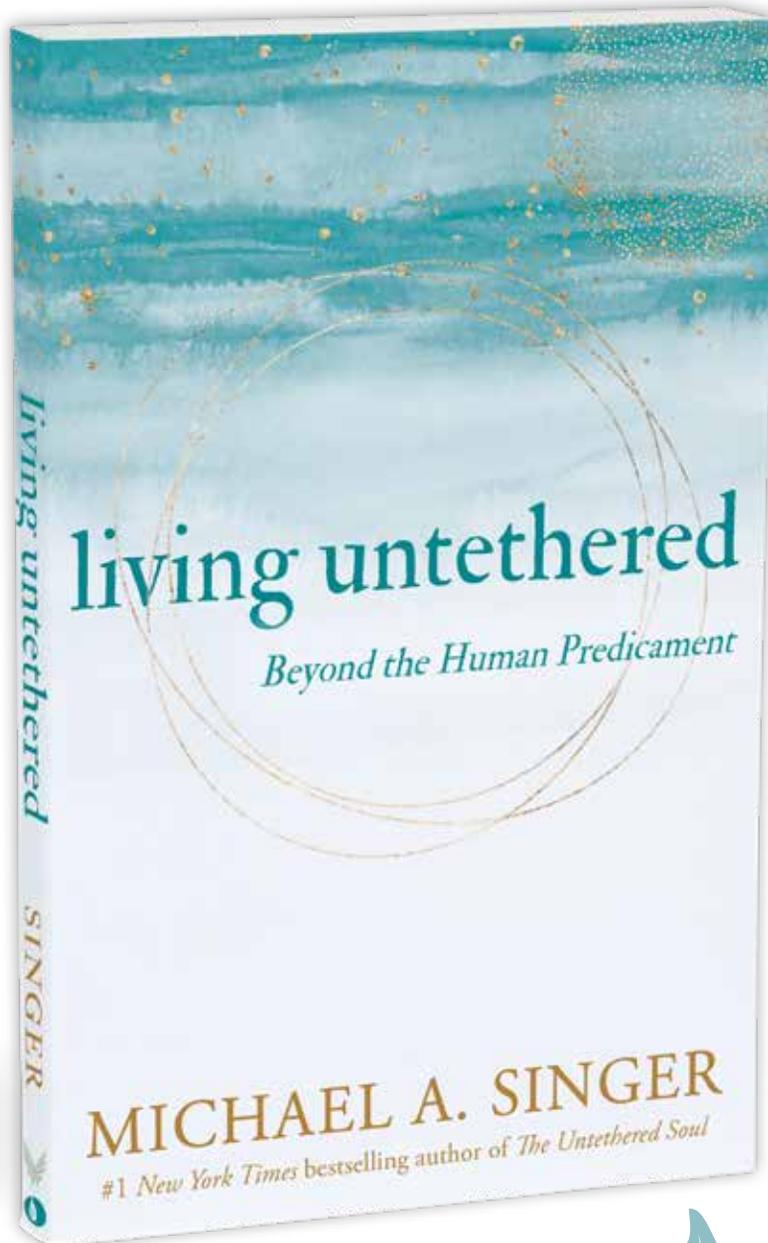


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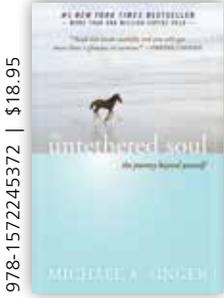
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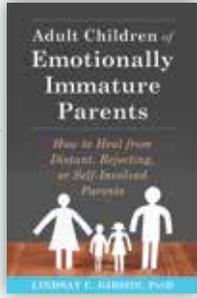
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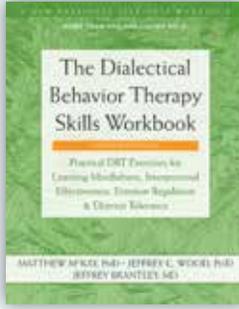
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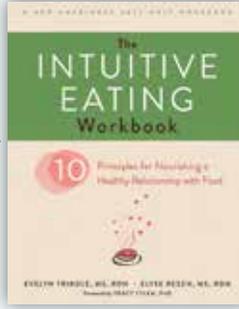
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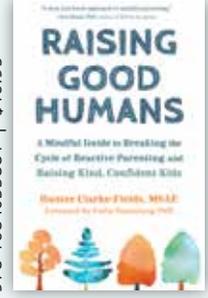
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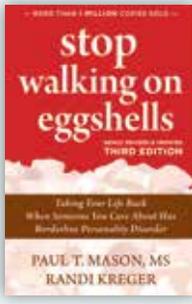
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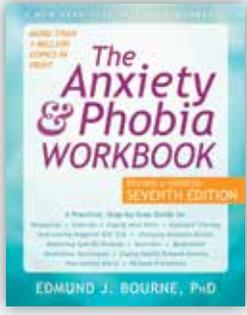
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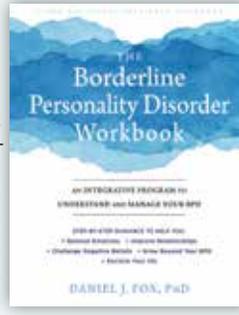
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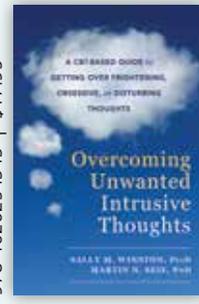
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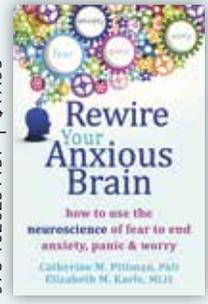
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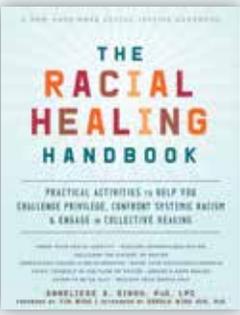
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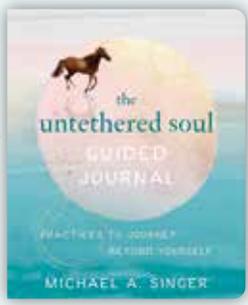
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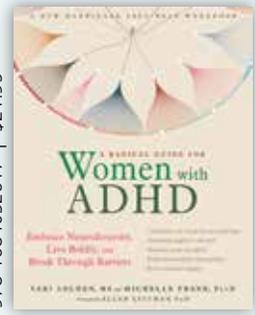
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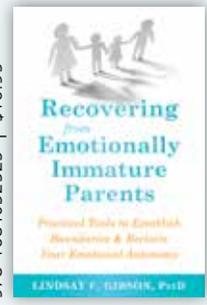
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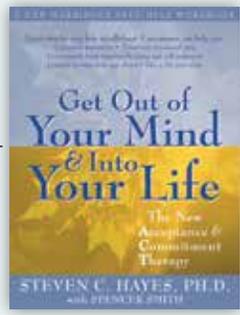
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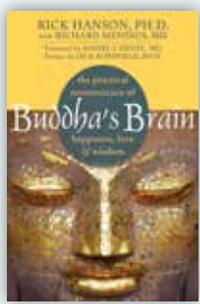
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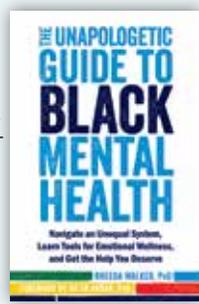
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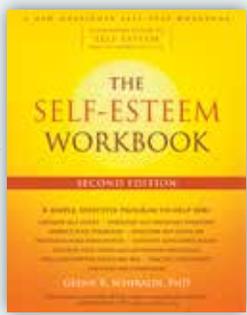
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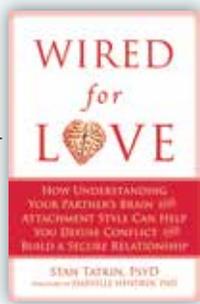
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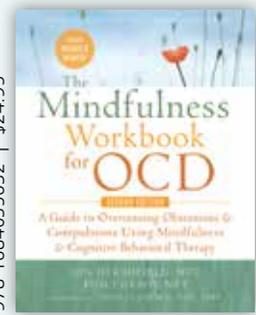
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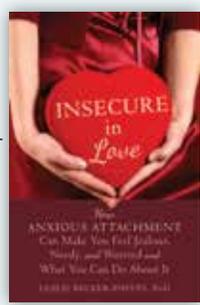
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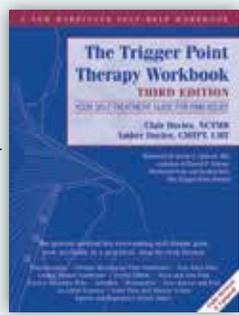
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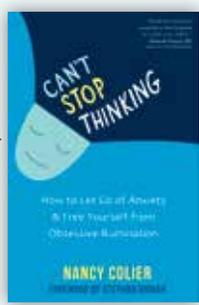
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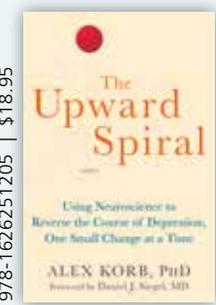
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Dear Friends—

We are facing a mental health crisis. Rates of anxiety, depression, and suicidality have nearly doubled during the pandemic. People are experiencing a dwindled sense of optimism about the future, feeling trapped, suffering from burnout, and longing for a return to expansiveness and freedom. More than ever, New Harbinger remains committed to publishing resources to help people heal and to foster well-being in mind, body, and spirit. Our books are essential.

For readers seeking spiritual solace in the midst of uncertainty, we're excited to present *Living Untethered* by Michael A. Singer—the highly anticipated follow-up to the #1 *New York Times* bestseller, *The Untethered Soul*. With this accessible guide, readers can put Singer's teachings into practice every day, and move beyond the mental and emotional habits that keep them feeling stuck. Most importantly, readers will discover a unique road map to finding inner peace and lasting happiness—no matter how turbulent the external world becomes.

In difficult times, having *resilience* can make the difference between languishing and thriving. That's why we're publishing two books to help readers recover from adversity and navigate all of life's challenges. *What Makes You Stronger* offers evidence-based strategies grounded in acceptance and commitment therapy (ACT) to face change and uncertainty with confidence, and *The Growth Mindset Workbook* provides step-by-step guidance to overcome the self-limiting beliefs that stand in the way of success.

In addition, we are proud to publish new books to further our commitment to diversity and inclusion. *The Antiracism Handbook* is a vital addition to our *Social Justice Handbook* series. With this handbook, readers will learn practical and actionable ways to create an antiracist society, starting with themselves. And finally, *The Black Woman's Guide to Overcoming Domestic Violence* gives Black women empowering skills to understand and heal from trauma, navigate systemic inequality, and regain a sense of safety and autonomy.

As always, we thank you for supporting New Harbinger's mission to provide proven-effective books and workbooks to help readers improve their mental health and wellness.



Sincerely,
—Matthew McKay, PhD, Publisher

what's inside...

new releases

- self-help 2
- relationships 12
- parenting 14
- teen self-help 17
- psychology 19

recently published 20

contact us 21

» See special features

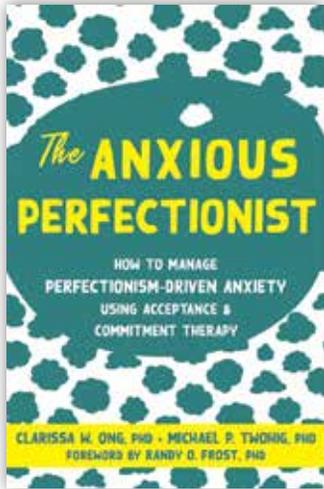
- essential workbooks ... 3
- little books for big change ... 11
- diversity & inclusion ... 13
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- Perfectionism is linked to serious psychological conditions such as depression, OCD, and anxiety. This book helps readers move beyond perfectionism while still making room for their high aspirations.

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PUB DATE: **March 1, 2022**

The Anxious Perfectionist

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

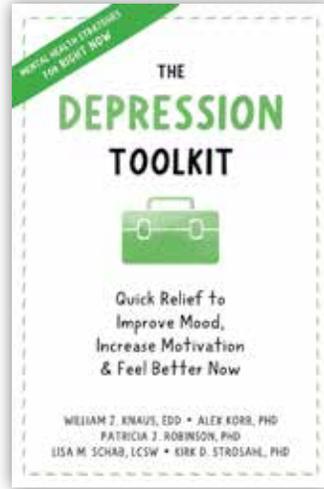
Clarissa W. Ong, PhD, & Michael P. Twohig, PhD

People who identify as perfectionists don't always see their perfectionism as a problem. But they do recognize that their pursuit of perfection can lead to stress, worry, and anxiety. Written by two clinical psychologists, *The Anxious Perfectionist* addresses the hidden costs of "being the best," and offers readers essential skills for coping with the anxiety that is driven by their perfectionism.

Clarissa W. Ong, PhD, is a postdoctoral associate at the Center for Anxiety and Related Disorders at Boston University. She has contributed to more than fifty peer-reviewed publications, and has received funding from the Association for Contextual Behavioral Science (ACBS). **Michael P. Twohig, PhD**, is a professor in the psychology department at Utah State University. He is past president of the ACBS, and current member of the Association for Behavioral and Cognitive Therapies (ABCT).

Ong resides in Somerville, MA.
Twohig resides in Logan, UT.

PUBLICITY & PROMOTION • Advertising in *the Behavior Therapist* and in the annual conference guides of the Association for Behavioral and Cognitive Therapies, the Association for Contextual Behavioral Science, the Anxiety and Depression Association of America, and the International OCD Foundation • Author website, email, and social media promotion



- During the pandemic, about 4 in 10 adults in the US have reported symptoms of depression or anxiety—up from 1 in 10 who reported these symptoms in 2019 (CDC.gov).

