

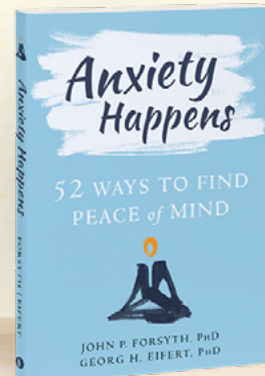
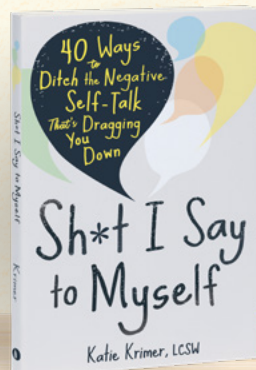
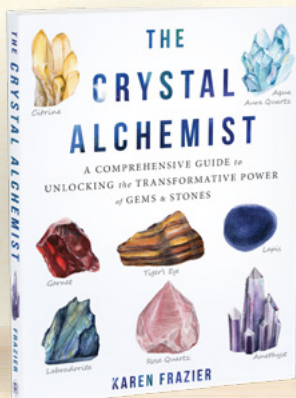
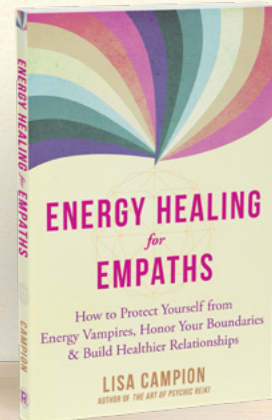
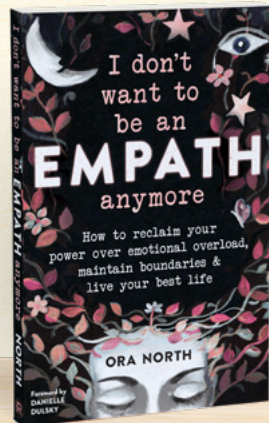
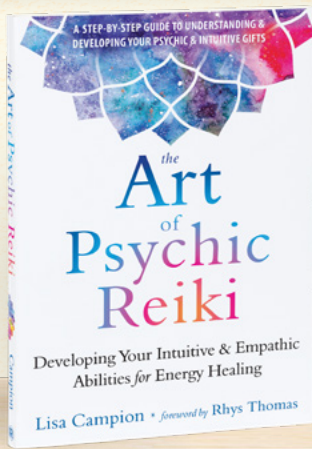
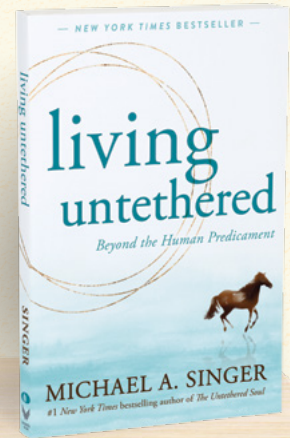
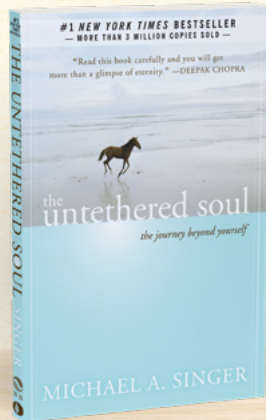
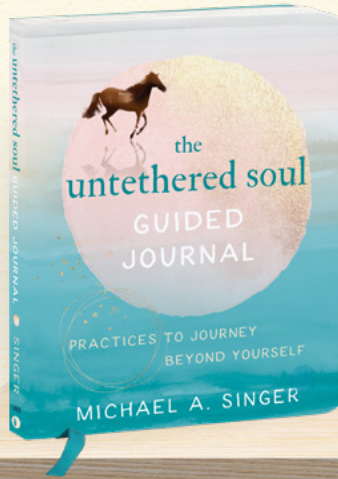


Gift Books

FALL 2023

 newharbingerpublications

Our Best Sellers





What's Inside...

new releases 2	
metaphysical 5	self esteem 14
spiritual growth 7	self-care for women 14
mindfulness & meditation 8	healing trauma 15
stress reduction 9	love & relationships 16
cultivating positivity 11	parenting 17
habit change 12	kids & teens 18
health & wellness 13	contact information 20

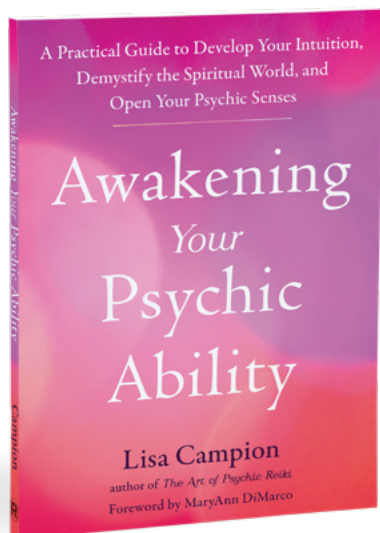


Celebrating 50 Years of Powerfully Effective Self-Help

About Us

Since 1973, New Harbinger's trusted self-help books have helped countless people spark positive change and live happier, healthier lives.

Whether someone is seeking ways to **calm anxiety**, **soothe stress**, **strengthen relationships**, or **set intentions for mindful living**, our beautifully packaged books, card decks, and guided journals offer simple practices to increase well-being in body, mind, and spirit.

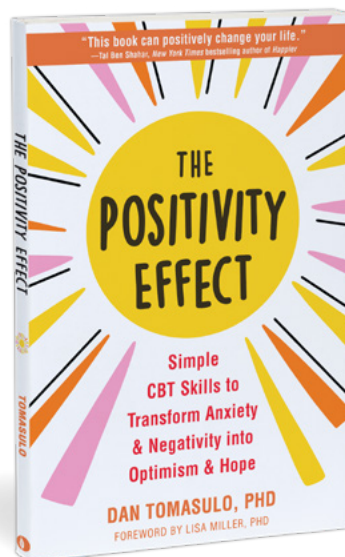


ISBN: 978-1648480744
\$19.95 | 7 x 10 | 208 pp

Awakening Your Psychic Ability

A Practical Guide to Develop Your Intuition, Demystify the Spiritual World, and Open Your Psychic Senses

Best-selling author and Reiki master Lisa Campion provides a comprehensive, step-by-step guide to understanding, developing, and harnessing psychic ability.

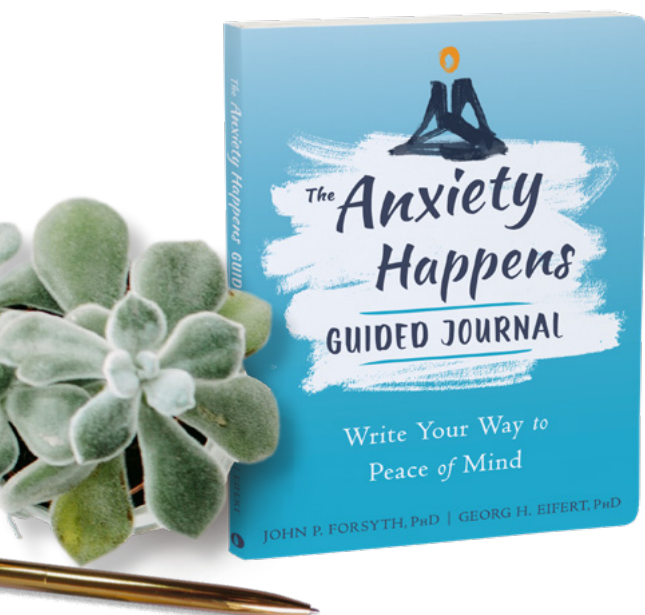


ISBN: 978-1648481116
\$18.95 | 6 x 9 | 200 pp

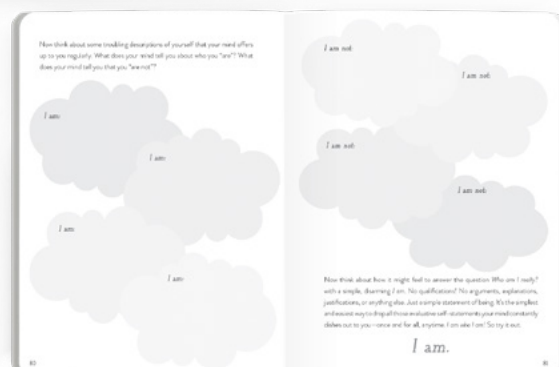
The Positivity Effect

Simple CBT Skills to Transform Anxiety and Negativity into Optimism and Hope

This book offers powerful skills to shift negative thinking and harness the power of positivity to find lasting peace of mind.



LOOK INSIDE »

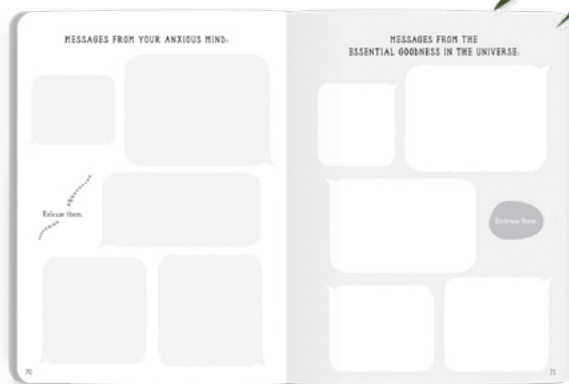
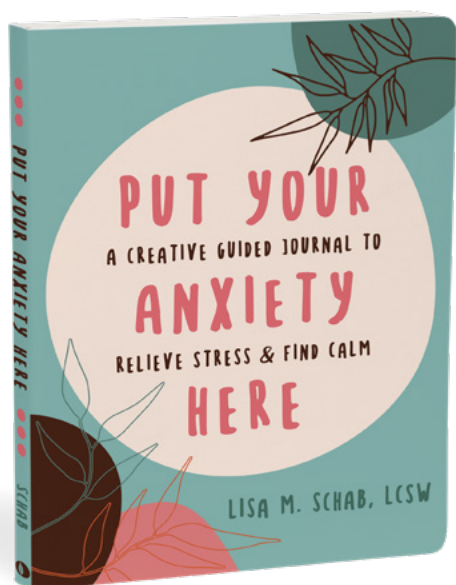


The Anxiety Happens Guided Journal

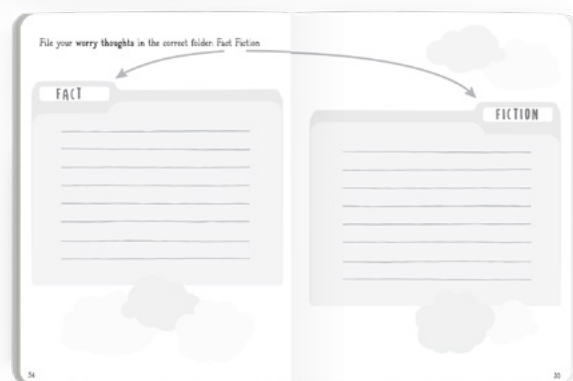
Write Your Way to Peace of Mind

From the authors of *Anxiety Happens* comes the guided journal, packed with daily writing prompts to help claim calm and break free from worry, fear, and panic.

