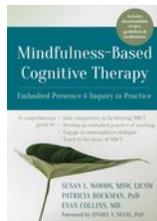
These practical client handouts and worksheets—to be used in conjunction with *Treating Eating Disorders in Adolescents* (available separately)—address all aspects of the recovery process, including meal planning and checklists.

Created by two leading experts in eating disorders, this groundbreaking and integrative program is customizable, holistic, and proven-effective in treating eating disorders in adolescents, including anorexia nervosa, bulimia nervosa, and binge eating.

This program draws on several evidence-based therapies, including Maudsley family-based treatment (FBT), cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), compassion-focused... [\[more\]](#)

Paperback | \$69.95
Psychology
 New Harbinger
 Publications

Jun 1, 2019
 Ctn Qty: 20
 216 pages
 7.00" x 10.00"



9781684031504

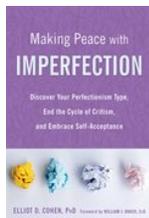
Mindfulness-Based Cognitive Therapy: Embodied Presence and Inquiry in Practice

Susan L Woods, Patricia Rockman, Evan Collins

Mindfulness-based cognitive therapy (MBCT) is a powerful, evidence-based treatment for depression and other mental health conditions. This groundbreaking professional book provides clinicians with the essential skills they need to deliver MBCT. In this book, you'll discover the foundations of teaching MBCT, guidance on embodied mindful presence (a focused awareness of experience in the moment), the contemplative dialogue known as inquiry, and other strategies for delivering group-based MBCT. You'll also find scripts, access to audio material, and practice guidelines for you and your clients. Although focused on MBCT, this book can be referenced for use in other mindfulness-based programs. In addition, you'll gain the knowledge and confidence you need to effectively deliver MBCT and build the foundations of an embodied practice. The book starts with an overview of the MBCT program, before devoting chapters to the structure and skills required for developing competence and best practice. You'll deepen your understanding and facilitate in the most challenging... [\[more\]](#)

Paperback | \$24.95
Self-Help
 New Harbinger
 Publications

Jun 1, 2019
 Ctn Qty: 20
 176 pages
 6.00" x 9.00"



9781684032983

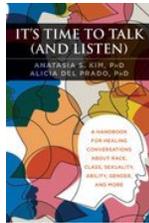
Making Peace with Imperfection: Discover Your Perfectionism Type, End the Cycle of Criticism, and Embrace Self-Acceptance

Elliot D Cohen, William J Knaus

Demanding perfection in everything you do can create a life of stress, worry, and overload. With this essential self-help guide, you'll learn to escape the perfectionism trap and cultivate unconditional self-acceptance in an imperfect world. Are you a perfectionist? Do you wear this title like a badge of honor, even though it creates needless stress in your life? Ironically, the stress you create by demanding perfection from yourself and others can actually make it harder to achieve your goals in the long run. It can also alienate you from friends, family, and coworkers. So, how can you escape the perfectionism trap and start living a life of self-compassion? In this informative and practical resource, author Elliot Cohen reveals the eleven types of perfectionism, and gives you the tools and skills you need to move past this distressing mind set before it leads to chronic stress, anxiety, anger, or even depression. Using strategies grounded in evidence-based rational emotive behavior therapy (REBT), you'll discover how your perfectionism is actually a result of irrational... [\[more\]](#)

Paperback | \$24.95
Self-Help
 New Harbinger
 Publications

Jul 1, 2019
 Ctn Qty: 20
 200 pages
 6.00" x 9.00"



9781684032679

It's Time to Talk (and Listen) : How to Have Constructive Conversations About Race, Class, Sexuality, Ability & Gender in a Polarized World

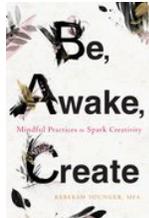
Anatasia S Kim, Alicia del Prado, Kevin L Nadal

Conversations about controversial topics can be difficult, painful, and emotionally charged. This user-friendly guide will help you engage in effective, compassionate discussions with family, friends, colleagues, and even strangers about race, immigration, gender, marriage equality, sexism, marginalization, and more. We talk every day—and we often do it without thinking. But, as you well know, there are some things that are harder to talk about—especially issues pertaining to politics, culture, lifestyle, and diversity. If you've ever struggled in a conversation about a "controversial" topic with a loved one, work colleague, or even a stranger, you know exactly how uncomfortable and heated the discussion can become. And even if you are one of the lucky few that expresses themselves eloquently, how do you move beyond mere "lip service" and turn words into actionable change? This groundbreaking book will show you how to get to that important next level in difficult conversations: to talk in an authentic and straightforward way about culture and diversity, and to s...