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The Depression Toolkit

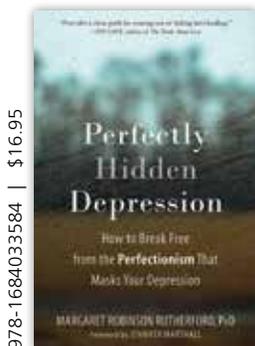
Quick Relief to Improve Mood, Increase Motivation, and Feel Better Now

William J. Knaus, EdD, Alex Korb, PhD, Patricia J. Robinson, PhD, Lisa M. Schab, LCSW, & Kirk Strosahl, PhD

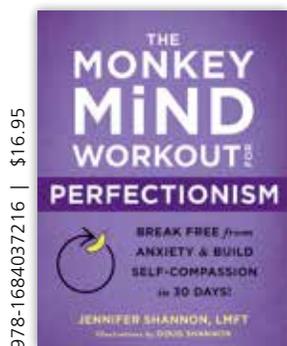
In our increasingly stressful world, it's easy for *anyone* to feel overwhelmed. But for people with depression, overwhelm can be devastating. Written by an all-star team of self-help experts, this compilation gives readers quick relief for their worst depression symptoms. Readers will learn fast-acting techniques to break free from negative thoughts and feelings, find motivation, and get back to living a full, productive life.

William J. Knaus, EdD, is a licensed psychologist with more than forty-six years of clinical experience working with people suffering from anxiety, depression, and procrastination. **Alex Korb, PhD**, is a neuroscientist, writer, and coach. He is author of *The Upward Spiral* and *The Upward Spiral Workbook*. **Patricia J. Robinson, PhD**, is director of training and program evaluation at Mountainview Consulting Group, Inc., a firm that assists health care systems with integrating behavioral health services into primary care settings. **Lisa M. Schab, LCSW**, is a practicing psychotherapist with a private counseling practice in the greater Chicago, IL, area; and author of several books, including *The Anxiety Workbook for Teens*. **Kirk D. Strosahl, PhD**, is cofounder of acceptance and commitment therapy (ACT) and coauthor of *Brief Interventions for Radical Change*.

Knaus resides in Spofford, NH.
Korb resides in the Greater Los Angeles Area.



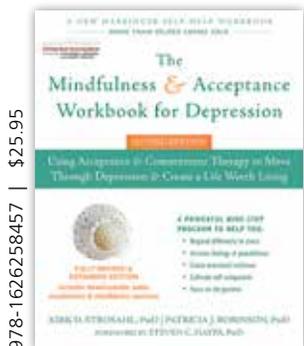
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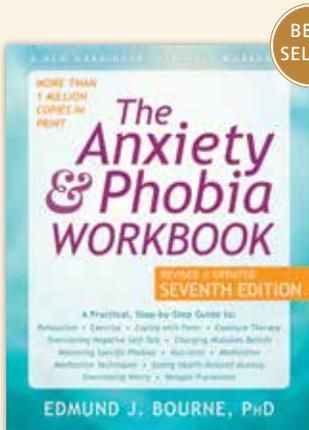
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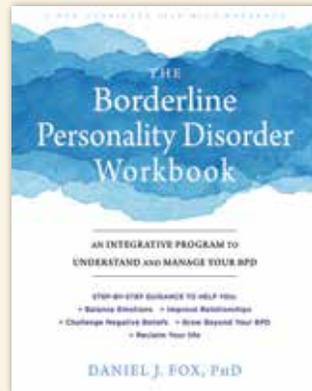
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Closing the Gap on the Mental Health Crisis— Essential Workbooks for These Uncertain Times

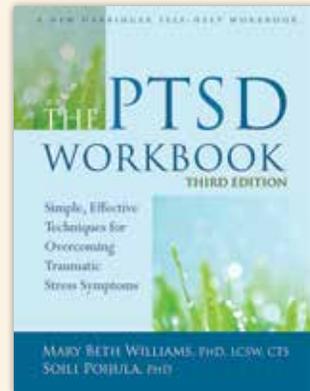
In these difficult and challenging times, people need practical and accessible mental health resources more than ever. Written by leaders in the field of psychology and recommended by therapists worldwide, New Harbinger’s evidence-based workbooks provide real tools for creating positive change.



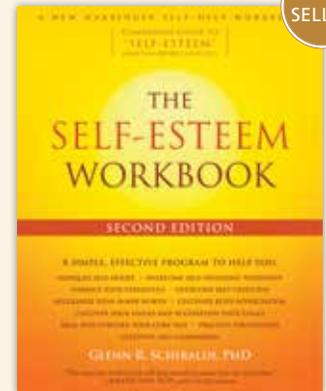
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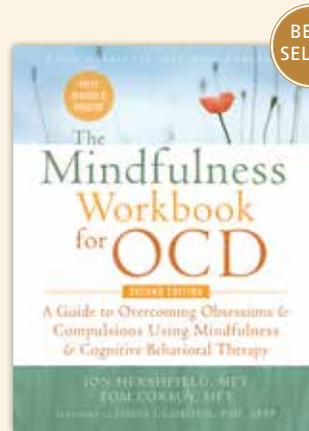
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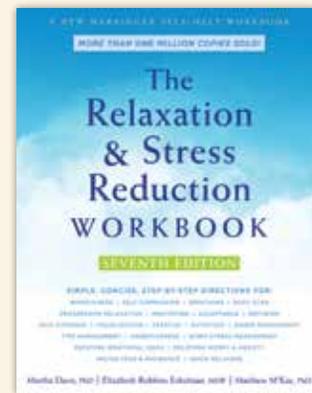
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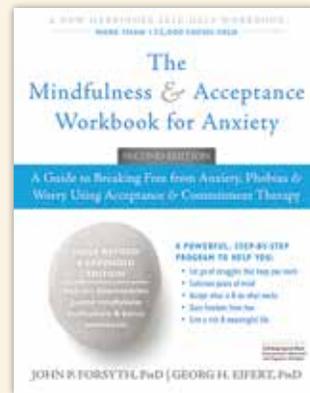
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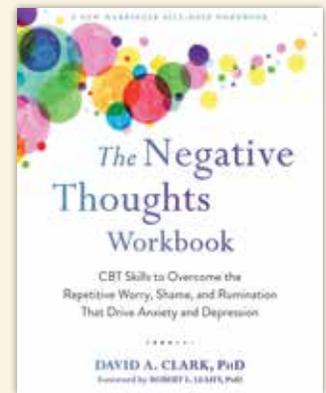
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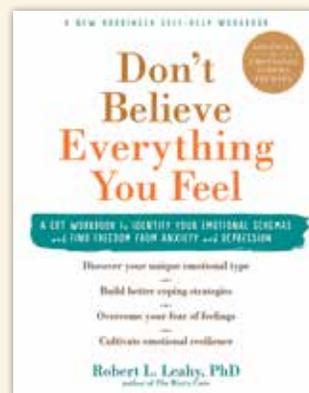
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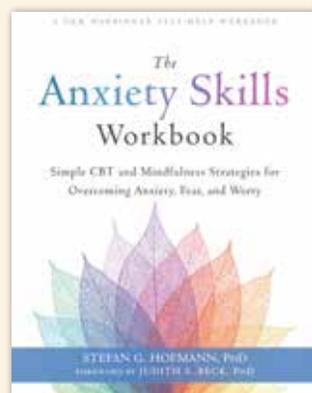
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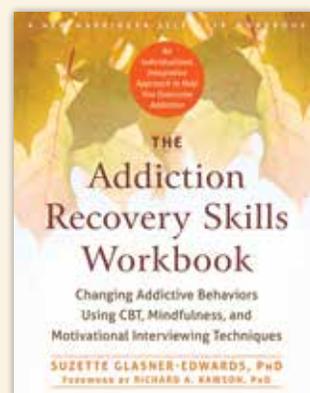
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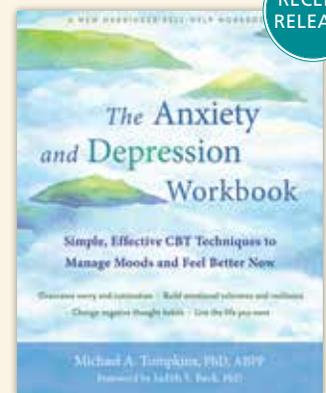
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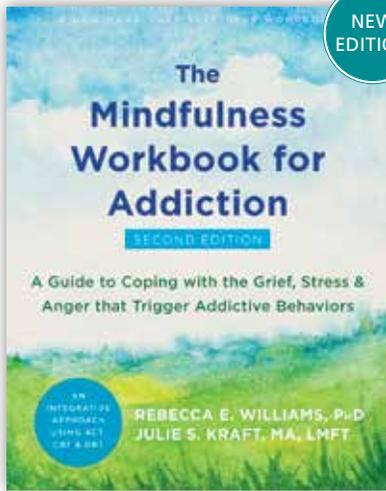
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■ The first edition of *The Mindfulness Workbook for Addiction* (ISBN: 978-1608823406) has sold more than 50,000 copies to date.

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PUB DATE: **March 1, 2022**

The Mindfulness Workbook for Addiction, Second Edition

A Guide to Coping with the Grief, Stress, and Anger that Trigger Addictive Behaviors

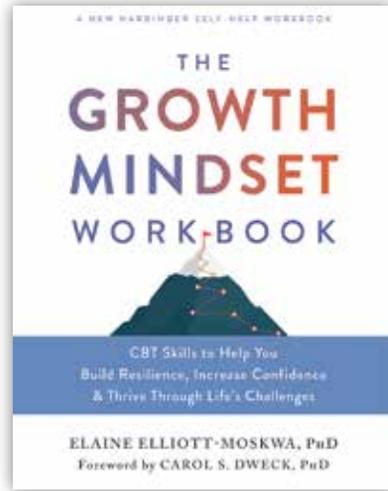
Rebecca E. Williams, PhD, & Julie S. Kraft, MA, LMFT

Addictive behaviors are often the result of loss—the loss of a job, the death of a loved one, or even the end of a romantic relationship. This fully revised and updated second edition of *The Mindfulness Workbook for Addiction* offers readers an effective program for working through their addiction and grief with cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT). Written by two VA psychologists, this workbook is effective for treating the emotion dysregulation, stress, depression, and grief that lie at the heart of addiction.

Rebecca E. Williams, PhD, is an award-winning author, psychologist, and wellness expert specializing in healthy recovery from mental illness, addiction, and life challenges. Her work focuses on building resilience and promoting well-being. **Julie S. Kraft, MA, LMFT**, is a licensed marriage and family therapist specializing in recovery from addiction, anxiety, depression, and challenging relationships. She previously served as adjunct professor at the University of San Diego's School of Leadership and Education Sciences.

Williams resides in Savannah, GA.
Kraft resides in the Greater San Francisco Bay Area.

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■ A “growth mindset” is a way of thinking that welcomes setbacks as opportunities for growth. The concept was developed by Carol Dweck, author of bestselling *Mindset* (ISBN: 978-0345472328).

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PUB DATE: **March 1, 2022**

The Growth Mindset Workbook

CBT Skills to Help You Build Resilience, Increase Confidence, and Thrive Through Life's Challenges

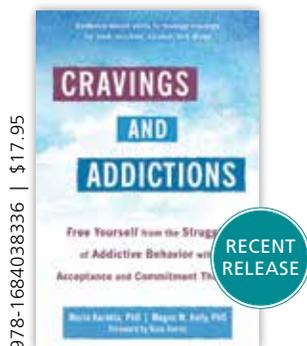
Elaine Elliott-Moskwa, PhD

It's time to ditch the self-limiting beliefs that hold you back from reaching your full potential! Based on the core principles in the bestseller, *Mindset* by foreword writer Carol Dweck, *The Growth Mindset Workbook* offers essential skills grounded in cognitive behavioral therapy (CBT) to overcome self-limiting beliefs, and cultivate a growth mindset that can increase resiliency, boost confidence, and form the basis of a meaningful, values-based life.

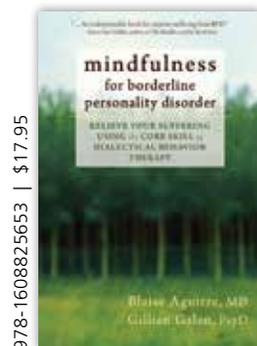
Elaine Elliott-Moskwa, PhD, is a mentee of Carol S. Dweck and Aaron T. Beck, with whom she did postdoctoral work at the Harvard School of Education, and trained in cognitive behavioral therapy (CBT) at the University of Pennsylvania, respectively.

Elliott-Moskwa resides in Princeton, NJ.