ISBN: 978-1648482113 | \$18.95 | 6 x 8 | 196 pp



LOOK INSIDE »

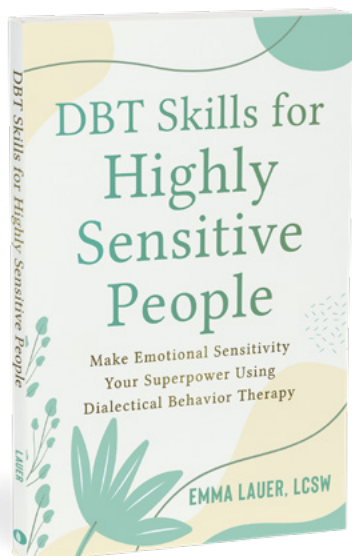


Put Your Anxiety Here

A Creative Guided Journal to Relieve Stress and Find Calm

When anxiety strikes, this guided journal offers one hundred creative and engaging writing practices to ease worries and let wgo of daily stress.

ISBN: 978-1648481451 | **\$18.95** | 6 x 8 | 184 pp

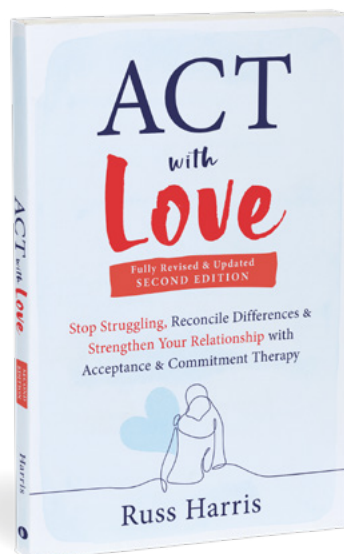


ISBN: 978-1648481055
\$18.95 | 6 x 9 | 176 pp

DBT Skills for Highly Sensitive People

Make Emotional Sensitivity Your Superpower Using Dialectical Behavior Therapy

Highly sensitive people are often empathic, intuitive, and passionate; but they may also struggle with intense emotions. This gentle guide offers skills to balance emotions and reframe sensitivity as a strength—not a weakness.

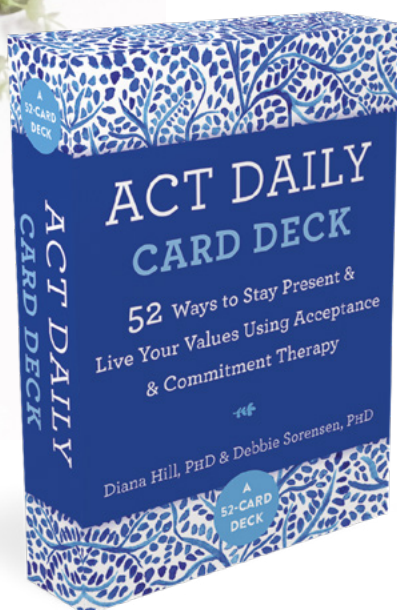


ISBN: 978-1648481635
\$18.95 | 6 x 9 | 240 pp

ACT with Love, Second Edition

Stop Struggling, Reconcile Differences, and Strengthen Your Relationship with Acceptance and Commitment Therapy

This fully revised edition of *ACT with Love* shows couples how developing *psychological flexibility*—the ability to be in the present moment with openness, awareness, and focus—can build more compassionate and loving relationships.



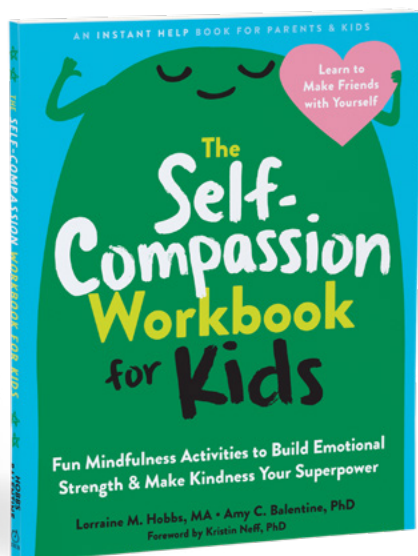
A 52-CARD DECK »

ACT Daily Card Deck

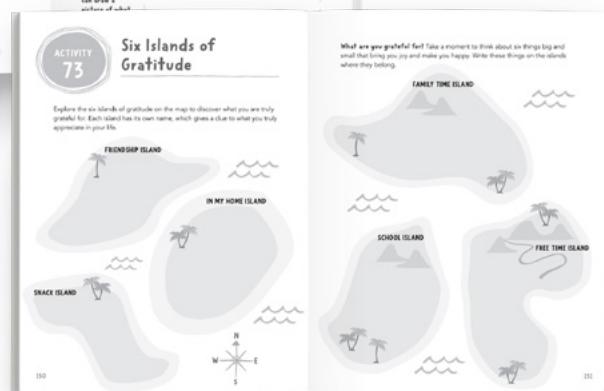
52 Ways to Stay Present and Live Your Values Using Acceptance and Commitment Therapy

This powerful card deck offers little ways to make mindfulness, acceptance, and values-based living a daily habit—anytime and anywhere.

ISBN: 978-1648481239 | **\$18.95** | 3.5 x 5 | 52 cards



« FILLED WITH FUN ACTIVITIES AND ILLUSTRATIONS

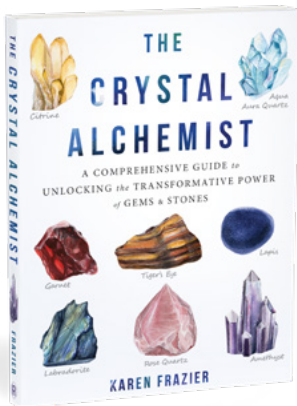


The Self-Compassion Workbook for Kids

Fun Mindfulness Activities to Build Emotional Strength and Make Kindness Your Superpower

In this fun and engaging workbook, kids ages five to nine will learn essential self-compassion and mindfulness skills to be kind to themselves and others, and build the emotional strength and resilience needed to thrive.

ISBN: 978-1648480645 | **\$18.95** | 8 x 10 | 192 pp



Best Seller

The Crystal Alchemist

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

Written by a leading authority on crystal healing, 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, spiritually fulfilling life.

ISBN: 978-1684032952

\$18.95 | 6 x 8 | 264 pp



FULL COLOR INTERIOR >>



Best Seller

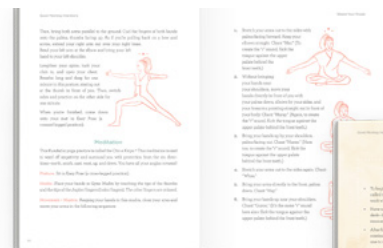
Good Morning Intentions

Sacred Rituals to Raise Your Vibration, Find Your Bliss, and Stay Energized All Day

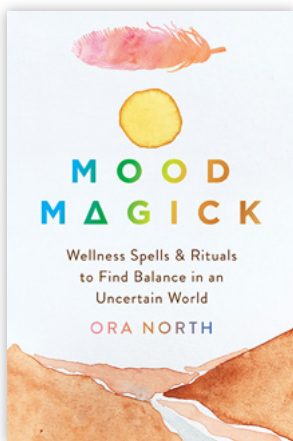
Two yoga and meditation experts share twenty five morning rituals that blend ancient wisdom with modern living. Readers will learn to raise their vibrations, connect with their goals, and manifest the life they want using simple meditations and intention setting.

ISBN: 978-1684035724

\$18.95 | 6 x 8 | 200 pp



<< FULL COLOR INTERIOR



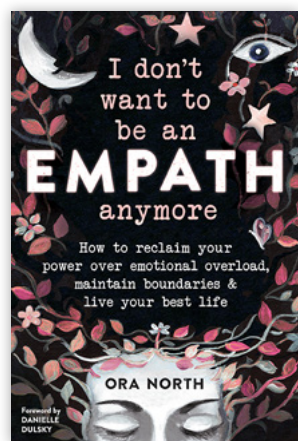
Mood Magick

Wellness Spells and Rituals to Find Balance in an Uncertain World

From the author of *I Don't Want to Be An Empath Anymore*, *Mood Magick* offers simple rituals and tools to help connect with nature and navigate an ever-changing world with more ease and confidence.

ISBN: 978-1684038909

\$16.95 | 6 x 9 | 168 pp



Best Seller & COVR Winner

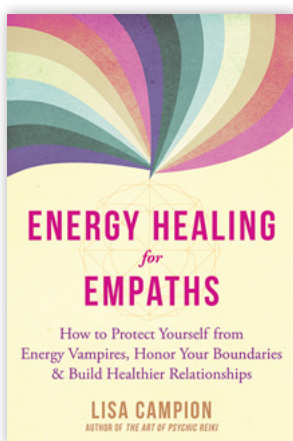
I Don't Want to Be an Empath Anymore

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

Being an empath means feeling all the feels, *all* the time—and that can be exhausting. In this empowering guide, shamanic practitioner Ora North shows empaths how to navigate their intuition, sensitivities, and much-needed boundaries.

ISBN: 978-1684034178

\$18.95 | 6 x 9 | 176 pp



Best Seller & COVR Winner

Energy Healing for Empaths

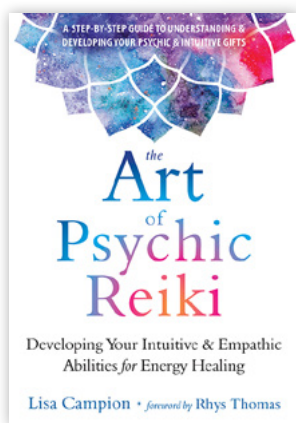
How to Protect Yourself from Energy Vampires, Honor Your Boundaries, and Build Healthier Relationships

From energy healer and psychic trainer Lisa Campion, this healing guide helps empaths and other highly sensitive folks protect their energy, embrace their unique gifts, and cope with energy vampires.

ISBN: 978-1684035922

\$18.95 | 6 x 9 | 208 pp





Best Seller

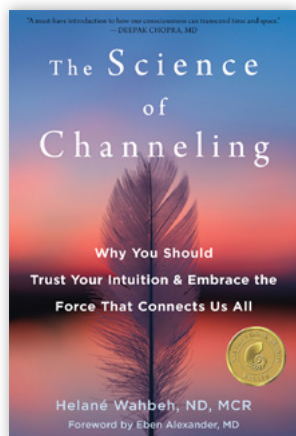
The Art of Psychic Reiki

Developing Your Intuitive and Empathic Abilities for Energy Healing

From master Reiki teacher Lisa Campion comes a one-of-a-kind, step-by-step guide for learning the sacred art of Reiki while cultivating the psychic and intuitive skills crucial to this healing energy work.