[\[more\]](#)

Paperback | \$28.95
Self-Help
 New Harbinger
 Publications

Jun 1, 2019
 Ctn Qty: 20
 200 pages
 5.50" x 8.25"



9781684032389

Be, Awake, Create : Mindful Practices to Spark Creativity

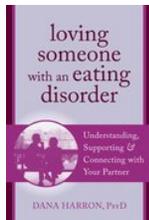
Rebekah Younger

Settle your mind, connect with the moment, and unleash your creativity with this unique and mindful art journal. In our demanding, fast-paced culture, it's increasingly important to find ways to decompress and recuperate from the busyness and stress of life. More and more, mindfulness and creativity are being recognized as antidotes to the speed and overstimulation of modern society. This beautiful book combines the two, offering both creative and meditative practices to provide a guided journey into contemplative art for healing, relaxation, deeper connection, and greater well-being. Rather than focusing on any one medium or art form, this unique guide offers basic meditation instructions, and a variety of creative prompts and activities—from collage and coloring to meditative mark making and sketching to photography and perceptual exercises—making it perfect for anyone who wants to deepen and cultivate their mindfulness and creativity. With these artistic and introspective practices, you'll put meditation into action, and learn to view yourself and...

[\[more\]](#)

Paperback | \$25.95
Self-Help
 New Harbinger
 Publications

Jul 1, 2019
 Ctn Qty: 20
 176 pages
 6.00" x 9.00"



9781684032556

Loving Someone with an Eating Disorder : Understanding, Supporting, and Connecting with Your Partner

Loving Someone

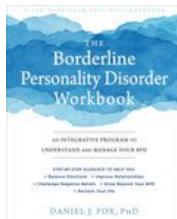
Dana Harron

In this compassionate guide, eating disorder expert Dana Harron offers hope to partners of people with eating disorders. You'll discover ways to communicate with empathy and understanding, strategies for dealing with mealtime challenges, and tips to help you both find your way back to trust, love, and intimacy. If your loved one is one of millions of Americans who suffers from an eating disorder such as anorexia nervosa or bulimia, you may feel alone, without guidance or understanding. As a romantic partner, you need to know how to navigate issues such as parenting, sex and intimacy, and running a household. This book provides that help by addressing your uniquely complex and difficult situation, and provides much-needed support for growth and healing. In *Loving Someone With an Eating Disorder*, you'll find valuable information about eating disorders, diagnostic categories, and common misconceptions. You'll also learn about the importance of self-care and boundaries for yourself and find writing and perspective-taking exercises to help you gain ...

[\[more\]](#)

Paperback | \$34.95
Self-Help
 New Harbinger
 Publications

May 1, 2019
 Ctn Qty: 20
 264 pages
 8.00" x 10.00"



9781684032730

The Borderline Personality Disorder Workbook : An Integrative Program to Understand and Manage Your BPD

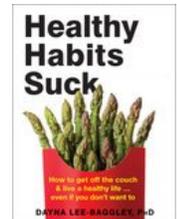
Daniel J Fox

Introducing a breakthrough, integrative approach to managing your borderline personality disorder (BPD). If you've been diagnosed with BPD you may feel a number of emotions—including shock, shame, sadness, abandonment, emptiness, or even anger. Even worse, you may be tempted to research your diagnosis online, only to find doomsday scenarios and terrible prognoses everywhere you click. Take a deep breath. You can get through this—and this workbook will help guide you. Despite what you may have read or been told, BPD is not the worst thing that can happen to you. Like many mental health issues, it manifests on a continuum, and while some people may experience extreme symptoms and consequences on one end, others may be less affected on the other. What do you all have in common? You likely experience difficulty balancing your emotions, thoughts, and behaviors that disrupt how you see yourself and the success you have in relationships. And you may even have trouble seeing yourself clearly—continuously switching from th...

[\[more\]](#)

Paperback | \$24.95
Self-Help
 New Harbinger
 Publications

Jul 1, 2019
 Ctn Qty: 20
 184 pages
 6.00" x 8.00"



9781684033317

Healthy Habits Suck : How to Get Off the Couch and Live a Healthy Life. . . Even If You Don't Want To

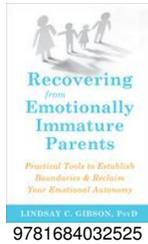
Dayna Lee-Baggley, Russ Harris

Salad instead of steak? Working out? Skipping that second beer or glass of wine? Healthy habits are THE WORST. If you're someone who gets up every morning and can't wait for your run, considers eating sweet potatoes a splurge, and sets aside thirty minutes before work to meditate—this book isn't for you. If you're someone who thinks about getting up to go for a run but goes back to sleep, regrets last night's dinner of fast food, and can barely get to work on time—let alone meditate—then this book will help you find the motivation you've been looking for to live your healthiest life, even when you don't want to. With this funny, in-your-face guide, you won't find advice on how to "enjoy" exercise, or tips for making broccoli and kale taste as good as donuts and ice cream. What you will find are solid skills to help you actually do the healthy things you know you should be doing. Using these skills—based in acceptance and commitment therapy (ACT) and neuroscience—you'll learn to find the motivation you're really craving to adopt healthy habits, even if they do suck ...