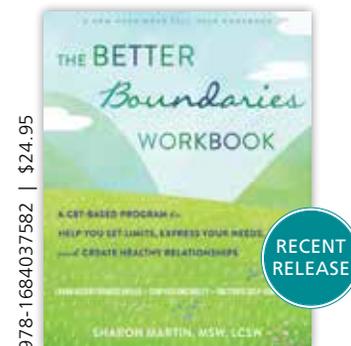
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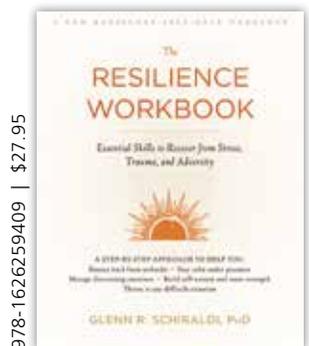
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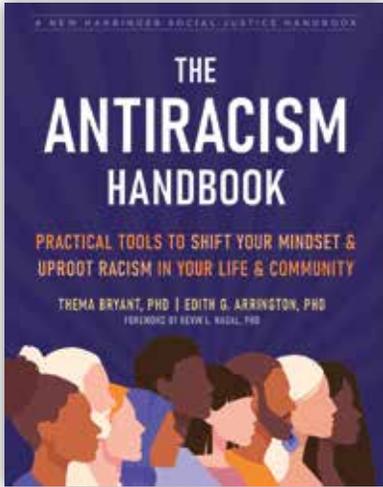
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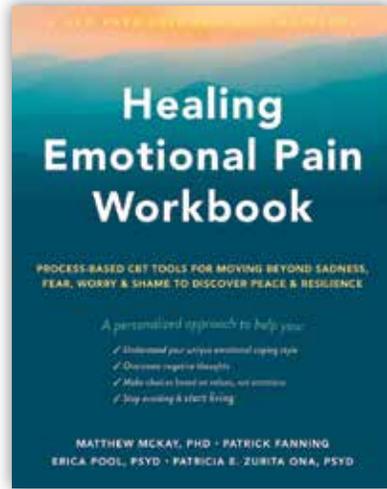


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■ Racism has damaging mental and physical health consequences. This book provides evidence-based strategies readers can put into practice right away in their personal, professional, social, and civic life.

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■ Coauthor Matthew McKay is best-selling author of several self-help books. Together, his books have sold more than 1 million copies worldwide.

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PUB DATE: April 1, 2022

The Antiracism Handbook

Practical Tools to Shift Your Mindset and Uproot Racism in Your Life and Community

Thema Bryant, PhD, & Edith G. Arrington, PhD

An antiracist society starts with you. That's the message in this powerful—yet practical—handbook. Using evidence-based interventions and exercises, two psychologists and experts in race, identity, equity, and inclusion empower readers to make their own personal contribution to creating an antiracist society. By shifting thought patterns and behaviors to cultivate an antiracist mindset, readers can actively change their community—and the world—by changing themselves.

Thema Bryant, PhD, is a licensed psychologist, professor at Pepperdine University, and past president of the Society for the Psychology of Women. **Edith G. Arrington, PhD**, is a licensed psychologist whose research, writing, and consulting focus on race, identity, development, and education; equity, diversity, and inclusion; and promoting health and well-being for individuals and communities.

Bryant resides in the Greater Los Angeles Area.
Arrington resides in Philadelphia, PA.

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Healing Emotional Pain Workbook

Process-Based CBT Tools for Moving Beyond Sadness, Fear, Worry, and Shame to Discover Peace and Resilience

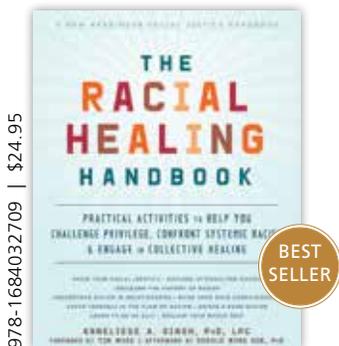
Matthew McKay, PhD, Patrick Fanning, Erica Pool, PsyD, & Patricia E. Zurita Ona, PsyD

For readers struggling with painful and overwhelming emotions such as anxiety, depression, shame, anger, and self-blame, this workbook offers powerful and customizable tools grounded in process-based cognitive behavioral therapy (CBT) for finding balance and improving well-being. With this proven-effective workbook, readers will learn to target the root cause of their emotional pain, and discover personalized skills for living a vital and values-based life.

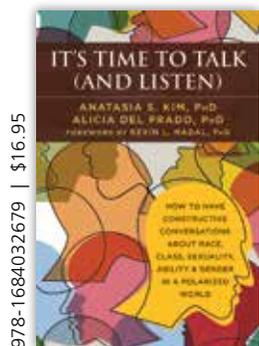
Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Dialectical Behavior Therapy Skills Workbook*. **Patrick Fanning** is a professional writer in the mental health field, and founder of a men's support group in Northern California. He has authored and coauthored twelve self-help books, including *Self-Esteem and Thoughts and Feelings*. **Erica Pool, PsyD**, has a background in neuroimaging research at Yale; the University of California, Berkeley; and the Veteran's Administration. **Patricia E. Zurita Ona, PsyD**, is a licensed clinical psychologist in California.

McKay, Fanning, Pool, and Zurita Ona each reside in the Greater San Francisco Bay Area.

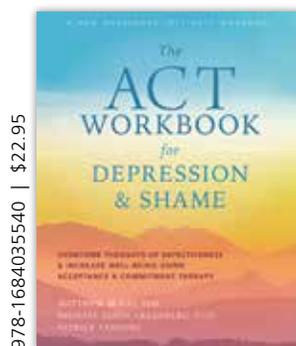
PUBLICITY & PROMOTION • Advertising in *the Behavior Therapist* and in the annual conference guide of the American Psychological Association



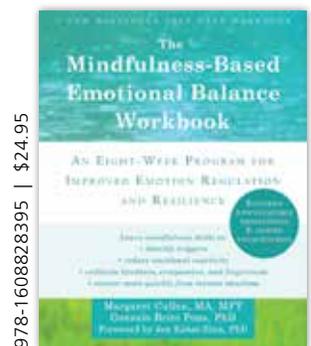
978-1684032709 | \$24.95



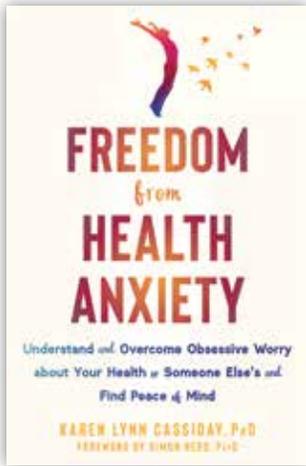
978-1684032679 | \$16.95



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978-1684039043 | US \$17.95
 6 x 9 | 200 pp | trade paper | self-help
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 PUB DATE: **April 1, 2022**

Freedom from Health Anxiety

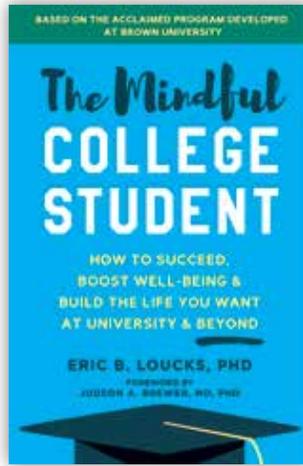
Understand and Overcome Obsessive Worry about Your Health or Someone Else's and Find Peace of Mind

Karen Lynn Cassiday, PhD

- Health anxiety disorder affects 1.3-10 percent of the population (NIMH) and has increased due to the unique stressors caused by the COVID-19 pandemic.

Health anxiety is on the rise. COVID-19 has introduced new stressors, resulting in increased fear and obsession about illness. This guide offers a cutting-edge method for treating health anxiety—teaching readers to disconnect their physical sensations and symptoms from a perceived sense of danger. By learning not to fear how their body feels, readers can overcome health worries, tolerate uncertainty, and find peace of mind.

Cassiday resides in Pleasant Prairie, WI.



978-1684039135 | US \$17.95
 6 x 9 | 216 pp | trade paper | self-help
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 PUB DATE: **April 1, 2022**

The Mindful College Student

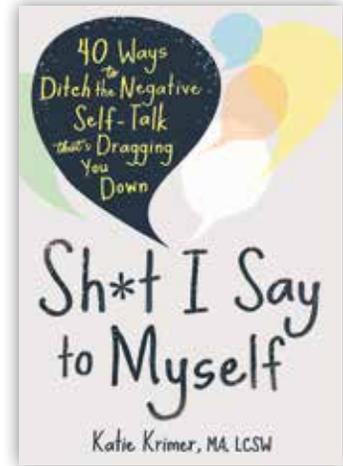
How to Succeed, Boost Well-Being, and Build the Life You Want at University and Beyond

Eric B. Loucks, PhD

- Studies show that the Mindfulness-Based College (MBC) program in this book significantly improves depressive symptoms, sleep quality, and loneliness in students.

The perfect gift for the college-bound student! College is a time of transition, and for many teens and young adults, the thought of leaving home can be overwhelming. Based on the popular Mindfulness-Based College (MBC) program at Brown University, this book offers powerful skills to increase academic success and boost mental, physical, spiritual, and emotional health.

Loucks resides in Providence, RI.



978-1684039555 | US \$16.95
 5 x 7 | 200 pp | trade paper | self-help
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 PUB DATE: **May 1, 2022**

Sh*t I Say to Myself

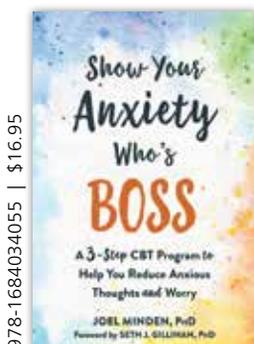
40 Ways to Ditch the Negative Self-Talk That's Dragging You Down

Katie Krimer, MA, LCSW

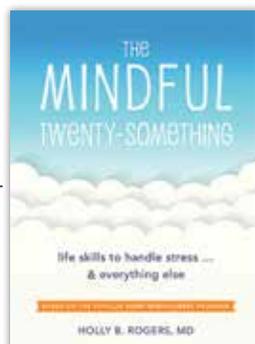
- Profanity-laden self-help books have exploded in popularity, as evidenced by titles like *Unf*ck Your Brain* (ISBN: 978-1621063049). This snarky guide provides skills-based solutions that feel less like work and more like fun.

Negative self-talk can lead to depression, anxiety, stress, and a host of other mental health conditions. It's time to say, *enough!* It's time to break up with your toxic mind. Written by a psychotherapist and grounded in mindfulness and cognitive behavioral therapy (CBT), the irreverent, no-nonsense approach in this snarky—yet hopeful—guide helps readers stand up to negative thoughts, put an end to toxic self-talk, and start living with more positivity and confidence.

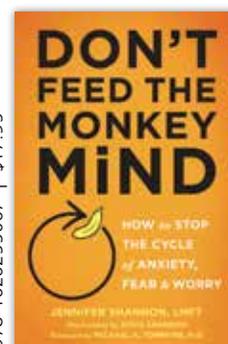
Krimer resides in Brooklyn, NY.



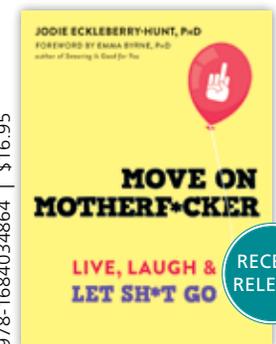
978-1684034055 | \$16.95



978-1626254893 | \$17.95



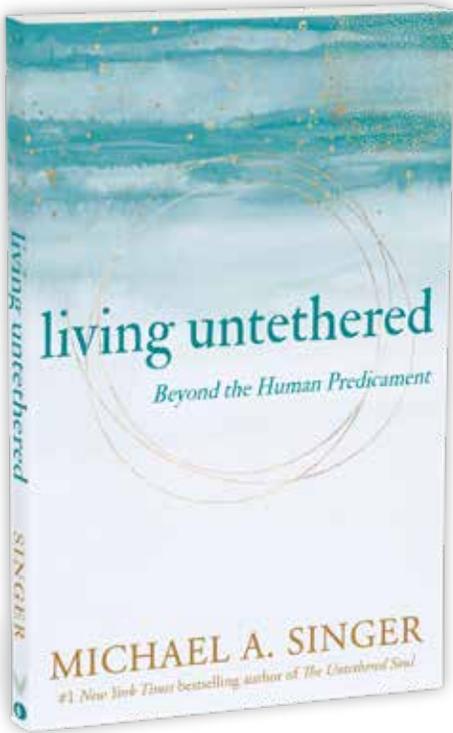
978-1626255067 | \$17.95



978-1684034864 | \$16.95

RECENT RELEASE

New Harbinger and Sounds True team up to publish *Living Untethered*—the highly anticipated follow-up to the #1 *New York Times* bestseller, *The Untethered Soul*



Living Untethered

Beyond the Human Predicament

Michael A. Singer

- **Bestselling author:** Singer is a world-renowned spiritual teacher with a global fan base that includes A-list celebrities and influencers. He is author of the #1 *New York Times* bestseller, *The Untethered Soul* (ISBN: 978-1572245372), which has sold more than 3 million copies.
- **Copublishing powerhouse:** This book is copublished with Sounds True, the preeminent multimedia publisher of original works by world-renowned authors and teachers, such as Ram Dass, Wim Hoff, Eckhart Tolle, Jack Kornfield, Tara Brach, Thich Nhat Hanh, Pema Chödrön, Jon Kabat-Zinn, and more. Together, New Harbinger and Sounds True have a collective engaged audience of millions of readers.

978-1648480935 | US \$18.95

6 x 9 | 200 pp | trade paper | self-help/spirituality | WORLD RIGHTS

Sales Embargo - Strict on-sale date: May 10, 2022

From beloved spiritual teacher Michael A. Singer—author of the *New York Times* bestseller, *The Untethered Soul*—this transformative and highly anticipated guide will be your compass on an exciting new journey toward self-realization and unconditional happiness.

At once profoundly transcendent and powerfully practical, *Living Untethered* provides clear guidance for moving beyond the thoughts, feelings, and habits that keep you stuck—so you can heal the pain of the past and let your spirit soar. On each page you'll discover a deeper understanding of your emotions, learn *where* your thoughts and moods come from, and uncover your natural energy flow. Finally, you'll find freedom from the psychological scars, or *samskaras*, that block you and keep you from reaching your highest potential. Isn't it time you started *Living Untethered*?



Michael A. Singer is author of the #1 *New York Times* bestseller, *The Untethered Soul*, and the *New York Times* bestseller, *The Surrender Experiment*, both of which have been published worldwide.