ISBN: 978-1684031214

\$19.95 | 7 x 10 | 240 pp



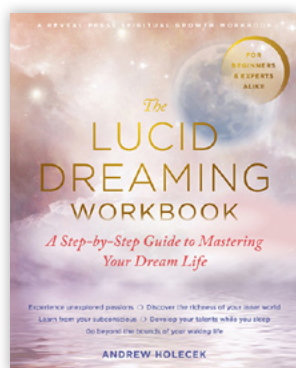
The Science of Channeling

Why You Should Trust Your Intuition and Embrace the Force That Connects Us All

From the director of research at the Institute of Noetic Sciences (IONS), this book explores the cutting-edge science behind channeling, and offers powerful tools for nurturing psychic abilities.

ISBN: 978-1684037155

\$18.95 | 6 x 9 | 224 pp



Best Seller

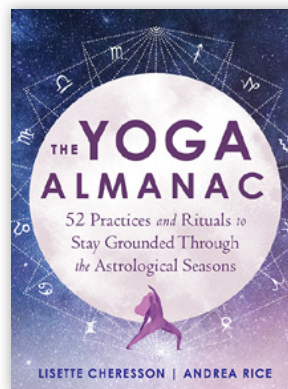
The Lucid Dreaming Workbook

A Step-by-Step Guide to Mastering Your Dream Life

In this exciting guide, a lucid dreaming expert offers a step-by-step approach for developing and honing the skills to awaken to dazzling dreamscapes—and the amazing truths to be discovered there.

ISBN: 978-1684035021

\$21.95 | 8 x 10 | 200 pp



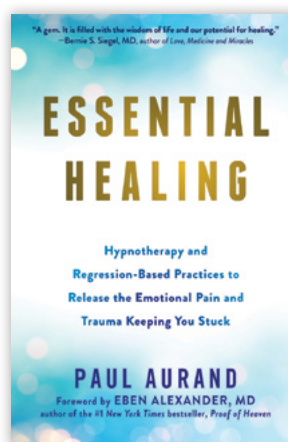
The Yoga Almanac

52 Practices and Rituals to Stay Grounded Through the Astrological Seasons

This book helps bring the sacred into everyday life, with fifty-two seasonally themed yoga practices to help slow down, restore balance, and nourish mind, body, and spirit.

ISBN: 978-1684034352

\$17.95 | 6 x 8 | 296 pp



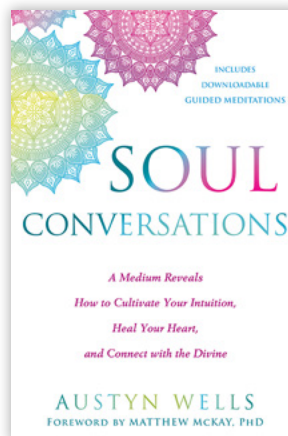
Essential Healing

Hypnotherapy and Regression-Based Practices to Release the Emotional Pain and Trauma Keeping You Stuck

Deep within each one of us is a place of profound power and love. In this transformational guide, a master hypnotherapist helps heal emotional scars and develop spiritual awareness using regression-based practices.

ISBN: 978-1684036806

\$19.95 | 6 x 9 | 232 pp



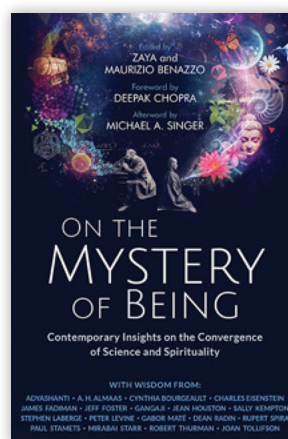
Soul Conversations

A Medium Reveals How to Cultivate Your Intuition, Heal Your Heart, and Connect with the Divine

Spiritual medium Austyn Wells shows us how to tap into our soul's wisdom, connect with the universe, and communicate with loved ones and guides in the spirit world.

ISBN: 978-1684031849

\$16.95 | 6 x 9 | 248 pp



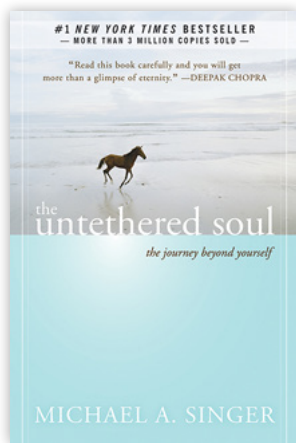
On the Mystery of Being

Contemporary Insights on the Convergence of Science and Spirituality

The founders of the Science and Nonduality (SAND) conference bring together an array of visionary spiritual leaders, psychologists, philosophers, scientists, teachers, authors, and healers to explore what it means to be human.

ISBN: 978-1684033959

\$22.95 | 6 x 9 | 248 pp



#1 New York Times Bestseller

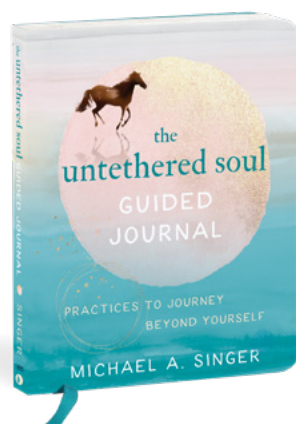
The Untethered Soul

The Journey Beyond Yourself
Who are you? In this remarkable *New York Times* bestseller, author and spiritual guide Michael Singer explores this fundamental question, seeking the very root of consciousness in order to help readers learn how to dwell in the present moment.

ISBN: 978-1572245372
\$18.95 | 6 x 9 | 200 pp

Hard cover with ribbon also available

ISBN: 978-1626250765 | **\$24.95** | 5 x 7 | 232 pp

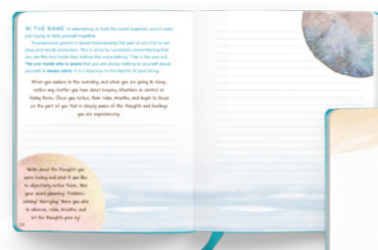


Best Seller & COVR Winner

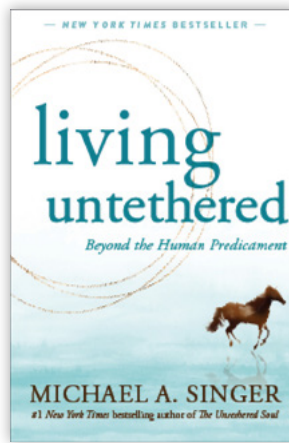
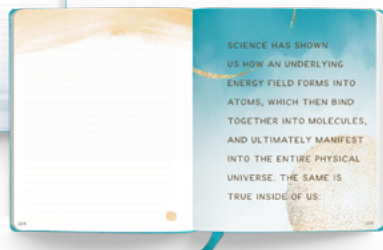
The Untethered Soul Guided Journal

Practices to Journey Beyond Yourself
Packed with inspirational writing prompts and practices, this beautiful journal shows you how to incorporate the profound wisdom of *The Untethered Soul* into daily life for lasting and unconditional happiness.

ISBN: 978-1684036561
\$25.95 | 7.5 x 9 | 208 pp



FULL COLOR INTERIOR >>



New York Times Bestseller

Living Untethered

Beyond the Human Predicament

From world-renowned spiritual teacher Michael A. Singer, this transformative guide offers a reminder that true inspiration and joy exist within each of us, and provides a clear path to understanding ourselves and finding unconditional happiness.

ISBN: 978-1648480935
\$18.95 | 6 x 9 | 216 pp



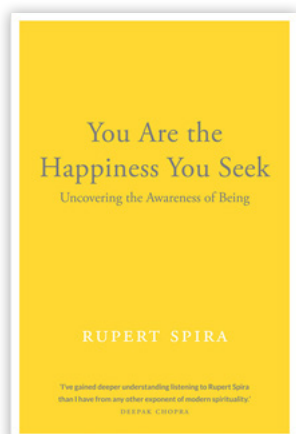
Best Seller

The Untethered Soul Card Deck

A 52-Card Deck

Drawing on the wisdom of the *New York Times* bestseller, these cards feature fifty-two profound and uplifting quotes that will inspire you to soar beyond limitations, cultivate lasting peace and tranquility, and discover who you really are.

ISBN: 978-1684034314
\$17.95 | 3.5 x 5 | 52 cards

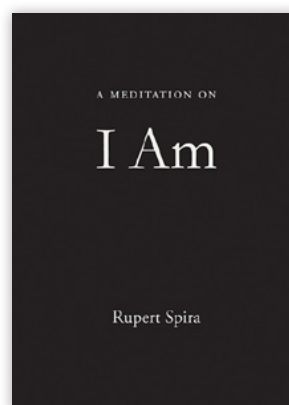


You Are the Happiness You Seek

Uncovering the Awareness of Being

This transformational guide invites us to explore the essential teaching of all the great religious and spiritual traditions: that the peace, happiness, and love that we desire above all else are to be found in our own self or being.

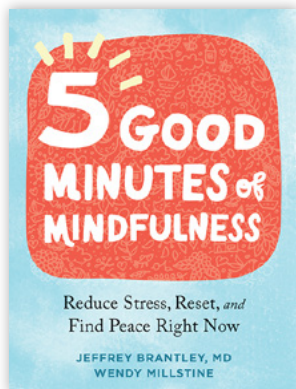
ISBN: 978-1684030125
\$23.95 | 6 x 9 | 200 pp



A Meditation on I Am

Spiritual teacher Rupert Spira offers beautiful and contemplative prose poetry to help reach an experiential understanding of your own essential being.

ISBN: 978-1684037940
\$16.95 | 4 x 5.5 | 144 pp



5 Good Minutes of Mindfulness

Reduce Stress, Reset, and Find Peace Right Now

By the founder and director of the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine, this guide offers quick, proven-effective mindfulness practices for finding true contentment—even in the midst of chaos.

ISBN: 978-1684038664

\$16.95 | 6 x 8 | 200 pp



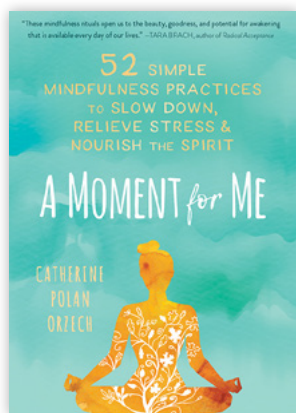
Five Good Minutes

100 Morning Practices to Help You Stay Calm and Focused All Day Long

One hundred simple, fun practices to focus and inspire your day using mindfulness, meditation, and imagery that anyone can do in just five minutes a day to set your intention, get off on the right foot, and enrich your life.