[\[more\]](#)

Paperback | \$24.95
Self-Help
 New Harbinger
 Publications

May 1, 2019
 Ctn Qty: 20
 216 pages
 6.00" x 9.00"



LINDSAY C. GIBSON, PhD
 9781684032525

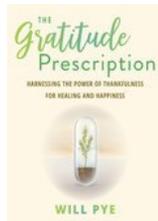
Recovering from Emotionally Immature Parents : Practical Tools to Establish Boundaries and Reclaim Your Emotional Autonomy

Lindsay C Gibson

In this important sequel to *Adult Children of Emotionally Immature Parents*, author Lindsay Gibson offers powerful tools to help you step back and protect yourself at the first sign of an emotional takeover, make sure your emotions and needs are respected, and break free from the coercive control of emotionally immature parents. Growing up with emotionally immature parents (EIPs) can leave you feeling lonely and neglected. You may have trouble setting limits and expressing your feelings. And you may even be more susceptible to other emotionally immature people as you establish adult relationships. In addition, as your parents become older, they may still treat your emotions with mockery and contempt, be dismissive and discounting of your reality, and try to control and diminish your sense of emotional autonomy and freedom of thought. In short, EIPs can be self-absorbed, inconsistent, and contradictory. So, how can you recover from their toxic behavior? Drawing on the success of her popular self-help book *Adult Children of E...* [\[more\]](#)

Paperback | \$24.95
Self-Help
 New Harbinger
 Publications

May 1, 2019
 Ctn Qty: 20
 224 pages
 5.00" x 7.00"



9781684032020

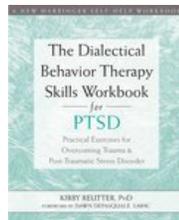
The Gratitude Prescription : Harnessing the Power of Thankfulness for Healing and Happiness

Will Pye

Gratitude is more than just a virtue—it's a gift we give to ourselves. Written by a spiritual teacher and brain tumor survivor, *The Gratitude Prescription* will help you discover love, happiness, and peace of mind everywhere you look. Painful experiences are an inevitable part of life. Traumatic events, the deaths of people we love, physical and mental illnesses—we all face challenges and loss in our personal lives that cause us pain, grief, and sorrow. But what if we could learn to see life as a gift, regardless of our circumstances? *The Gratitude Prescription* will show you how to transform your struggles and suffering, and learn to cultivate unconditional thankfulness, no matter what happens. If anyone knows about cultivating gratitude in the face of great difficulty, it's author, mentor, and spiritual teacher Will Pye. In 2011, Pye was diagnosed with a potentially terminal brain tumor. By learning to find a way to be thankful for his circumstances and developing his own practice of "radical gratitude"—thankfulness and appreciation for everything, without prefe... [\[more\]](#)

Paperback | \$34.95
Self-Help
 New Harbinger
 Publications

Jun 1, 2019
 Ctn Qty: 20
 200 pages
 8.00" x 10.00"



9781684032648

The Dialectical Behavior Therapy Skills Workbook for PTSD : Practical Exercises for Overcoming Trauma and Post-Traumatic Stress Disorder

Kirby Reutter, Dawn DePasquale

This pragmatic workbook offers evidence-based skills grounded in dialectical behavior therapy (DBT) to help you find lasting relief from trauma and post-traumatic stress disorder (PTSD). If you've experienced trauma, you should know that there is nothing wrong with you. Trauma is an abnormal reaction to an abnormal event. Sometimes, the symptoms of trauma persist long after the traumatic situation has ceased. This is what we call PTSD—in other words, the "trauma after the trauma." This happens when the aftereffects of trauma—such as anxiety, depression, anger, fear, insomnia, and even addiction—end up causing more ongoing harm than the trauma itself. So, how can you start healing? With this powerful and proven-effective workbook, you'll find practical exercises for overcoming trauma using mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance. You'll learn how to be present in the moment and identify the things that trigger your trauma. You'll also find activities and exercises to help you cope with stress, manage intense ... [\[more\]](#)

Paperback | \$34.95
Self-Help
 New Harbinger
 Publications

Jun 1, 2019
 Ctn Qty: 20
 240 pages
 8.00" x 10.00"



9781684032808

The Strengths-Based Workbook for Stress Relief : A Character Strengths Approach to Finding Calm in the Chaos of Daily Life

Ryan M Niemiec, Neal H Mayerson

Find calm in the midst of everyday chaos. This strengths-based workbook offers a unique step-by-step approach grounded in positive psychology to help you reduce chronic stress in a busy, frazzled world. Chronic stress is a serious problem for many people, and can lead to a host of health and mental health problems, such as heart disease, anxiety, and depression. If you're one of millions who are feeling overworked, overstressed, and overloaded (and chances are, you are!) this much-needed workbook offers a refreshing new approach to help you find peace of mind and start living the life you truly want to live. In this evidence-based guide, a psychologist offers an innovative strengths-based stress reduction plan grounded in positive psychology. You'll find tips and strategies for identifying your key character strengths—such as perseverance, social intelligence, bravery, self-control, and more—and discover how these strengths can help you cultivate greater happiness, better relationships with others, and improve your overall health. Character streng... [\[more\]](#)