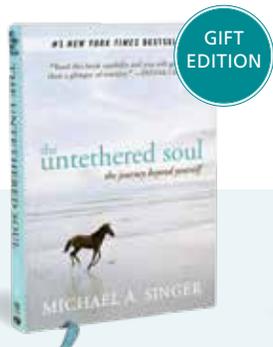
Singer resides in Alachua, FL (the Greater Gainesville Metropolitan Area).

PUBLICITY & PROMOTION

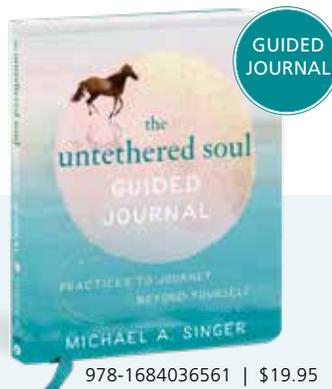
- \$100K publicity and marketing budget
- National publicity campaign to television, print, and online media outlets
- National pre-order campaign targeting readers of *The Untethered Soul*—reaching 3 million readers
- Major influencer and thought leader campaign



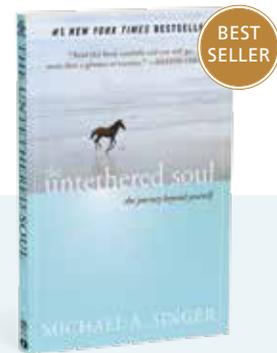
978-1684034314 | \$17.95



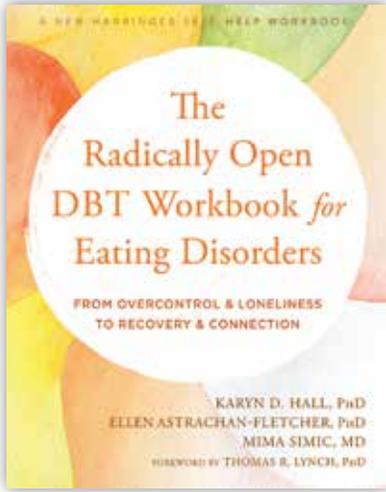
978-1626250765 | \$24.95



978-1684036561 | \$19.95



978-1572245372 | \$18.95



■ The radically open dialectical behavior therapy approach in this workbook tackles the loneliness at the heart of eating disorders, and encourages strong social connections as a tool for recovery.

978-1684038930 | US \$24.95
8 x 10 | 224 pp | trade paper self-help | WORLD RIGHTS
PUB DATE: **May 1, 2022**

The Radically Open DBT Workbook for Eating Disorders

From Overcontrol and Loneliness to Recovery and Connection

Karyn D. Hall, PhD, Ellen Astrachan-Fletcher, PhD, & Mima Simic, MD

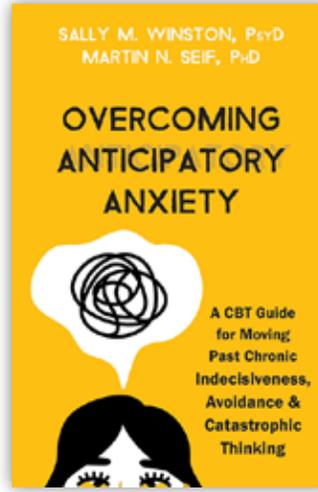
Many people with eating disorders also suffer from emotional overcontrol (OC). Based on more than twenty years of research, this breakthrough workbook offers skills grounded in radically open dialectical behavior therapy (RO DBT)—a proven-effective, transdiagnostic approach for treating OC disorders. With this workbook, readers will learn healthy coping skills, tips for building a solid support network and rich social connections, and strategies for staying on the path to recovery.

Karyn Hall, PhD, is founder and director of the Dialectical Behavior Therapies Center in Houston, TX. She is the second approved RO DBT supervisor in the United States, and is a certified Linehan DBT Board of Certification clinician.

Ellen Astrachan-Fletcher, PhD, is founder and director of the eating disorders clinic at the University of Illinois Medical Center. **Mima Simic, MD**, is joint head of the Maudsley Centre for Child and Adolescent Eating Disorders at South London and Maudsley NHS Foundation Trust, London, UK.

Hall resides in Houston, TX.
Astrachan-Fletcher resides in Oak Park, IL.
Simic resides in London, UK.

PUBLICITY & PROMOTION • Advertising in the annual conference guide for International Association of Eating Disorder Professionals, and the International Conference of Eating Disorders



■ The authors are renowned experts in the field of anxiety. Their previous books, including *Needing to Know for Sure* (ISBN: 978-1684033706), have sold more than 85,000 copies.

978-1684039227 | US \$17.95
6 x 9 | 192 pp | trade paper self-help | WORLD RIGHTS
PUB DATE: **May 1, 2022**

Overcoming Anticipatory Anxiety

A CBT Guide for Moving Past Chronic Indecisiveness, Avoidance, and Catastrophic Thinking

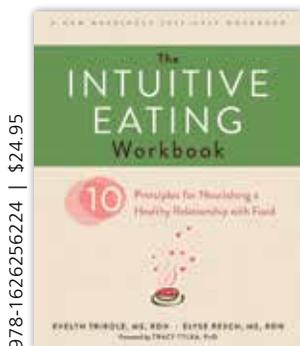
Sally M. Winston, PsyD, & Martin N. Seif, PhD

Should I, or shouldn't I? What if something goes horribly wrong? Anticipatory anxiety—the avoidance component of generalized anxiety, obsessive-compulsive disorder (OCD), panic, and phobias—leads to chronic indecisiveness, procrastination, catastrophizing, and avoidance. From the authors of *Overcoming Unwanted Intrusive Thoughts*, this liberating guide—grounded in proven-effective therapy modalities—shows readers how to face their fears, get unstuck, make decisions, and live a vital and engaged life.

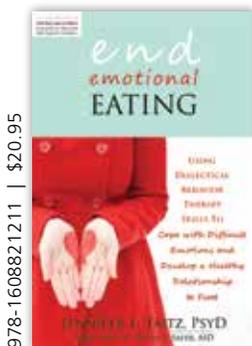
Sally M. Winston, PsyD, is founder and codirector the Anxiety and Stress Disorders Institute of Maryland in Towson, MD. She is coauthor, with Martin Seif, of *Overcoming Unwanted Intrusive Thoughts*. **Martin N. Seif, PhD**, is cofounder of the Anxiety and Depression Association of America, and was a member of its board of directors for fourteen years. Seif was associate director of The Anxiety and Phobia Treatment Center at White Plains Hospital, and a faculty member of New York-Presbyterian Hospital.

Winston resides in Towson, MD.
Seif resides in Greenwich, CT.

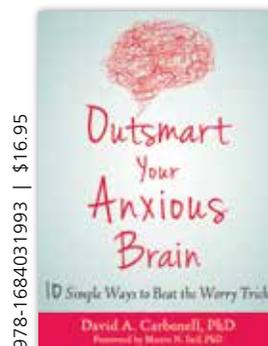
PUBLICITY & PROMOTION • Advertising in *the Behavior Therapist* and in the annual conference guides of the Anxiety and Depression Association of America, the American Psychological Association, the International OCD Foundation, and Psychotherapy Networker



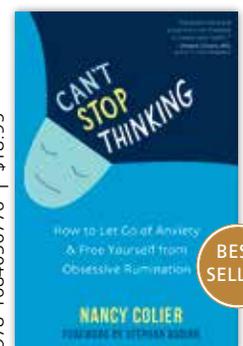
978-16226256224 | \$24.95



978-1608821211 | \$20.95

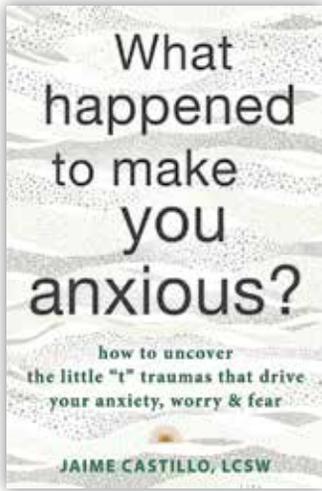


978-1684031993 | \$16.95



978-1684036776 | \$18.95

BEST SELLER



■ This book helps readers uncover the root cause of their anxiety—the unhealed traumas from the past that can create lasting worry, fear, and panic.

978-1684038756 | US \$17.95
6 x 9 | 192 pp | trade paper
self-help | WORLD RIGHTS
PUB DATE: **June 1, 2022**

What Happened to Make You Anxious?

How to Uncover the Little “t” Traumas that Drive Your Anxiety, Worry, and Fear

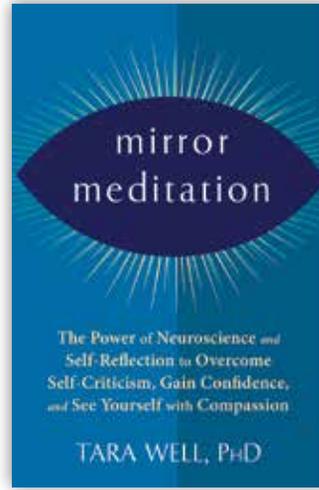
Jaime Castillo, LCSW

Is your anxiety trying to tell you something? And what would happen if you listened? Anxiety can interfere with every single aspect of life, from work and family to relationships and finances. In this counterintuitive guide, anxiety expert Jaime Castillo offers a whole new approach; one that focuses less on avoiding or extinguishing anxiety, and more toward understanding and working with it to create a fulfilling, meaningful life. Readers will learn how anxiety is connected to what Castillo refers to as “little ‘t’ traumas”—seemingly small, unhealed traumas from the past that drive fear and worry—so they can get to the root of their anxiety and start healing.

Jaime Castillo, LCSW, is founder of Find Your Shine Therapy, and a licensed clinical social worker specializing in the treatment of trauma and anxiety disorders. She is a certified eye movement desensitization and reprocessing (EMDR) therapist, and has additional training in internal family systems (IFS).

Castillo resides in Tempe, AZ.

PUBLICITY & PROMOTION • Advertising in the annual conference guides of the Anxiety and Depression Association of America, the National Association of Social Workers, and the International OCD Foundation • Online advertising in the Greater Good Science Center



■ Technology and social media have created an epidemic of shallowness, isolation, and self-criticism. The meditations in this book help readers regain their self-awareness and confidence.

978-1684039678 | US \$17.95
6 x 9 | 208 pp | trade paper
self-help | WORLD RIGHTS
PUB DATE: **June 1, 2022**

Mirror Meditation

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

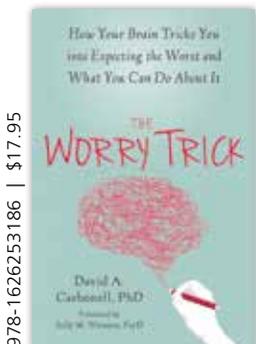
Tara Well, PhD

Seeing ourselves clearly isn’t always easy—especially in the age of social media. Technology has eroded our capacity for authentic self-reflection. We’ve also become more critical of our physical appearance, and this self-criticism can damage our confidence and stand in the way of our happiness. Grounded in cutting-edge neuroscience, *Mirror Meditation* offers simple mindful meditation practices to help readers see themselves with kindness and compassion. With this unique guide, readers will learn how the simple act of looking in the mirror can actually become a powerful tool for quieting their inner critic and developing self-awareness.

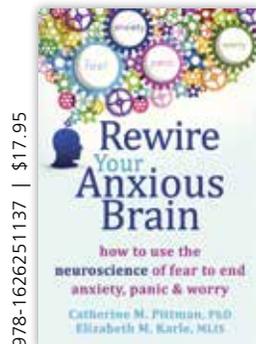
Tara Well, PhD, is associate professor of psychology at Barnard College of Columbia University in New York, NY; where she developed a mirror-based meditation called “a revelation,” which was featured in *The New York Times*. In 2017, she started a blog called *The Clarity* on *Psychology Today*, which now has more than a million readers.

Well resides in New Haven, CT.

PUBLICITY & PROMOTION • Advertising in the annual conference guide of Psychotherapy Networker • Online advertising in the Greater Good Science Center • Author video, website, email, and social media promotion • Features in New Harbinger consumer and professional catalogs



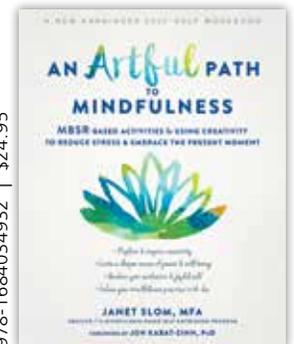
978-1626253186 | \$17.95



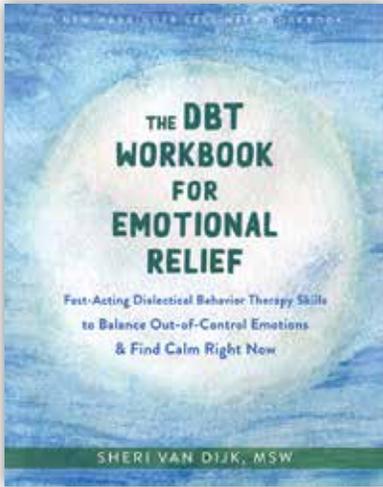
978-1626251137 | \$17.95



978-1684035724 | \$18.95



978-1684034932 | \$24.95



■ Books based in DBT have been highly successful for New Harbinger: *The Dialectical Behavior Therapy Skills Workbook* (ISBN: 978-1572249547) has sold more than 610,000 copies.