ISBN: 978-1572244146

\$20.95 | 6 x 6 | 248 pp



Best Seller

A Moment for Me

52 Simple Mindfulness Practices to Slow Down, Relieve Stress, and Nourish the Spirit

In our high-stress lives, this is the little book of everyday mindfulness to find inner calm and lasting peace. With 52 quick and meaningful rituals, you will discover ways to de-stress, stay grounded, and nourish the spirit.

ISBN: 978-1684035182

\$18.95 | 5 x 7 | 208 pp



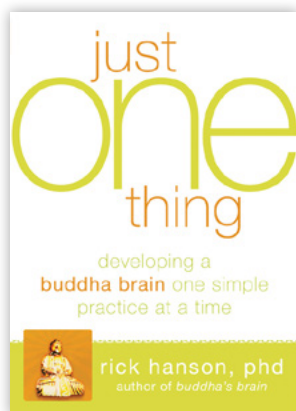
Be, Awake, Create

Mindful Practices to Spark Creativity

This unique guide for artists and writers offers a guided journey into contemplative art for healing, relaxation, deeper connection, and increased well-being.

ISBN: 978-1684032389

\$19.95 | 5.5 x 8.25 | 264 pp



Best Seller

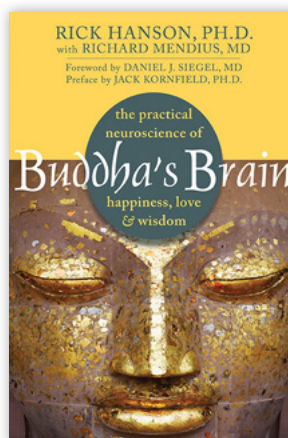
Just One Thing

Developing a Buddha Brain One Simple Practice at a Time

From the author of *Buddha's Brain*, this pocket-sized book helps reap the benefits of meditation through simple five to ten-minute practices—access anytime, anywhere.

ISBN: 978-1608820313

\$19.95 | 5 x 7 | 232 pp



Best Seller

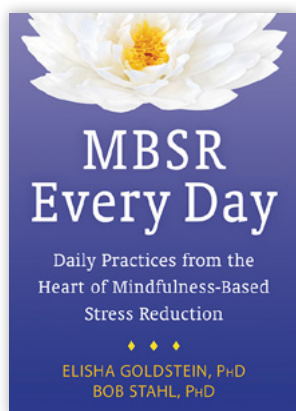
Buddha's Brain

The Practical Neuroscience of Happiness, Love, and Wisdom

Shape your brain for greater happiness, love, and wisdom! *Buddha's Brain* will help you develop more fulfilling relationships, a deeper spiritual life, and a greater sense of inner confidence and worth.

ISBN: 978-1572246959

\$18.95 | 6 x 9 | 272 pp



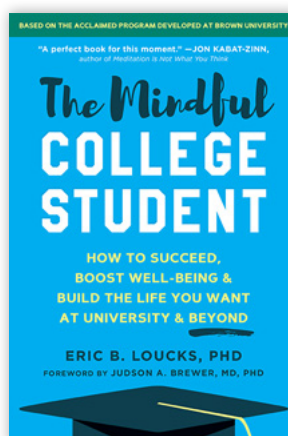
MBSR Every Day

Daily Practices from the Heart of Mindfulness-Based Stress Reduction

Drawing on the ancient wisdom of mindfulness, this practical guide presents daily practices to stay grounded in the here and now—no matter what life throws your way.

ISBN: 978-1626251731

\$22.95 | 5 x 7 | 224 pp



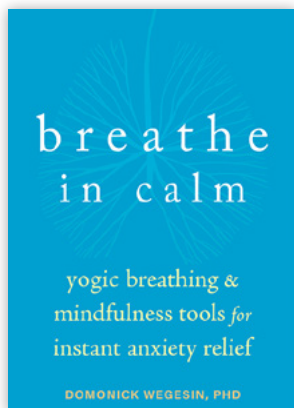
The Mindful College Student

How to Succeed, Boost Well-Being, and Build the Life You Want at University and Beyond

Based on the Mindfulness-Based College course at Brown University, this book teaches students essential mindfulness skills to flourish during this transition period—and beyond

ISBN: 978-1684039135

\$17.95 | 6 x 9 | 208 pp



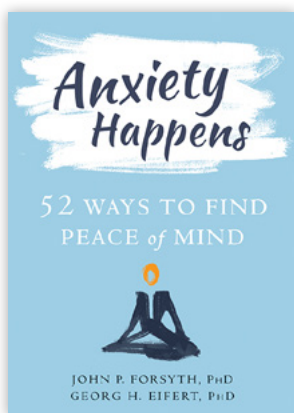
Breathe In Calm

Yogic Breathing and Mindfulness Tools for Instant Anxiety Relief

In times of intense stress and anxiety, *Breathe in Calm* shows us how to identify anxiety when it's rising, and offers calming tools to actively soothe the nervous system and regulate our physical and emotional state.

ISBN: 978-1684038817

\$16.95 | 5 x 7 | 208 pp



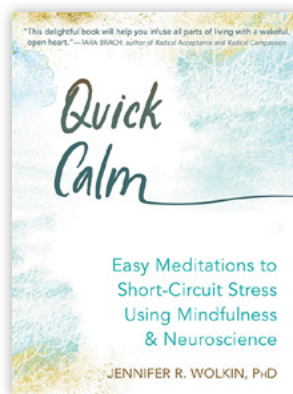
Anxiety Happens

52 Ways to Find Peace of Mind

From the authors of the groundbreaking and best-selling *The Mindfulness and Acceptance Workbook for Anxiety* comes fifty-two quick and powerful strategies to help readers break free from fear, worry, and panic, and cultivate genuine, lasting happiness.

ISBN: 978-1684031108

\$14.95 | 5 x 7 | 208 pp



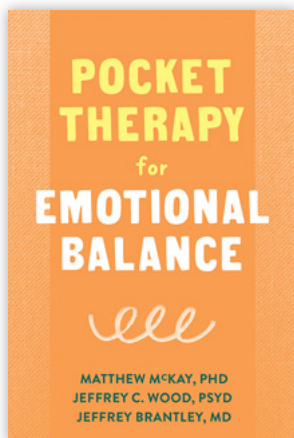
Quick Calm

Easy Meditations to Short-Circuit Stress Using Mindfulness and Neuroscience

A quick-and-easy, neuroscience-based mindfulness program to help calm the chaos, relieve stress, make mindfulness a habit, and rewire your brain in just five minutes a day.

ISBN: 9781684036080

\$16.95 | 6 x 8 | 184 pp



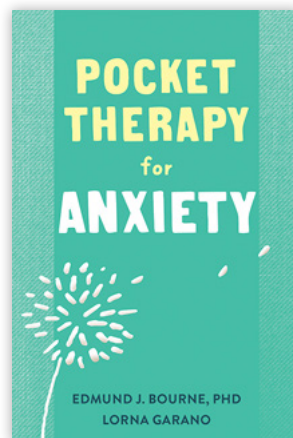
Pocket Therapy for Emotional Balance

Quick DBT Skills to Manage Intense Emotions

Tips and tools for managing intense emotions in the moment. Using this take-anywhere guide, you will find freedom from overwhelming thoughts and feelings, and live a more balanced life.

ISBN: 978-1684037674

\$14.95 | 4 x 6 | 176 pp



Pocket Therapy for Anxiety

Quick CBT Skills to Find Calm

This soothing guide offers quick, simple, and effective anxiety relief that fits right in the pocket to manage your worst anxiety symptoms.

ISBN: 978-1684037612

\$14.95 | 4 x 6 | 184 pp



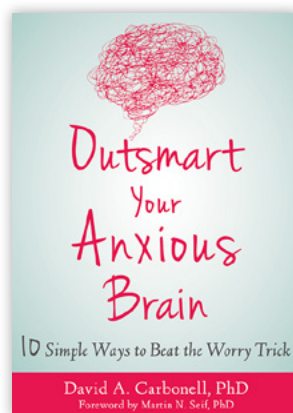
The Anxiety First Aid Kit

Quick Tools for Extreme, Uncertain Times

Written by a dream team of mental health experts and grounded in evidence-based therapy, *The Anxiety First Aid Kit* offers simple tools for calming stress and anxiety—when you need it most.

ISBN: 978-1684038480

\$16.95 | 6 x 9 | 128 pp



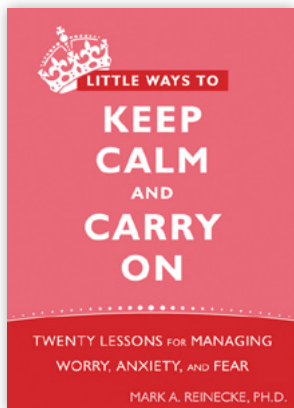
Outsmart Your Anxious Brain

10 Simple Ways to Beat the Worry Trick

Featuring the ten most powerful strategies for putting worry in its place, you'll learn to outsmart "the worry trick," and overcome the anxiety, fear, and panic that get in the way of living your best life.

ISBN: 978-1684031993

\$22.95 | 5 x 7 | 224 pp



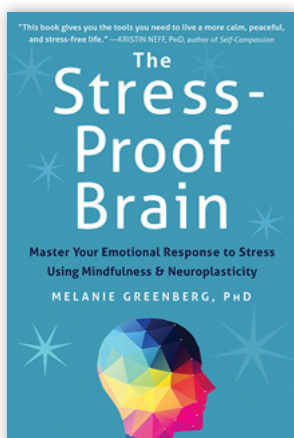
Little Ways to Keep Calm and Carry On

Twenty Lessons for Managing Worry, Anxiety, and Fear

Instant calm, on the go! This guide offers twenty simple tips and tools to help cultivate resilience and relieve everyday anxiety, worry, and fear on the spot.

ISBN: 978-1572248816

\$17.95 | 5 x 7 | 144 pp



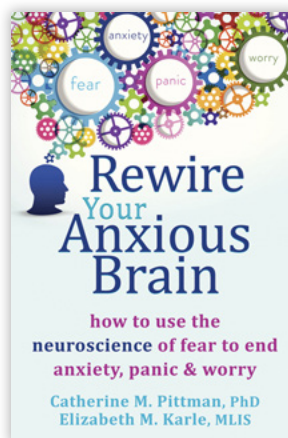
The Stress-Proof Brain

Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity

We can't avoid the things that stress us out, but we *can* change how we respond to them. The unique mindfulness exercises in this guide provide a recipe for resilience, empowering us to master our emotional response to stress.

ISBN: 978-1626252660

\$20.95 | 6 x 9 | 224 pp



Rewire Your Anxious Brain

How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry

Do you ever wonder what is happening inside your brain when you feel anxious, panicked, and worried? This guide offers a unique, evidence-based solution to overcoming anxiety based in cutting-edge neuroscience and research.