978-1684039647 | US \$24.95
8 x 10 | 240 pp | trade paper self-help | WORLD RIGHTS
PUB DATE: **July 1, 2022**

The DBT Workbook for Emotional Relief

Fast-Acting Dialectical Behavior Therapy Skills to Balance Out-of-Control Emotions and Find Calm Right Now

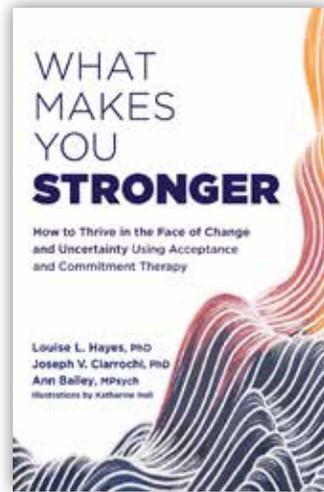
Sheri Van Dijk, MSW

In this breakthrough workbook, renowned dialectical behavior therapy (DBT) expert Sheri Van Dijk delivers fast-acting emotional rescue tools that readers can put into practice right now to effectively manage feelings and prevent emotional meltdowns. Readers will learn essential skills for staying calm when thoughts and feelings feel overwhelming—including mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. Putting these newfound skills into practice will help readers take charge of their emotions, reduce pain and suffering, focus more on positive feelings, and improve overall quality of life.

Sheri Van Dijk, MSW, is a mental health therapist, and renowned DBT expert. She is author of seven books, including *Don't Let Your Emotions Run Your Life for Teens*, and the forthcoming *Self-Harm Workbook for Teens*. Her books focus on using DBT skills to help people manage their emotions and cultivate lasting well-being.

Van Dijk resides in Churchill, ONT, Canada.

PUBLICITY & PROMOTION • Advertising in the annual conference guides of the Association for Contextual Behavioral Science, the Anxiety and Depression Association of America, and the American Association of Marriage and Family Therapy • Author website, email, and social media promotion • Features in New Harbinger consumer and professional catalogs



■ As the future becomes more and more uncertain, people are struggling with mental health issues. In June 2020, 40 percent of US adults reported struggling with mental health or substance abuse (CDC.gov).

978-1684038602 | US \$18.95
6 x 9 | 216 pp | trade paper self-help | WORLD RIGHTS
PUB DATE: **July 1, 2022**

What Makes You Stronger

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

Louise L. Hayes, PhD, Joseph V. Ciarrochi, PhD, & Ann Bailey, MPsych

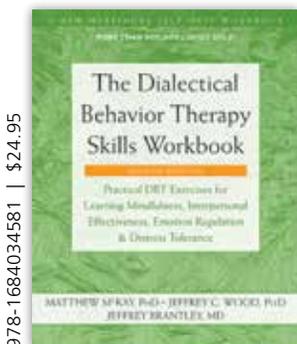
Uncertainty has become a constant in our daily lives, causing anxiety, fear, sadness, confusion, and anger. Based on the authors' highly popular DNA-v training program, *What Makes You Stronger* teaches readers an easy and effective six-step approach—grounded in mindfulness, acceptance and commitment therapy (ACT), and positive psychology—to successfully coping with change and adversity, and building the strength to overcome whatever life throws at them.

Louise L. Hayes, PhD, is an ACT trainer and speaker. She is a clinical psychologist and researcher collaborating on interventions with young people, and coauthor of *Get Out of Your Mind and Into Your Life for Teens*. **Joseph V. Ciarrochi, PhD**, is a professor at the Institute for Positive Psychology and Education at Australian Catholic University. **Ann Bailey, MPsych**, is an ACT practitioner and supervisor who developed an award-winning public mental health service for the treatment of borderline personality disorder (BPD) and anxiety disorders.

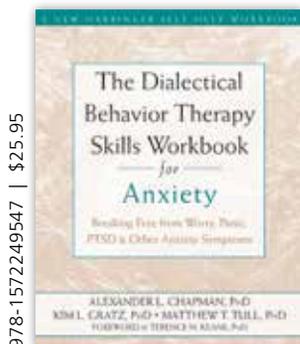
Hayes resides in Tawonga South, VIC, Australia.

Ciarrochi and Bailey reside in Austinmer, NSW, Australia.

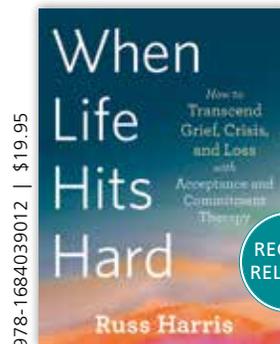
PUBLICITY & PROMOTION • Advertising in the annual conference guide of Psychotherapy Networker • Outreach to core psychology and mainstream media • Influencer campaign through author contacts



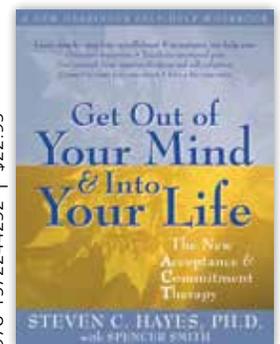
978-1684034581 | \$24.95



978-1572249547 | \$25.95



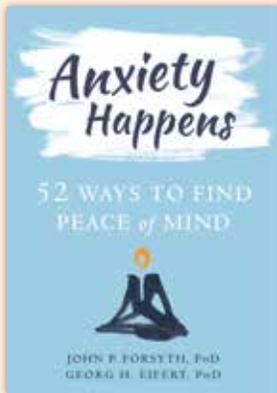
978-1684039012 | \$19.95



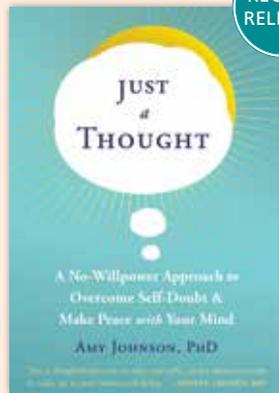
978-1572244252 | \$22.95

Little Books for Big Change

New Harbinger's take-anywhere self-help guides offer easy ways to soothe stress, calm anxiety, and create positive change.

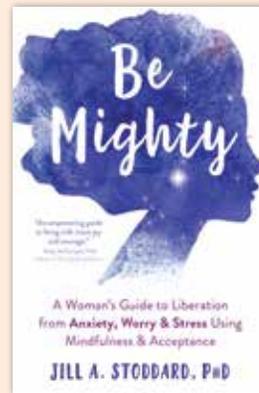


978-1684031108 | \$14.95

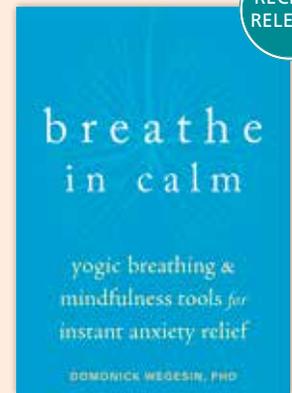


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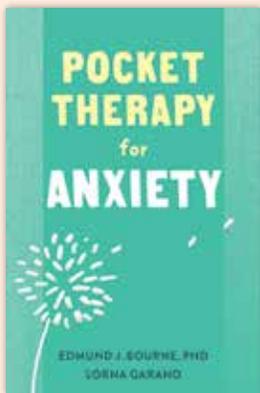


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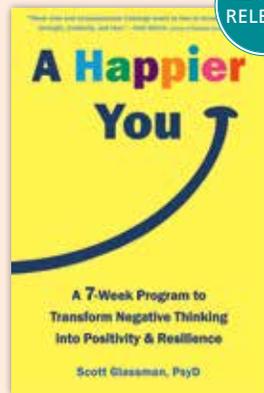


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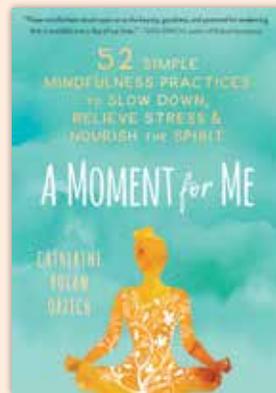


978-1684037612 | \$14.95

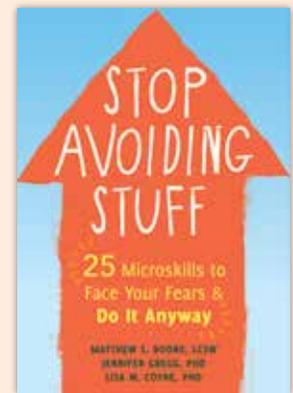


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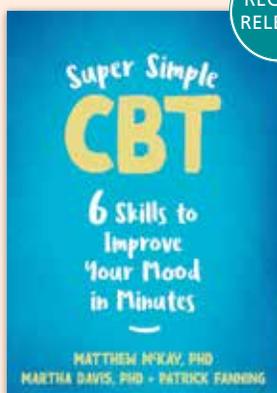
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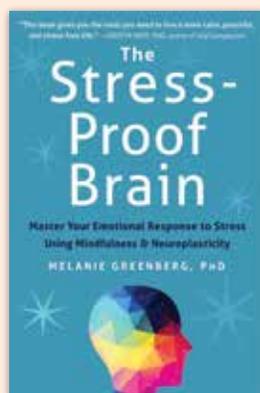


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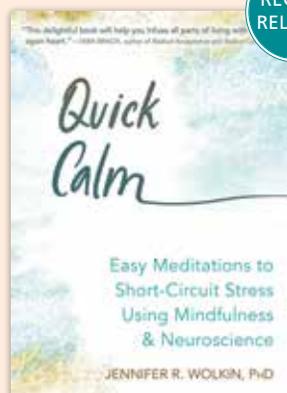


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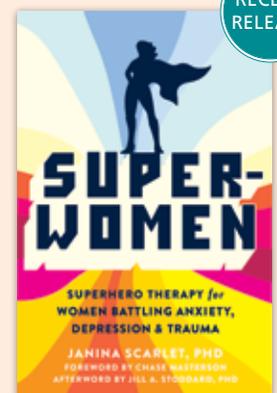


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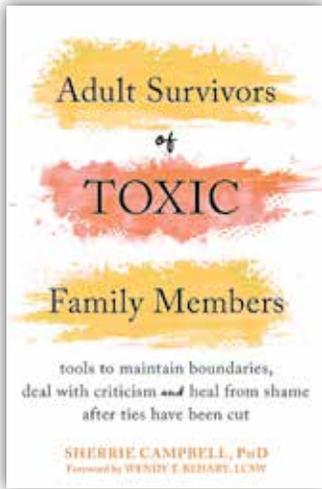
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■ This book boldly contradicts the idea that a fulfilling life requires strong familial connections, regardless of the level of dysfunction. The reader is given permission and validation to cut ties and feel confident in their decision.

978-1684039289 | US \$17.95
6 x 9 | 216 pp | trade paper
family & relationships
WORLD RIGHTS

PUB DATE: **April 1, 2022**

Adult Survivors of Toxic Family Members

Tools to Maintain Boundaries, Deal with Criticism, and Heal from Shame After Ties Have Been Cut

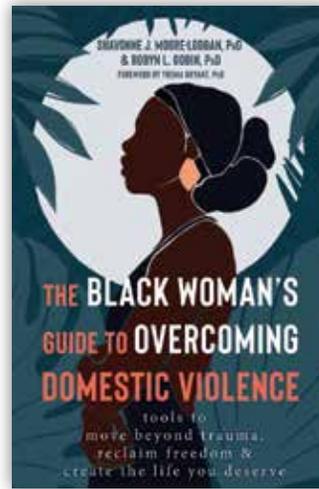
Sherrie Campbell, PhD

For many people, cutting ties with a toxic family member is a crucial step away from a legacy of dysfunction, and toward healing and well-being. In *Adult Survivors of Toxic Family Members*, psychologist Sherrie Campbell offers readers effective strategies for setting strong boundaries after ending contact with a toxic family member, and provides powerful tools to help them heal from shame, self-doubt, and stigma.

Sherrie Campbell, PhD, is a licensed psychologist who specializes in helping healthy people cut ties with the toxic people in their lives. She is a nationally recognized expert on family estrangement, an inspirational speaker, former radio host of the *Dr. Sherrie Show* on the BBM Global Network and Tune-In Radio, a social media influencer, and a regularly featured media expert.

Campbell resides in Irvine, CA.

PUBLICITY & PROMOTION • Advertising in the annual conference guides of the American Association of Marriage and Family Therapy and Psychotherapy Networker • Outreach to psychology and mainstream media • Features in New Harbinger consumer and professional catalogs



■ 40 percent of Black women in the US will experience domestic violence during their lifetime. An estimated 50 percent of homicides committed against Black women are related to intimate partner violence.

978-1684039340 | US \$17.95
6 x 9 | 208 pp | trade paper
family | WORLD RIGHTS

PUB DATE: **June 1, 2022**

The Black Woman's Guide to Overcoming Domestic Violence

Tools to Move Beyond Trauma, Reclaim Freedom, and Create the Life You Deserve

Shavonne J. Moore-Lobban, PhD, & Robyn L. Gobin, PhD

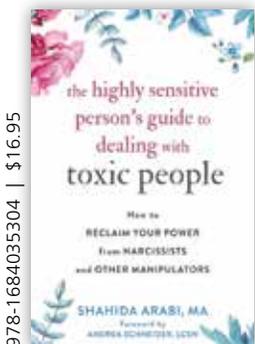
Black women experience domestic violence and abuse at a disproportionately high rate. Written by two psychologists and experts in BIPOC mental health and grounded in cognitive behavioral therapy (CBT), this compassionate and first-of-its-kind book addresses the unique struggles faced by Black women who have experienced domestic violence, and empowers them to understand and heal their trauma, leave harmful situations, and regain a sense of safety and freedom.

Shavonne J. Moore-Lobban, PhD, is a licensed psychologist, training director, and assistant professor in Washington, DC. She specializes in trauma, severe mental illness, and providing services to marginalized communities.