ISBN: 978-1626251137

\$18.95 | 6 x 9 | 232 pp



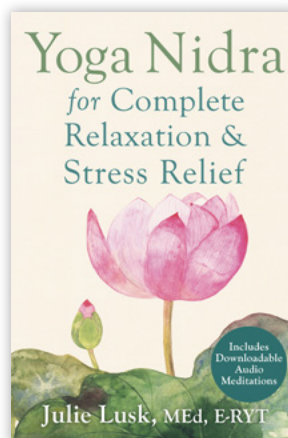
Best Seller

A Mindfulness-Based Stress Reduction Card Deck

As life becomes increasingly more stressful, we need innovative tools to help find balance and inner peace. This fifty-two-card deck offers simple and effective stress relief you can use anytime and anywhere.

ISBN: 978-1684037797

\$19.95 | 3.5 x 5 | 52 cards

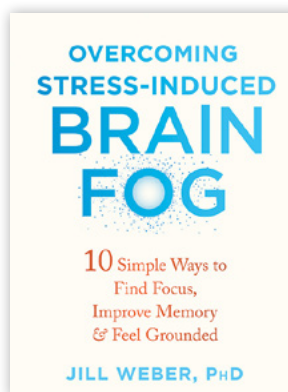


Yoga Nidra for Complete Relaxation and Stress Relief

This gentle guide offers a powerful solution to chronic stress: Yoga Nidra—a practice based on a lucid, sleep-like state of relaxation—which focuses on alleviating both the mental and physical manifestations of stress.

ISBN: 978-1626251823

\$17.95 | 6 x 9 | 200 pp



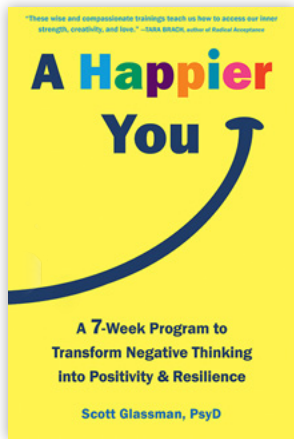
Overcoming Stress-Induced Brain Fog

10 Simple Ways to Find Focus, Improve Memory, and Feel Grounded

Brain fog—an inability to focus, concentrate, or communicate effectively due to stress—is *real*. This book presents proven-effective skills for cutting through the haze and reclaiming control.

ISBN: 978-1684039944

\$18.95 | 6 x 8 | 200 pp

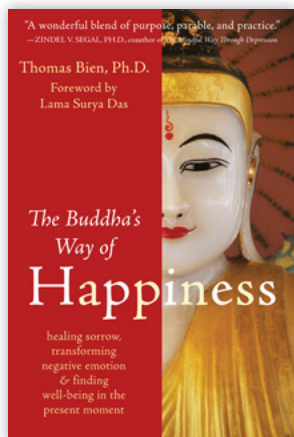


A Happier You

A 7-Week Program to Transform Negative Thinking into Positivity and Resilience

In difficult times, it's easy to get stuck in a cycle of negativity, cynicism, and unhappiness. Based on author Scott Glassman's A Happier You® wellness program, this book offers seven core positivity skills to short-circuit pessimistic thinking.

ISBN: 978-1684037858
\$18.95 | 6 x 9 | 216 pp

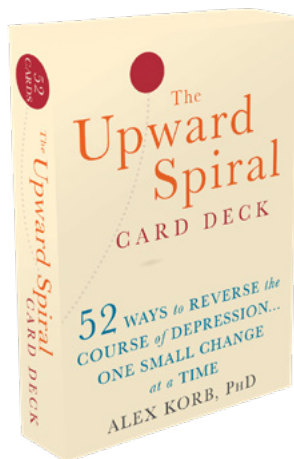


The Buddha's Way of Happiness

Healing Sorrow, Transforming Negative Emotion, and Finding Well-Being in the Present Moment

Mindfulness expert Thomas Bien invites us to view happiness as a state that is always available to us, provided we know how to move past the barriers that keep us feeling stressed and unhappy.

ISBN: 978-1572248694
\$27.95 | 6 x 9 | 256 pp

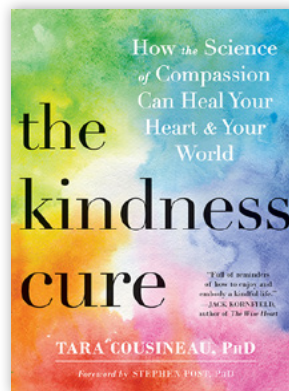


The Upward Spiral Card Deck

52 Ways to Reverse the Course of Depression...One Small Change at a Time

Drawing on the self-help hit *The Upward Spiral*, this fifty-two-card deck offers the same effective approach for reshaping the brain and creating an upward spiral toward a happier, healthier life in a portable format.

ISBN: 978-1684035915
\$17.95 | 3.5 x 5 | 52 cards

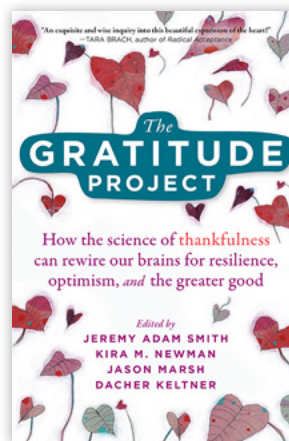


The Kindness Cure

How the Science of Compassion Can Heal Your Heart and Your World

Isn't it time for a kindness revolution? This heartfelt guide shines a light on the power of compassion, and shows us how empathy is hardwired into our DNA and essential to our survival.

ISBN: 978-1626259690
\$16.95 | 6 x 8 | 240 pp

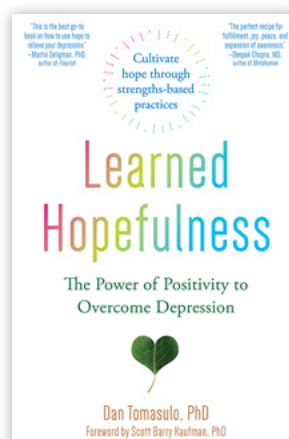


The Gratitude Project

How the Science of Thankfulness Can Rewire Our Brains for Resilience, Optimism, and the Greater Good

This book explores gratitude's deep roots in human psychology—how it evolved and how it affects our brain—as well as the transformative impact it has on creating a meaningful life and a better world.

ISBN: 978-1684034611
\$17.95 | 6 x 9 | 248 pp



Learned Hopefulness

The Power of Positivity to Overcome Depression

Strengths-based practices grounded in positive psychology to help break the cycle of depression, improve resiliency and motivation, and move past feelings of hopelessness.

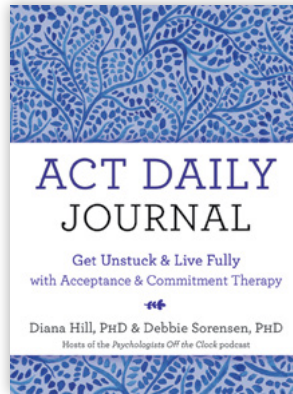
ISBN: 978-1684034680
\$16.95 | 6 x 9 | 192 pp



Stop Avoiding Stuff

25 Microskills to Face Your Fears and Do It Anyway
Powerful strategies for getting comfortable with discomfort, doing the very things that scare us, and using values-based action to live our best lives.

ISBN: 978-1684036059
\$20.95 | 5 x 7 | 192 pp

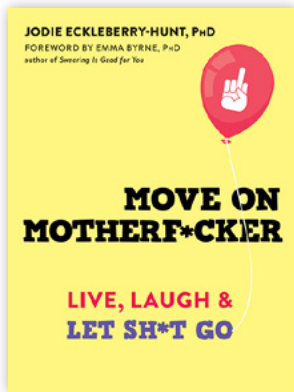


ACT Daily Journal

Get Unstuck and Live Fully with Acceptance and Commitment Therapy

This daily guided journal offers engaging writing practices to help clarify what matters, and take action to live a values-based life.

ISBN: 978-1684037377
\$18.95 | 6 x 8 | 240 pp



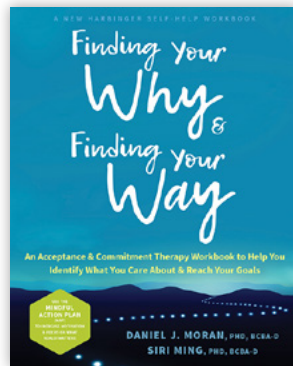
Best Seller

Move on Motherf*cker

Live, Laugh, and Let Sh*t Go

This laugh-out-loud guide teaches us to respond to our negative inner voice with one very important phrase: "Move on, motherf*cker!"

ISBN: 978-1684034864
\$16.95 | 6 x 8 | 168 pp

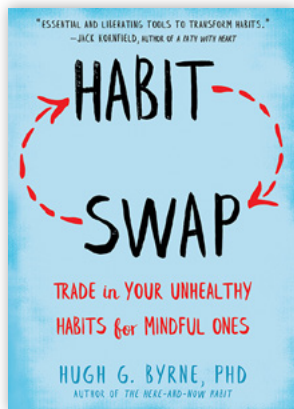


Finding Your Why and Finding Your Way

An Acceptance and Commitment Therapy Workbook to Help You Identify What You Care About and Reach Your Goals

Everyone knows they should be more mindful, but how exactly does one get started? This accessible, step-by-step guide helps readers put mindfulness into action every day.

ISBN: 978-1648480713
\$24.95 | 8 x 10 | 184 pp



Habit Swap

Trade In Your Unhealthy Habits for Mindful Ones

All of us have bad habits that we'd like to change—but where do we start? This practical guide offers everyday mindful practices for replacing unhealthy habits with healthier ones.

ISBN: 978-1684034086
\$16.95 | 5 x 7 | 224 pp

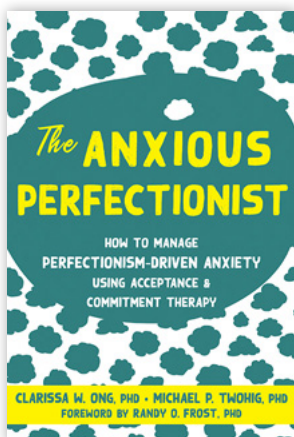


Super Simple CBT

6 Skills to Improve Your Mood in Minutes

This take-anywhere guide helps challenge the negative thinking that leads to anxiety and depression, balance emotions, and start engaging in activities that bring meaning and purpose.

ISBN: 978-1684038695
\$16.95 | 5 x 7 | 168 pp

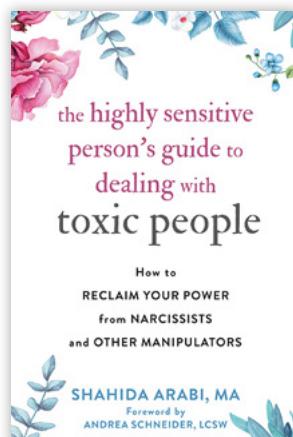


The Anxious Perfectionist

How to Manage Perfectionism-Driven Anxiety Using Acceptance and Commitment Therapy

This book addresses the hidden costs of "being the best," and offers essential skills for coping with the anxiety that is driven by perfectionism.