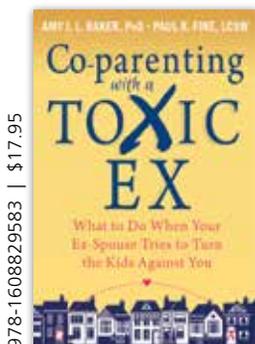
Robyn L. Gobin, PhD, is a clinical psychologist and consultant with expertise in interpersonal trauma, the cultural context of trauma recovery, and women's mental health.

Moore-Lobban resides in the Greater Washington, DC, Area. Gobin resides in Savoy, IL.

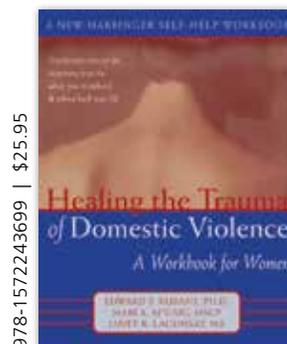
PUBLICITY & PROMOTION • Advertising in the annual conference guides of the Association for Contextual Behavioral Science, the American Psychological Association, and the National Association of Social Workers • Outreach to psychology, mainstream, and women's interest media



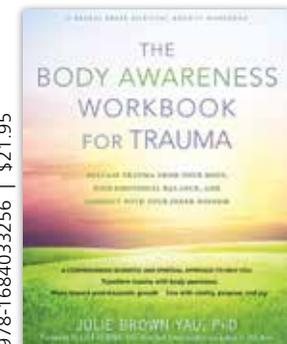
978-1684035304 | \$16.95



978-1608829583 | \$17.95



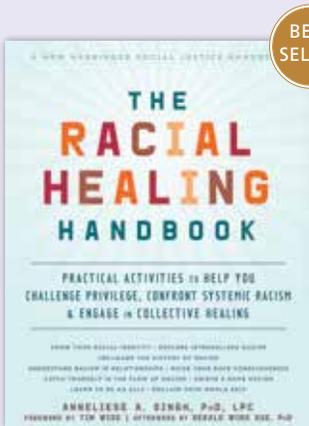
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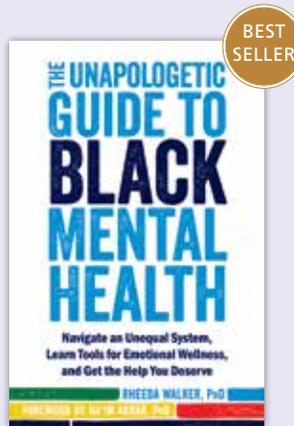
Books to Support Diversity, Equity, and Inclusion

Practical, evidence-based tools to challenge and dismantle dominant culture, increase equity, and improve overall mental health and well-being.



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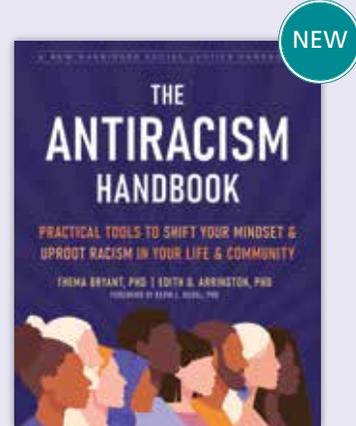
BEST SELLER

978-1684034147 | \$16.95



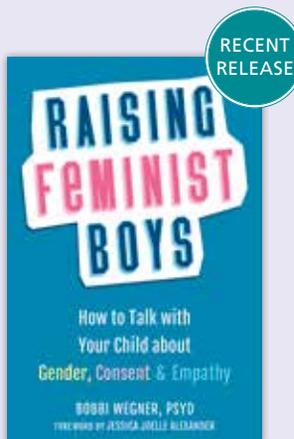
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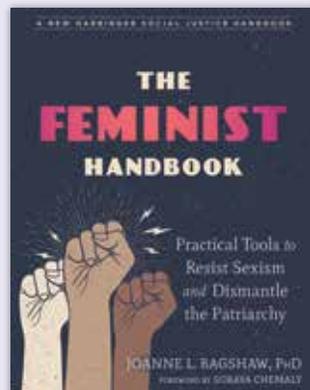
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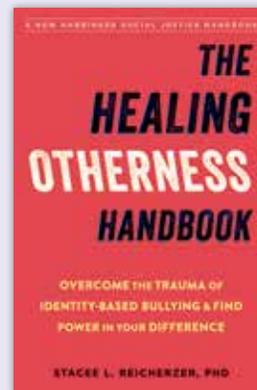


RECENT RELEASE

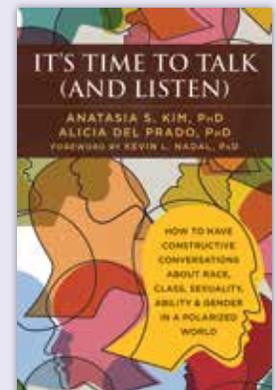
978-1684036677 | \$18.95



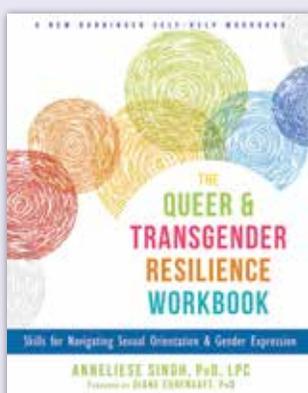
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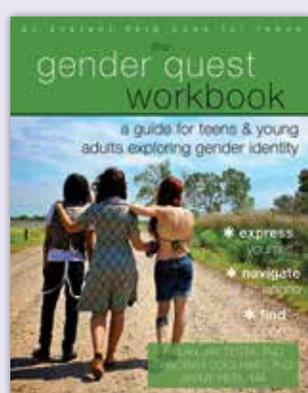
978-1684036479 | \$18.95



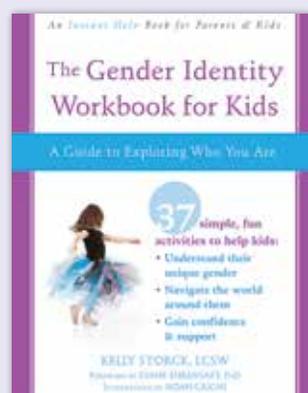
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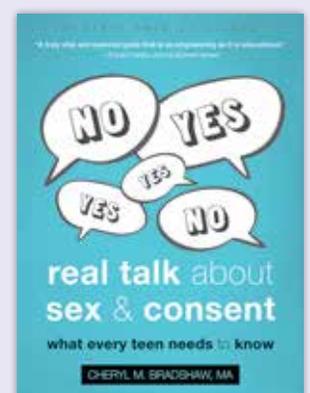
978-1626259461 | \$21.95



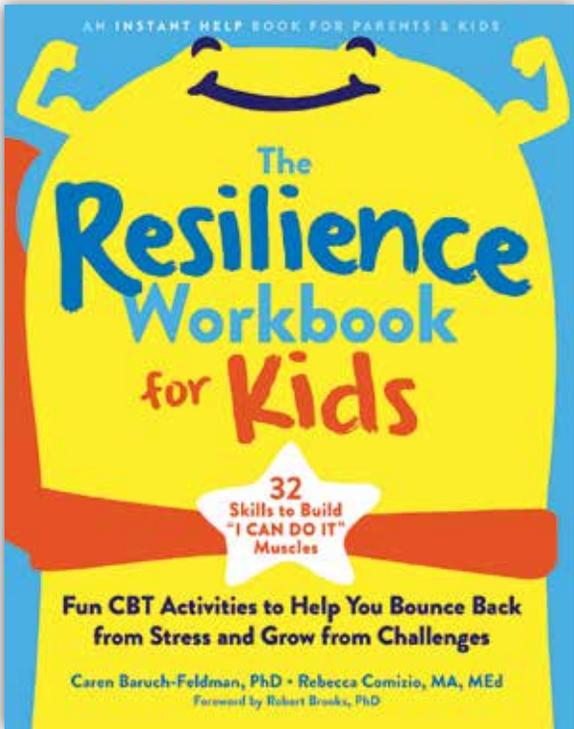
978-1626252974 | \$17.95



978-1684030309 | \$18.95



978-1684034499 | \$17.95



The Resilience Workbook for Kids

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

Caren Baruch-Feldman, PhD, & Rebecca Comizio, MA, MEd

- Research shows that *resilience building*—along with creating safe places for children to express their emotions—has the potential to reverse the negative impacts of toxic stress.
- The pandemic quarantine has had a disastrous effect on children’s mental health, and hospitals across the US have seen an increase in mental health emergency visits for children ages 5 to 11 (CDC).

978-1684039166 | US \$18.95

8 x 10 | 184 pp | trade paper | parenting | WORLD RIGHTS

PUB DATE: **April 1, 2022**

We all want to protect children from life’s difficulties. But this isn’t always possible. In order to face the uncertainty and inevitable setbacks of life with confidence, children need the right tools. The good news is that you can give them these tools. Designed for kids ages 7 to 12, this workbook provides actionable techniques to help kids cope with stress, manage powerful emotions, and grow through life’s challenges.

The Resilience Workbook for Kids offers engaging activities grounded in evidence-based cognitive behavioral therapy (CBT) and positive psychology to help kids recover from difficult experiences. Kids will learn how to “make friends with” their emotions, focus on the things in life that make them happy, and connect with what really matters to them. Finally, children will discover how helping others can make them feel good about themselves, so they can move beyond feelings like sadness, fear, and anger. Resilience can help kids stay strong and recover from the psychological impact of stress. This workbook will help kids find the tools needed to build resilience in the face of stress, so they can bounce back even better.

photo by Jim O'Grady



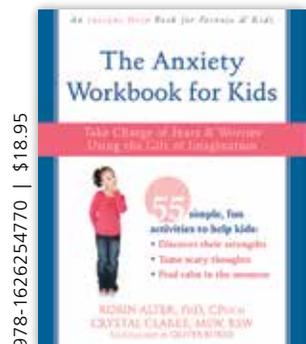
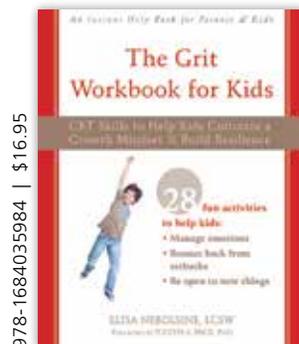
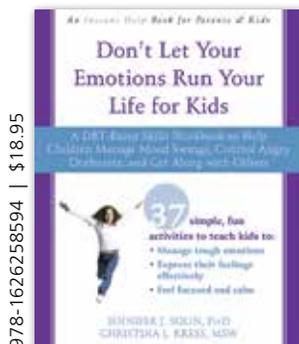
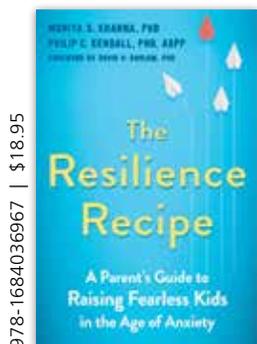
Caren Baruch-Feldman, PhD, is a clinical psychologist and a certified school psychologist. She maintains a private practice in Scarsdale, NY; and works as a school psychologist in Harrison, NY. She is also author of *The Grit Guide for Teens*.

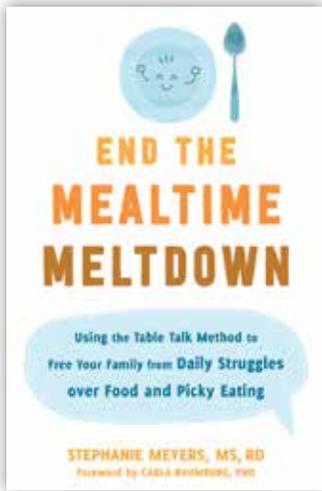


Rebecca Comizio, MA, MEd, was named Connecticut’s 2019 School Psychologist of The Year. She is a practicing school psychologist, and licensed professional counselor at the New Canaan Country School in New Canaan, CT; and the Waverly Group in Old Greenwich, CT.

Baruch-Feldman resides in Scarsdale, NY.
Comizio resides in Greenwich, CT.

PUBLICITY & PROMOTION • Advertising in *ASCA School Counselor* and in the annual conference guides of the National Association of School Psychologists, the American Association of Marriage and Family Therapy, and the National Association of Social Workers • Outreach to the School Counselors Association and National Association for School Psychologists • Feature in New Harbinger consumer catalog





■ 25 percent of children under the age of 10 are picky eaters. 5 to 7.5 million children in the US have moderate to severe feeding disorders (National Institute of Health).

978-1684039463 | US \$18.95
6 x 9 | 200 pp | trade paper parenting | WORLD RIGHTS
PUB DATE: **May 1, 2022**

End the Mealtime Meltdown

Using the Table Talk Method to Free Your Family from Daily Struggles over Food and Picky Eating

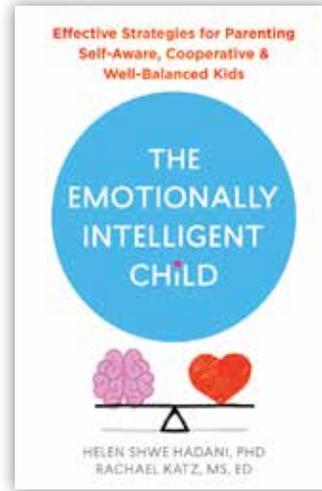
Stephanie Meyers, MS, RD

But I made it just the way you like it. If you eat your broccoli, you'll grow up big and strong. No dessert unless you finish your dinner! Written by a dietician and mindful eating expert, *End the Mealtime Meltdown* serves up the familiar yet largely unexamined phrases parents say to kids at mealtime, and shows readers that what they say to their kids can actually sabotage their efforts to instill healthy habits. With this practical guide, parents will find the communications skills they need to end conflict at the dinner table—for good.