ISBN: 978-1684038459
\$16.95 | 6 x 9 | 160 pp

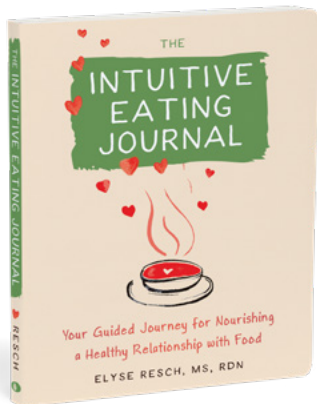


The Highly Sensitive Person's Guide to Dealing with Toxic People

How to Reclaim Your Power from Narcissists and Other Manipulators

A practical road map to help highly sensitive people (HSPs) identify and deal effectively with toxic people—at work, in the family, in friendships, or in romantic relationships.

ISBN: 978-1684035304
\$18.95 | 6 x 9 | 208 pp



The Intuitive Eating Journal

Your Guided Journey for Nourishing a Healthy Relationship with Food

An “anti-diet” daily journal to help you notice and honor feelings of hunger and fullness, promote body respect, and cultivate a healthy relationship with food.

ISBN: 978-1684037087

\$16.95 | 6.75 x 8.25 | 184 pp



The Intuitive Eating Card Deck

50 Bite-Sized Ways to Make Peace with Food

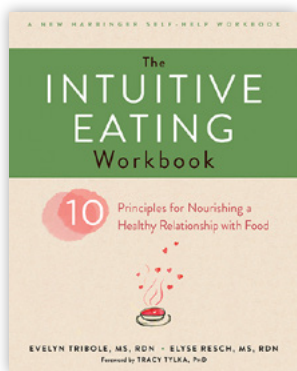
Fifty bite-sized tips and tools to help pay attention to hunger cues, break free from “diet mentality,” develop a positive body image, and—most importantly—stop feeling so distressed about food.

ISBN: 978-1684038282

\$17.95 | 3.5 x 5 | 50 cards



COLOR INTERIOR >>



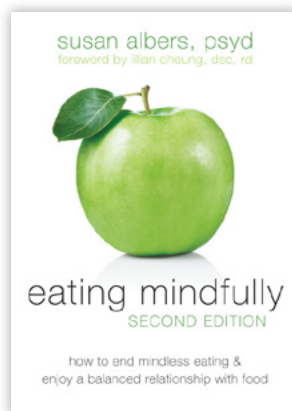
The Intuitive Eating Workbook

10 Principles for Nourishing a Healthy Relationship with Food

A new way of looking at food! Based on the best-selling *Intuitive Eating*, this workbook addresses the ten principles of intuitive eating, and provides an evidence-based model to cultivate a profound connection with both mind and body.

ISBN: 978-1626256224

\$24.95 | 8 x 10 | 244 pp



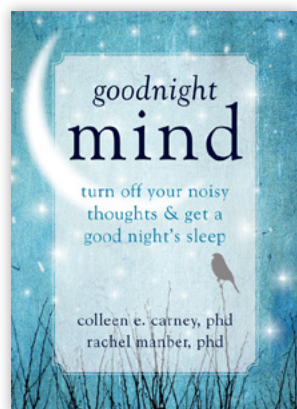
Eating Mindfully, Second Edition

How to End Mindless Eating and Enjoy a Balanced Relationship with Food

A revised and expanded edition of Susan Alber's best seller, featuring an additional chapter and new strategies to change eating behaviors and establish a healthy relationship to food and our bodies.

ISBN: 978-1608823307

\$16.95 | 5 x 7 | 312 pp



Best Seller

Goodnight Mind

Turn Off Your Noisy Thoughts and Get a Good Night's Sleep

Two psychologists specializing in sleep and mood disorders offer an easy-to-use, friendly guide to getting to sleep when the mind is spinning and thoughts won't quiet down.

ISBN: 978-1608826186

\$17.95 | 5 x 7 | 192 pp



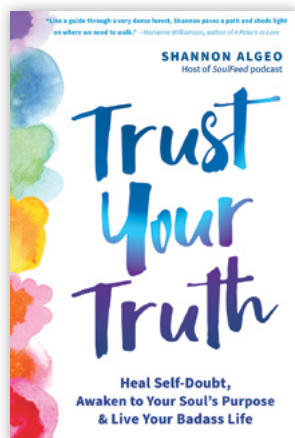
The Earth Prescription

Discover the Healing Power of Nature with Grounding Practices for Every Season

Grounding is a way of connecting with nature to heal and energize one's whole being. This hands-on guide helps deepen our innate bond with nature, so we can feel more centered, focused, and vibrantly alive.

ISBN: 978-1684034895

\$17.95 | 6 x 9 | 232 pp



Trust Your Truth

Heal Self-Doubt, Awaken to Your Soul's Purpose, and Live Your Badass Life

Yoga and meditation teacher Shannon Algeo presents a transformational guide to help overcome feelings of self-doubt, trust our own purpose, and build lasting confidence and courage.

ISBN: 978-1684036998

\$18.95 | 6 x 9 | 192 pp



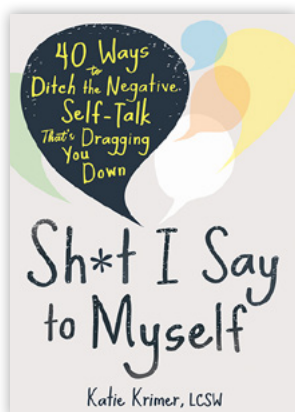
The No-Self Help Book

40 Reasons to Get Over Your Self and Find Peace of Mind

This unique guide takes the "self" out of "self-help," and instead offers forty bite-sized chapters full of clever and inspiring insights to break free from self-limiting beliefs.

ISBN: 978-1684032174

\$17.95 | 5 x 7 | 224 pp



Best Seller

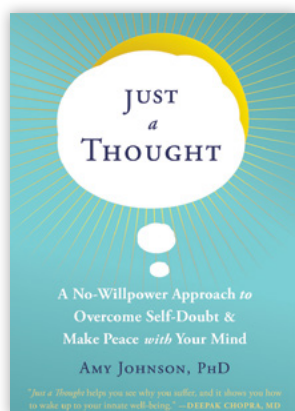
Sh*t I Say to Myself

40 Ways to Ditch the Negative Self-Talk That's Dragging You Down

The irreverent, no-nonsense approach in this snarky—yet hopeful—guide helps us stand up to negative thoughts, put an end to toxic self-talk, and start living with more positivity and confidence.

ISBN: 978-1684039555

\$16.95 | 5 x 7 | 192 pp



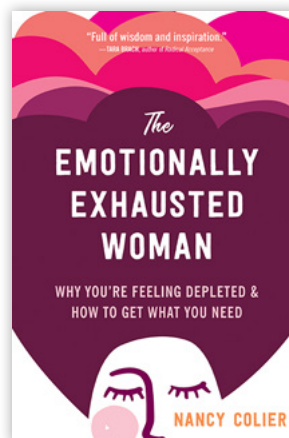
Just a Thought

A No-Willpower Approach to Overcome Self-Doubt and Make Peace with Your Mind

A no-willpower approach informed by ancient wisdom and modern neuroscience to break the cycle of negative thinking, quiet the inner critic, and experience more self-confidence and freedom.

ISBN: 978-1684038183

\$15.95 | 5 x 7 | 208 pp



Best Seller

The Emotionally Exhausted Woman

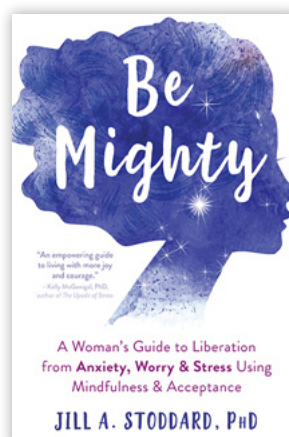
Why You're Feeling Depleted and How to Get What You Need

This radical self-care guide gives women permission to uncover their deepest psychological, spiritual, and emotional needs without feeling guilt, shame, or judgment.

ISBN: 978-1648480157

\$18.95 | 6 x 9 | 168 pp

“Full of wisdom and inspiration.”
—Tara Brach, author of *Radical Acceptance*



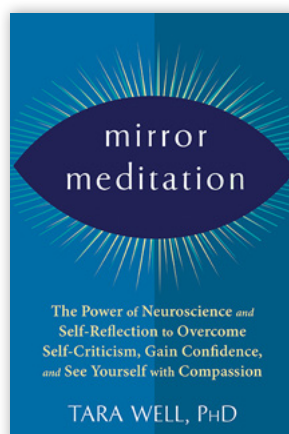
Be Mighty

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

In this empowering guide, women will find practical tools and experiential exercises to mindfully conquer anxieties, worries, and fears—and live mightily.

ISBN: 978-1684034413

\$16.95 | 6 x 9 | 208 pp



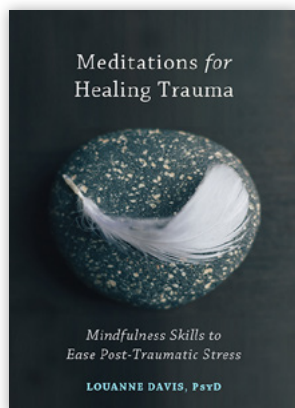
Mirror Meditation

The Power of Neuroscience and Self-Reflection to Overcome Self-Criticism, Gain Confidence, and See Yourself with Compassion

Seeing ourselves clearly isn't always easy—and often, we feel dissatisfied by what's in the mirror. This book offers simple mindful meditation practices to help us see ourselves with kindness and compassion.

ISBN: 978-1684039678

\$17.95 | 6 x 9 | 224 pp



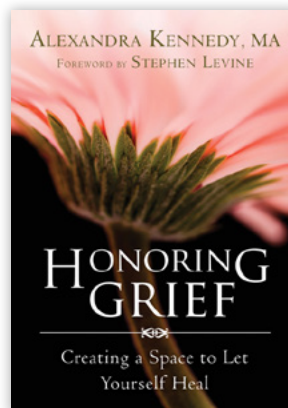
Meditations for Healing Trauma

Mindfulness Skills to Ease Post-Traumatic Stress

This gentle book delivers easy-to-use mindfulness skills that can be used as needed to alleviate symptoms and promote healing.

ISBN: 978-1626255029

\$21.95 | 5 x 7 | 200 pp



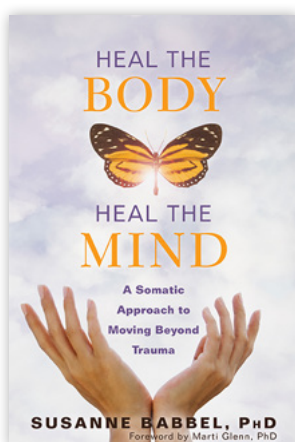
Honoring Grief

Creating a Space to Let Yourself Heal

Written by psychotherapist and grief expert Alexandra Kennedy, *Honoring Grief* provides a collection of inspirational wisdom and compassionate self-help tips for dealing with loss. This book is a meaningful, comforting gift for anyone touched by loss.

ISBN: 978-1626250642

\$16.95 | 5 x 7 | 152 pp



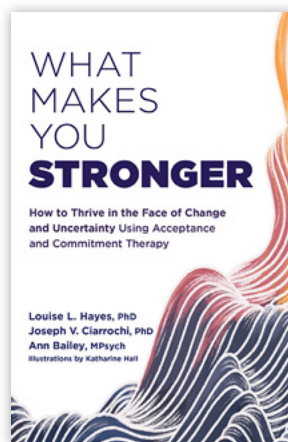
Heal the Body, Heal the Mind

A Somatic Approach to Moving Beyond Trauma

Somatic practices and mind-body interventions to help you move past difficult experiences, restore relationships, and cultivate spiritual awareness.

ISBN: 978-1684031047

\$21.95 | 6 x 9 | 200 pp



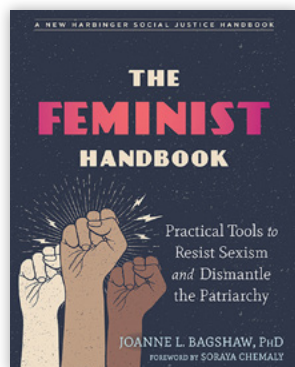
What Makes You Stronger

How to Thrive in the Face of Change and Uncertainty Using Acceptance and Commitment Therapy

An easy, six-step approach to cope with change and adversity, and build the strength needed to overcome whatever life throws at you.

ISBN: 978-1684038602

\$18.95 | 6 x 9 | 208 pp



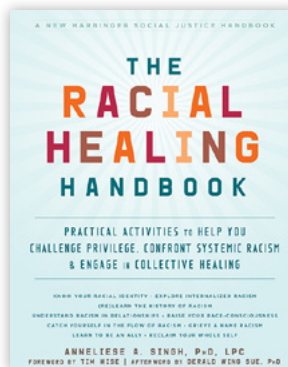
The Feminist Handbook

Practical Tools to Resist Sexism and Dismantle the Patriarchy

This revolutionary guide offers everyday tools to combat the effects discrimination and gender inequality, improve self-confidence, build resilience, and actively resist sexism.

ISBN: 978-1684033805

\$19.95 | 8 x 10 | 200 pp



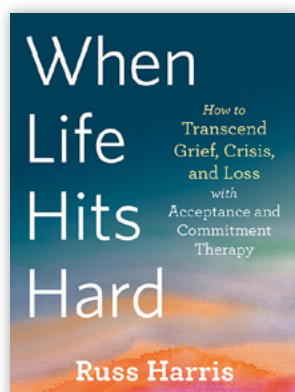
The Racial Healing Handbook

Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing

Practical tools to navigate experiences of racism, challenge internalized negative messages, develop racial consciousness, and build a community of healing.

ISBN: 978-1684032709

\$24.95 | 8 x 10 | 240 pp



When Life Hits Hard

How to Transcend Grief, Crisis, and Loss with Acceptance and Commitment Therapy

Best-selling author Russ Harris offers powerful skills to help recover from grief and loss, transcend pain and suffering, and build rich and meaningful lives—even in the face of adversity.

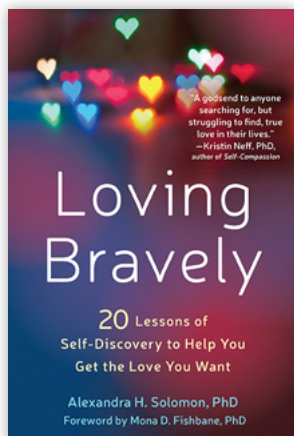
ISBN: 978-1684039012

\$19.95 | 6 x 8 | 224 pp

“
Together let's explore how
to survive and thrive
when life hits hard.

—Russ Harris, *When Life Hits Hard*

”



Loving Bravely

20 Lessons of Self-Discovery to Help You Get the Love You Want

Twenty invaluable lessons to help you explore and commit to your own emotional and psychological well-being, so you'll be ready, resilient, confident, and whole when you encounter that special someone.

ISBN: 978-1626255814

\$17.95 | 6 x 9 | 232 pp



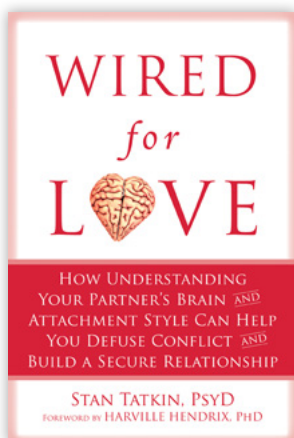
Taking Sexy Back

How to Own Your Sexuality and Create the Relationships You Want

Relationship expert Alexandra Solomon shows women that they are more than just objects of someone else's desire, and offers tools to explore, communicate needs, and build truly satisfying relationships.

ISBN: 978-1684033461

\$17.95 | 6 x 9 | 248 pp



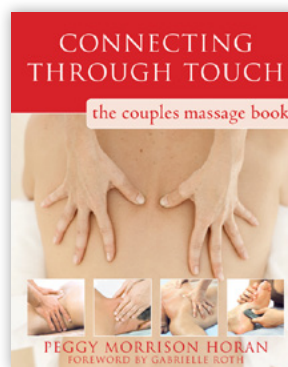
Wired for Love

How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship

In this attachment-based guide, couples learn to nurture the "couple bubble," improve communication, resolve conflicts, and increase feelings of comfort and security.

ISBN: 978-1608820580

\$18.95 | 6 x 9 | 200 pp



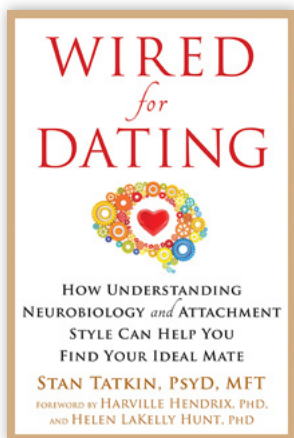
Connecting Through Touch

The Couples' Massage Book

This book guides couples through a sensual and restorative massage exchange. This intimate practice can enhance communication, relieve stress and tension, and create more joy through the healing power of touch.

ISBN: 978-1572245020

\$16.95 | 7.25 x 9 | 184 pp



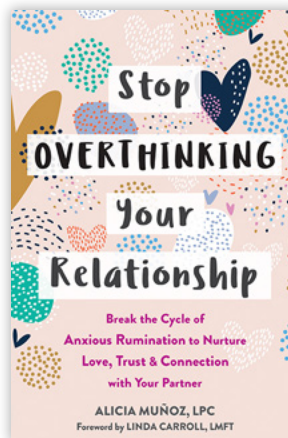
Wired for Dating

How Understanding Neurobiology and Attachment Style Can Help You Find Your Ideal Mate

In the age of online dating, finding a real connection can seem more daunting than ever! This book offers proven-effective principles drawn from neuroscience and attachment theory to find the perfect mate.

ISBN: 978-1626253032

\$17.95 | 6 x 9 | 200 pp



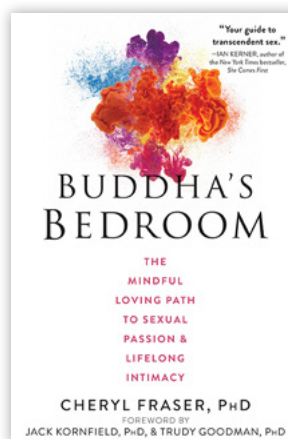
Stop Overthinking Your Relationship

Break the Cycle of Anxious Rumination to Nurture Love, Trust, and Connection with Your Partner

Certified couples therapist Alicia Muñoz offers a four-step approach to rediscover joy, ease, and meaningful connection with your partner.

ISBN: 978-1648480034

\$18.95 | 6 x 9 | 200 pp



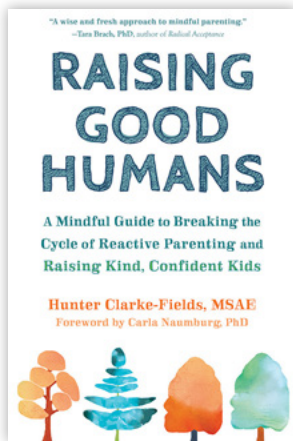
Buddha's Bedroom

The Mindful Loving Path to Sexual Passion and Lifelong Intimacy

In this playful and savvy guide, "Dr. Cheryl" Fraser presents enlivening mindfulness practices, techniques from couples and sex therapy, and the wisdom of Buddhist teachings to help couples spark the passion and thrill they've been seeking.

ISBN: 978-1684031184

\$17.95 | 6 x 9 | 216 pp

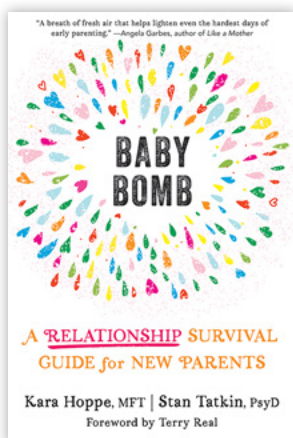
**Best Seller****Raising Good Humans**

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

A kinder, more compassionate world starts with kind and compassionate kids. This book offers parents practical strategies to break free from ingrained “reactive parenting” habits, increase cooperation, and build connection.

ISBN: 978-1684033881

\$16.95 | 6 x 9 | 184 pp

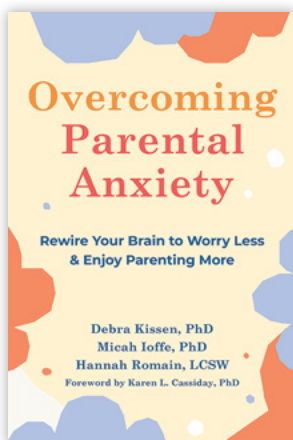
**Baby Bomb**

A Relationship Survival Guide for New Parents

A new baby can turn your life—and your romantic relationship—upside down. *Baby Bomb* is the resource parents need to integrate life with baby so they can co-parent and co-partner as a solid and supportive team, while also cultivating mad love for each other.