Stephanie Meyers, MS, RD, is a registered dietician nutritionist, and founder of Families Eating Well—a nutrition practice training parents to coach healthy eating habits in kids. She is an instructor in the graduate nutrition department at Boston University, and nutrition coordinator at The Zakim Center for Integrative Therapies and Healthy Living at Dana-Farber Cancer Institute.

Meyers resides in Boston, MA.

PUBLICITY & PROMOTION • Advertising in the annual conference guide for the American Association of Marriage and Family Therapy • Author website, email, and social media promotion • Influencer campaign on social media • Feature in New Harbinger consumer catalog



■ The innovative techniques outlined in this parent's guide have been recognized by the Centers for Disease Control and Prevention (CDC) for their effectiveness in helping children improve social and emotional awareness.

978-1684038152 | US \$18.95
6 x 9 | 232 pp | trade paper parenting | WORLD RIGHTS
PUB DATE: **June 1, 2022**

The Emotionally Intelligent Child

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

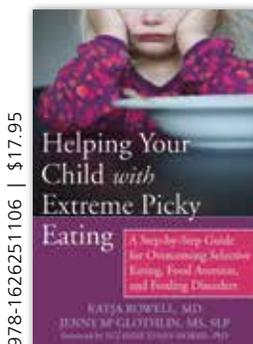
Helen Shwe Hadani, PhD, & Rachael Katz, MS, Ed

Parents often wonder what's going on in their child's mind when they throw a temper tantrum, behave badly, or refuse to cooperate. Written by two experts in child development and psychology, this book offers a groundbreaking approach for understanding children's behavior in the context of their development, as well as tips for parenting with patience, and actionable strategies for helping kids cultivate *emotional intelligence*—an essential character trait for succeeding in our highly social world.

Helen Shwe Hadani, PhD, is currently a fellow at the Brookings Institution where she conducts research on the benefits of playful learning. Prior to joining Brookings, she served as director of research at the Bay Area Discovery Museum where she guided program and exhibit development. **Rachael Katz, MS, Ed**, is a leader in early childhood education and an expert in child development. Currently, Rachael is completing a master's degree in social work with a focus on child and family wellness at the Graduate School for Social Work and Social Research at Bryn Mawr College.

Hadani resides in the Greater Sacramento Area. Katz resides in Philadelphia, PA.

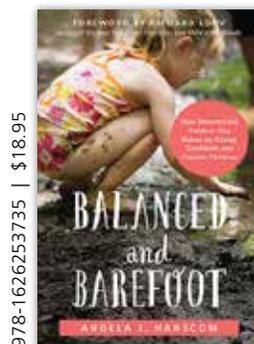
PUBLICITY & PROMOTION • Advertising in the annual conference guide of the American Association of Marriage and Family Therapy • Outreach to parenting media • Online advertising in the Greater Good Science Center



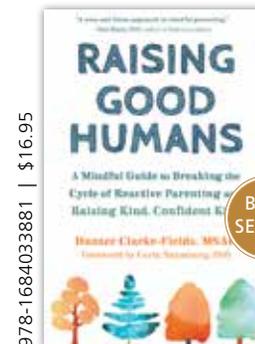
978-1626251106 | \$17.95



978-1626259539 | \$17.95



978-1626253735 | \$18.95

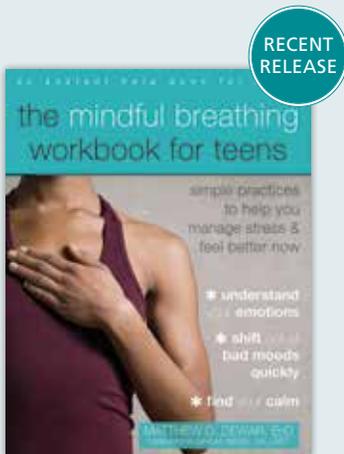


978-1684033881 | \$16.95

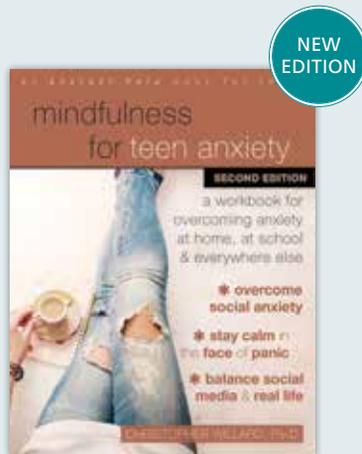
BEST SELLER

Teens Need Mental Health Resources Now More than Ever

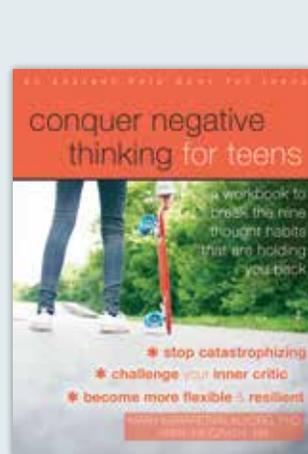
Written by leading psychologists, these evidence-based self-help books and workbooks offer practical tips and strategies to help teens navigate a variety of mental health issues and life challenges.



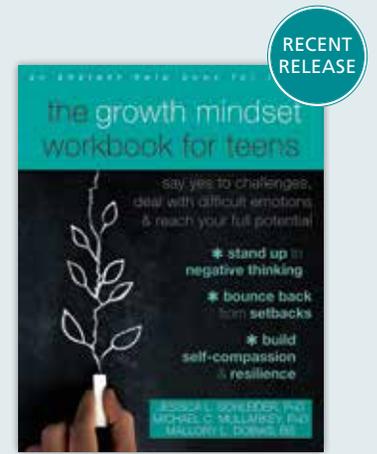
978-1684037247 | \$17.95



978-1684035755 | \$17.95



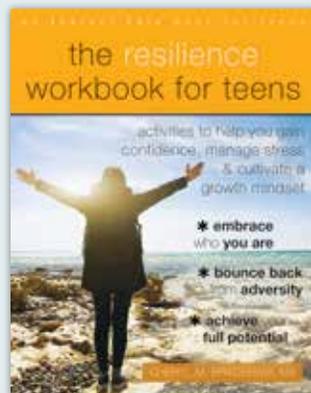
978-1626258891 | \$17.95



978-1684035571 | \$18.95



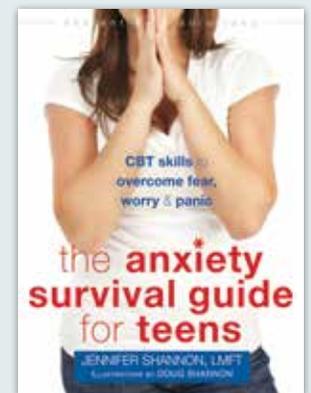
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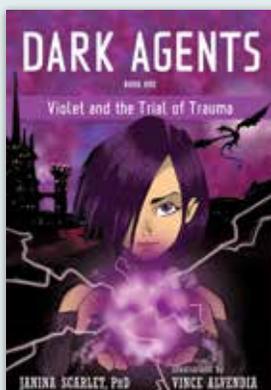
978-1684032921 | \$16.95



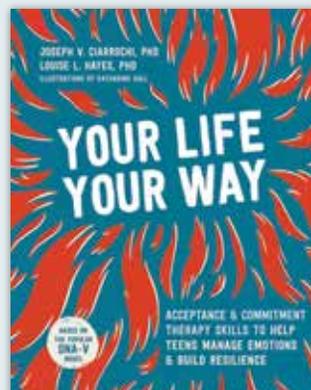
978-1608823215 | \$18.95



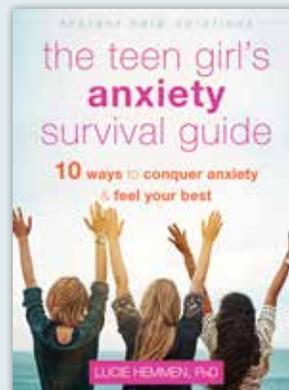
978-1626252431 | \$17.95



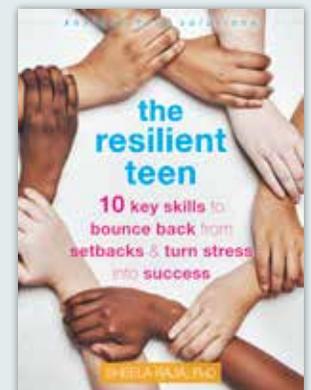
978-1684031740 | \$19.95



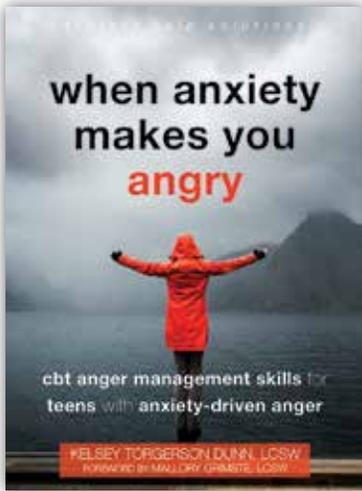
978-1684034659 | \$17.95



978-1684035847 | \$17.95



978-1684035786 | \$17.95



Recent studies show that high levels of anger are associated with worry and anxiety. This is the first book written for teens who experience *anxiety-driven anger*, and offers skills to manage anger by uncovering its source.

978-1684038367 | US \$17.95
6 x 8 | 160 pp | trade paper
teen self-help | WORLD RIGHTS
PUB DATE: **March 1, 2022**

When Anxiety Makes You Angry

CBT Anger Management Skills for Teens with Anxiety-Driven Anger

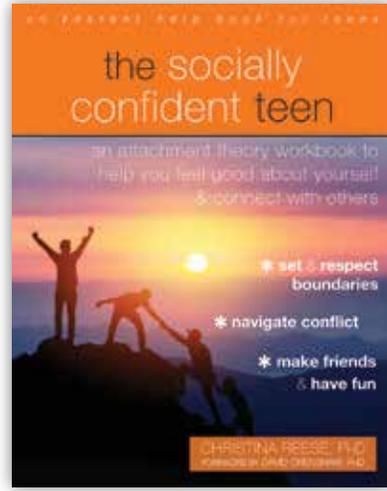
Kelsey Torgerson Dunn, MSW, LCSW

From academic stress, worrying about college, and dealing with friend drama—teens have a lot on their plate. Using a proven-effective approach rooted in evidence-based cognitive behavioral therapy (CBT), *When Anxiety Makes You Angry* will help teens identify the anxiety beneath their anger, accept difficult emotions—rather than fighting or trying to ignore them—and learn healthy coping and self-regulation skills to find emotional balance. Teens will also discover how to “train your brain” to stop and think before reacting; and how to choose calm over chaos when faced with the things that trigger anxiety or anger.

Kelsey Torgerson Dunn, MSW, LCSW, specializes in anxiety and anger management therapy for kids, teens, and college students. She opened her group practice, Compassionate Counseling St. Louis, in early 2017. She practices cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and mindfulness skills.

Torgerson Dunn resides in St. Louis, MO.

PUBLICITY & PROMOTION • Advertising in *the Behavior Therapist*, *ASCA School Counselor*, and in the annual conference guides of the Anxiety and Depression Association of America, the National Association of School Psychologists, the American Association of Marriage and Family Therapy, and the National Association of Social Workers • Features in New Harbinger consumer and professional catalogs



Research now shows that secure attachments and healthy relationships improve teens’ academic skills, self-esteem, and overall mental health.

978-1684038725 | US \$18.95
8 x 10 | 152 pp | trade paper
teen self-help | WORLD RIGHTS
PUB DATE: **May 1, 2022**

The Socially Confident Teen

An Attachment Theory Workbook to Help You Feel Good about Yourself and Connect with Others

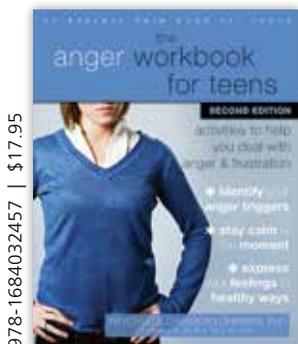
Christina Reese, PhD

Life as a teen can be a struggle. The hardships of juggling school, friends, family, and social media—not to mention raging hormones—can limit self-confidence and the ability to build healthy relationships. Based on new research showing that attachment-based therapy improves social skills for teens, this workbook offers engaging and simple attachment-based tools for improving social success, boosting self-confidence, feeling more secure, and connecting genuinely with others. Teens will also learn how to grow and maintain a social network, and ensure healthy support for themselves as they grow into an independent adult.

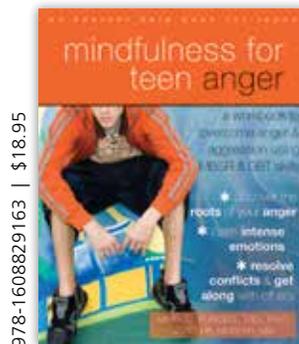
Christina Reese, PhD, is a licensed clinical therapist who specializes in attachment theory. She provides educational seminars across the country on attachment and trauma in children and families; and is author of *Attachment, Puzzle Pieces*, and *The Attachment Connection*.

Reese resides in Prospect Harbor, ME.