ISBN: 978-1684037315

\$18.95 | 6 x 9 | 184 pp

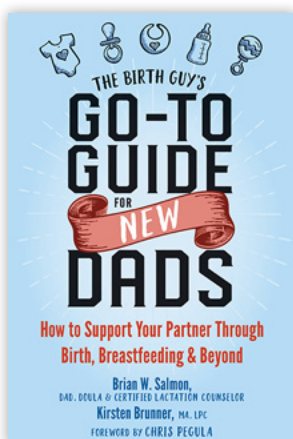
**Overcoming Parental Anxiety**

Rewire Your Brain to Worry Less and Enjoy Parenting More

Three anxiety specialists team up to help parents overcome worry and anxiety, so they can live more fully, be present, and enjoy the shared experiences they have with their children.

ISBN: 978-1648480300

\$18.95 | 6 x 9 | 232 pp

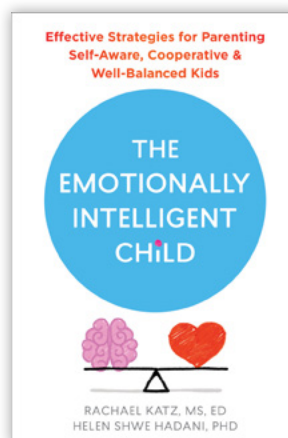
**The Birth Guy's Go-To Guide for New Dads**

How to Support Your Partner Through Birth, Breastfeeding, and Beyond

Dad, doula, and certified lactation counselor Brian Salmon and perinatal mental health and relationship expert Kirsten Brunner offer practical, modern-day survival tips for expectant dads and birth partners.

ISBN: 978-1684031597

\$21.95 | 6 x 9 | 224 pp

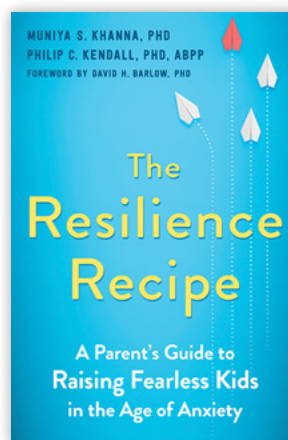
**The Emotionally Intelligent Child**

Effective Strategies for Parenting Self-Aware, Cooperative, and Well-Balanced Kids

A groundbreaking approach for understanding children's behavior in the context of their development, as well as tips for parenting with patience and helping kids cultivate emotional intelligence.

ISBN: 978-1684038152

\$18.95 | 6 x 9 | 208 pp

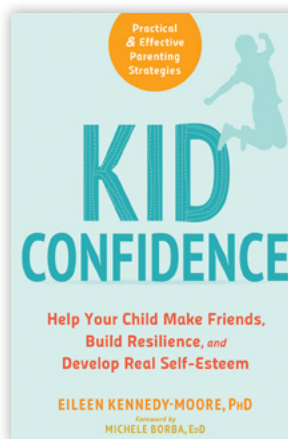
**The Resilience Recipe**

A Parent's Guide to Raising Fearless Kids in the Age of Anxiety

For parents of children ages five to twelve, this go-to guide offers a proven-effective plan for building emotional resilience and approaching life's challenges with confidence.

ISBN: 978-1684036967

\$18.95 | 6 x 9 | 224 pp

**Kid Confidence**

Help Your Child Make Friends, Build Resilience, and Develop Real Self-Esteem

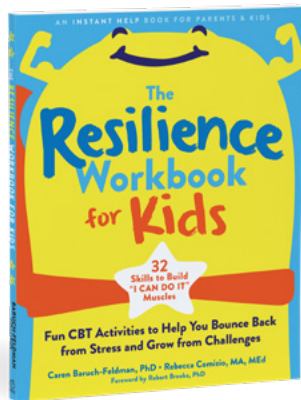
A psychologist and parenting expert offers practical, effective strategies to help kids improve relationships, develop competence, and make choices that fit who they are and want to become.

ISBN: 978-1684030491

\$20.95 | 6 x 9 | 240 pp

“*Raising Good Humans* brings a wise and fresh approach to mindful parenting.

—Tara Brach, author of *Radical Acceptance*”



The Resilience Workbook for Kids

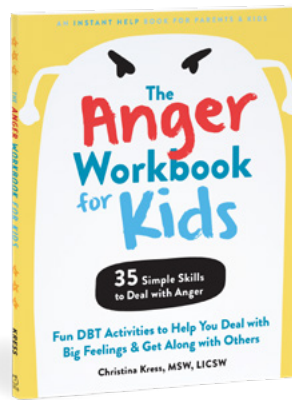
Fun CBT Activities to Help You Bounce Back from Stress and Grow from Challenges

This fun and engaging workbook offers simple activities for kids ages seven to twelve who have been exposed to intense stress. Kids will learn skills to manage difficult emotions, find their strengths, and grow from challenges.

ISBN: 978-1684039166
\$21.95 | 8 x 10 | 208 pp



FILLED WITH ACTIVITIES >>



The Anger Workbook for Kids

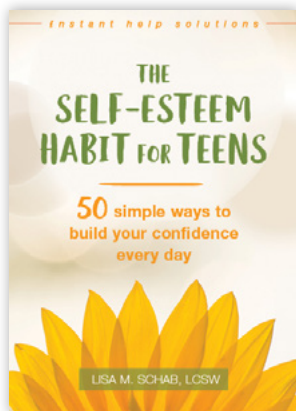
Fun DBT Activities to Help You Deal with Big Feelings and Get Along with Others

Kids often need extra help managing big feelings, and this is especially true when it comes to anger. This fun and engaging workbook offers skills to help kids deal with anger and stay calm—even in difficult situations.

ISBN: 978-1684037278
\$18.95 | 8 x 10 | 152 pp



<< FILLED WITH ACTIVITIES



The Self-Esteem Habit for Teens

50 Simple Ways to Build Your Confidence Every Day

Fifty simple, positive strategies to help teens build self-esteem—every day! Teens will discover how to learn from mistakes, practice gratitude, see things from a different perspective, celebrate strengths, and cultivate healthy relationships.

ISBN: 978-1626259195
\$19.95 | 5 x 7 | 200 pp



The Teen Girl's Survival Guide

10 Tips for Making Friends, Avoiding Drama, and Coping with Social Stress

Teen expert Lucie Hemmen offers ten tips to solve one of the biggest worries teen girls struggle with: social success. Teens will find real strategies for developing self-awareness and improving relationships.

ISBN: 978-1626253063
\$17.95 | 6 x 8 | 208 pp

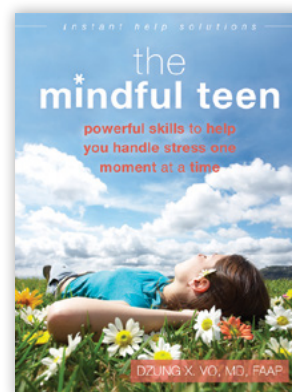


The Resilient Teen

10 Key Skills to Bounce Back from Setbacks and Turn Stress into Success

Being a teen in today's world is stressful. This engaging book offers ten powerful skills to help teens manage stress, bounce back from difficult situations, and rewire their brain for happiness and success!

ISBN: 978-1684035786
\$17.95 | 6 x 8 | 192 pp

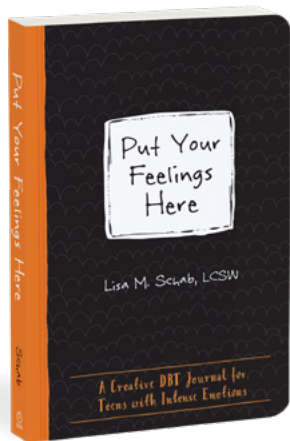


The Mindful Teen

Powerful Skills to Help You Handle Stress One Moment at a Time

This book offers a unique mindfulness-based program designed especially for teens to help manage stress, navigate emotions, and improve communication skills.

ISBN: 978-1626250802
\$17.95 | 6 x 8 | 248 pp



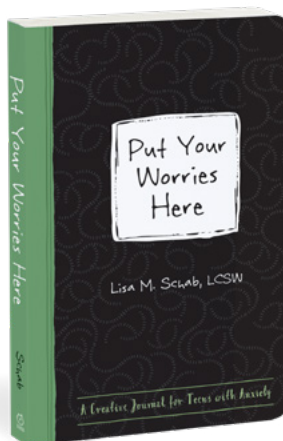
Put Your Feelings Here

A Creative DBT Journal for Teens with Intense Emotions

Best-selling author and teen expert Lisa Schab offers a creative space for teens to organize their thoughts, work through difficult experiences, balance their emotions, and break free from destructive rumination.

ISBN: 978-1684034239

\$18.95 | 5.5 x 8.25 | 208 pp



Best Seller

Put Your Worries Here

A Creative Journal for Teens with Anxiety

This first-of-its-kind guided journal, by best-selling author Lisa Schab, offers a safe space for teens to work through their anxiety with fun and engaging writing prompts and practices.

ISBN: 978-1684032143

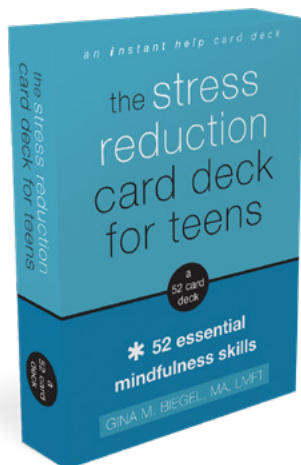
\$18.95 | 5.5 x 8.25 | 224 pp



FULLY ILLUSTRATED >>



<< FULLY ILLUSTRATED



The Stress Reduction Card Deck for Teens

52 Essential Mindfulness Skills

Based on the teen self-help success, *The Stress Reduction Workbook for Teens*, this card deck offers soothing practices to find calm in a fun and portable format.

ISBN: 978-1684034925

\$16.95 | 3.5 x 5 | 52 cards



Just As You Are

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

In this fun, practical guide, teens learn how to silence their nitpicky inner critic, cultivate self-compassion, stop comparing themselves to others, and discover what really matters to them.

ISBN: 978-1626255906

\$17.95 | 6 x 8 | 176 pp



Please ask your sales rep for
a complete listing of our
resources for kids & teens



Contact Information

To order, contact your Gifts of Nature Sales Rep
or reach out to New Harbinger directly.

Gifts of Nature

GIFTS OF NATURE admin@gonreps.com
REP GROUP tel: 1-800-733-7783
Gifts of Nature Corporate Office
1740 Firestone Drive
Escondido, CA, 92026

New Harbinger Publications

JUSTIN DEMETER justin.demeter@newharbinger.com
SALES REP tel: 1-510-652-0215 ext. 6145
New Harbinger Publications, Inc.
5720 Shattuck Ave.
Oakland, CA, 94609

CUSTOMER tel: 1-800-748-6273
SERVICE Monday through Friday
9:00 am to 5:00 pm Pacific time

Canadian Distributor

RAINCOAST BOOKS info@raincoast.com
tel: 1-800-663-5714
fax: 1-800-565-3770

Prices in this catalog are subject to change without notice.

cover image: Depositphoto

copyright © 2023 New Harbinger Publications, Inc.