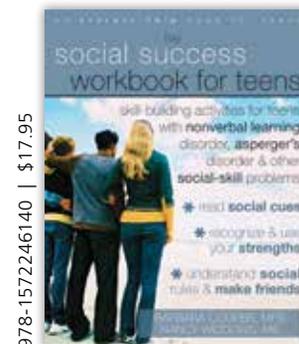
PUBLICITY & PROMOTION • Advertising in *ASCA School Counselor* and in the annual conference guide of the American Association of Marriage and Family Therapy • Author website, email, and social media promotion • Features in New Harbinger email programs • Features in New Harbinger consumer and professional catalogs



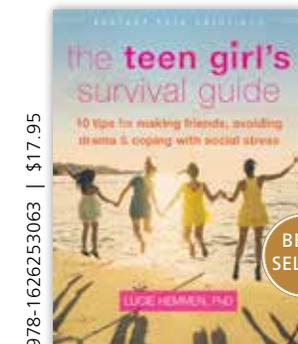
978-1684032457 | \$17.95



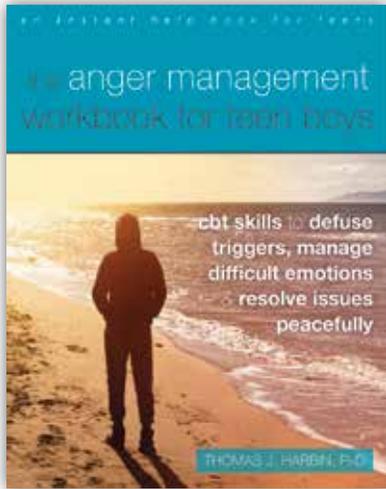
978-1608829163 | \$18.95



978-1572246140 | \$17.95



978-1626253063 | \$17.95



■ A recent study found that anger disorders are three times more common in boys than girls (National Institute of Mental Health). This book helps teen boys find healthy ways of coping with anger.

978-1684039074 | US \$18.95
8 x 10 | 176 pp | trade paper
teen self-help | WORLD RIGHTS
PUB DATE: **May 1, 2022**

The Anger Management Workbook for Teen Boys

CBT Skills to Defuse Triggers, Manage Difficult Emotions, and Resolve Issues Peacefully

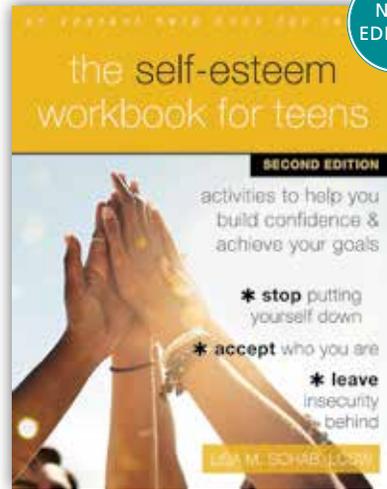
Thomas J. Harbin, PhD

Being a young man can be difficult, and teen boys are not always equipped to deal with the ongoing challenges of school, work, family, and relentless peer pressure. In addition, our society often encourages boys to repress their emotions—both positive and negative. From male-anger expert Thomas J. Harbin, this comprehensive workbook provides teen boys with the skills they need to express a broader, healthier range of emotions. Readers will learn effective exercises rooted in cognitive behavioral therapy (CBT) to help them recognize triggers, cope with anger feelings, and resolve issues while keeping anger in check.

Thomas J. Harbin, PhD, is a member of the North Carolina Psychological Association, the National Academy of Neuropsychology, and the National Register of Health Service Psychologists. He specializes in forensic evaluations, neuropsychological evaluations, and the assessment and treatment of anger. He is author of *Beyond Anger*, a step-by-step guide for men.

Harbin resides near Chapel Hill, NC.

PUBLICITY & PROMOTION • Advertising in *the Behavior Therapist*, *ASCA School Counselor*, and in the annual conference guides of the Association for Behavioral and Cognitive Therapies, and the American Association of Marriage and Family Therapy • Author website, email, and social media promotion



NEW EDITION

■ The first edition of *The Self-Esteem Workbook for Teens* (ISBN: 978-1608825820) has sold more than 100,000 copies, and was named one of Tutorful's Best Child Self-Esteem Boosters/Resources 2018.

978-1648480003 | US \$17.95
8 x 10 | 216 pp | trade paper
teen self-help | WORLD RIGHTS
PUB DATE: **June 1, 2022**

The Self-Esteem Workbook for Teens, Second Edition

Activities to Help You Build Confidence and Achieve Your Goals

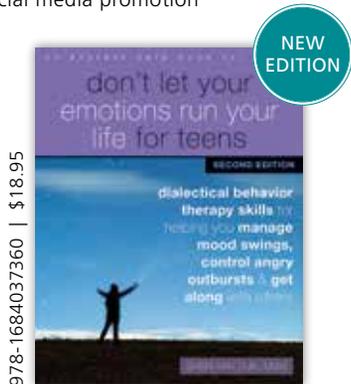
Lisa M. Schab, LCSW

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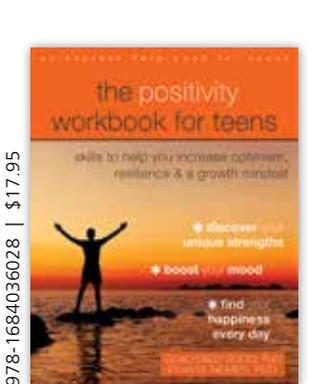
Lisa M. Schab, LCSW, is a practicing psychotherapist in the greater Chicago, IL, area; and author of eighteen self-help books, including *The Anxiety Workbook for Teens*, as well as the teen guided journals, *Put Your Worries Here* and *Put Your Feelings Here*.

Schab resides in the Greater Chicago Area.

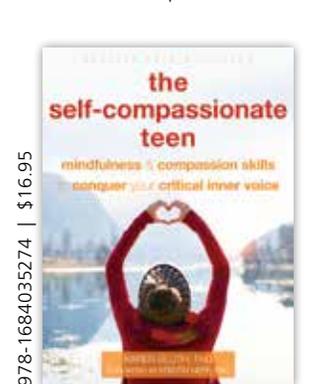
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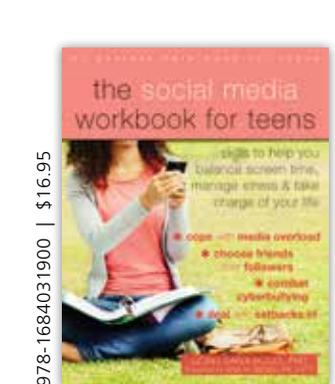
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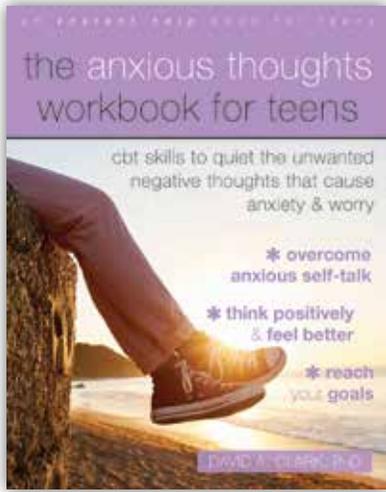
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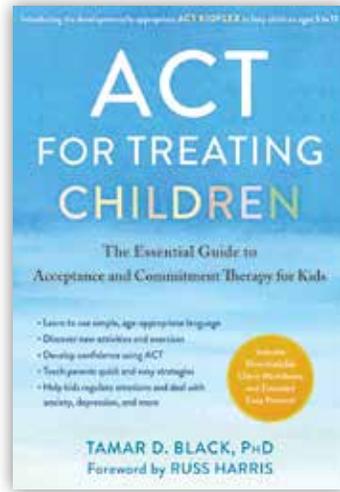
David A. Clark, PhD

The teen years are full of changes and challenges—especially in today’s uncertain world. It’s no wonder, then, that teens are feeling more anxious than ever. The good news is that there are tools to move beyond these worrying thoughts, and get back to the things that matter. Grounded in the same evidence-based methods as the self-help hit, *The Anxious Thoughts Workbook*, this step-by-step, personalized guide just for teens offers fun, targeted activities to break free from the anxious, intrusive, and unwanted thoughts that feed anxiety and depression—and keep teens from reaching their goals.

David A. Clark, PhD, is a clinical psychologist and professor emeritus at the University of New Brunswick. He is author or coauthor of several books on depression, anxiety, and obsessive-compulsive disorder (OCD), including *The Anxiety and Worry Workbook*. He is author of the blog, *The Runaway Mind*, on psychologytoday.com.

Clark resides in Fredericton, NB, Canada.

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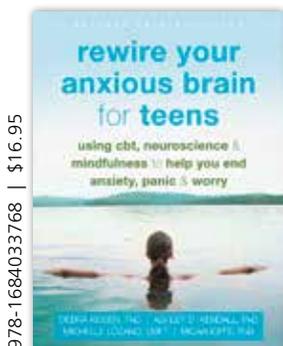
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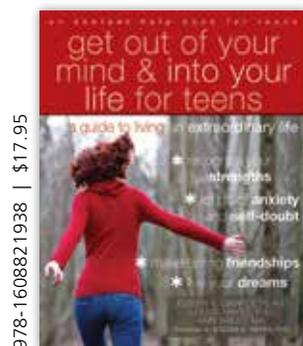
Tamar D. Black, PhD, is an educational and developmental psychologist in Melbourne, Victoria, Australia. She is a school psychologist and runs a private practice, working with children, adolescents, and parents. She has extensive experience providing clinical supervision to early career and highly experienced psychologists.

Black resides in Melbourne, Victoria, Australia.

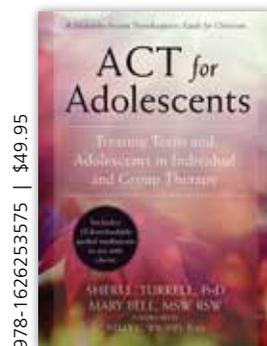
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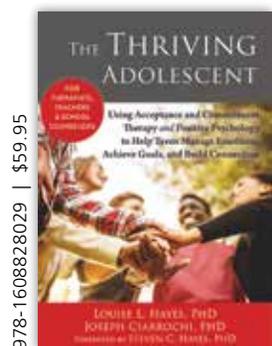
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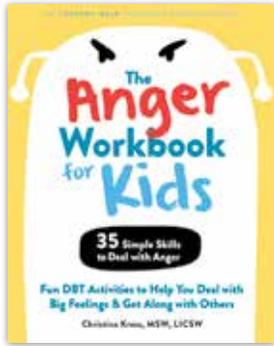


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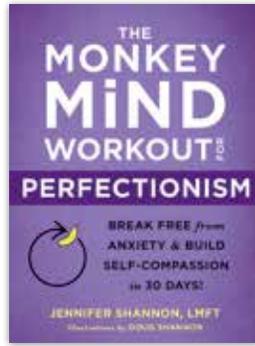


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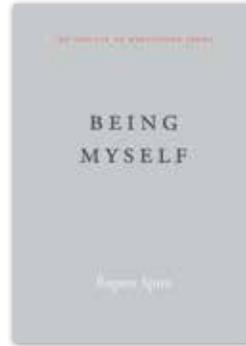
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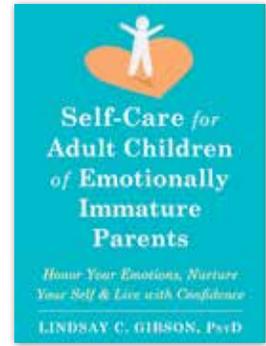
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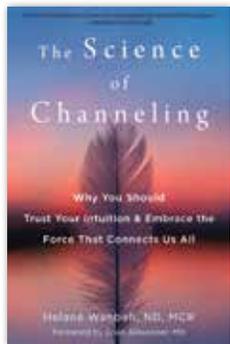
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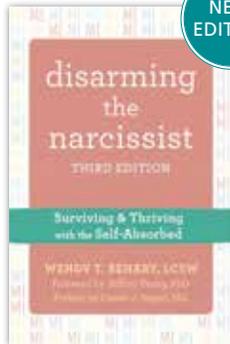
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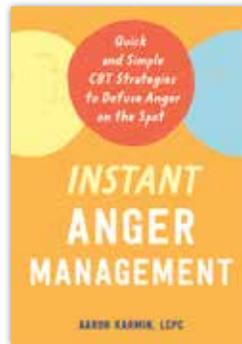
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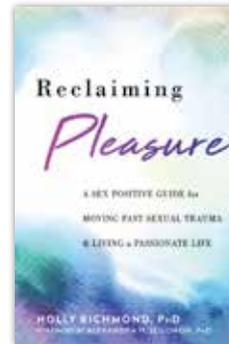
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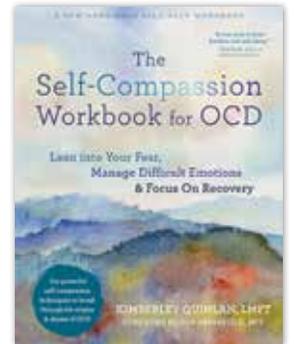
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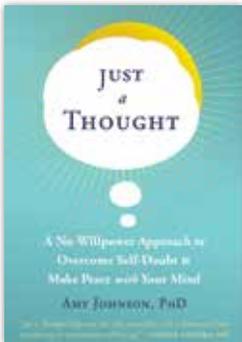
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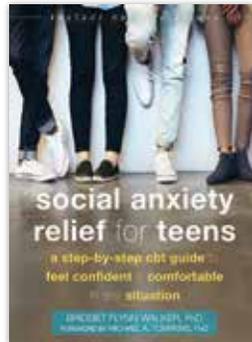
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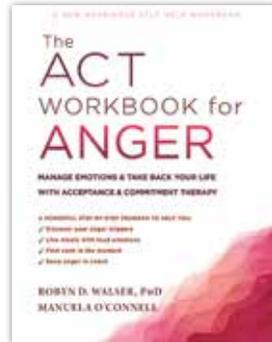
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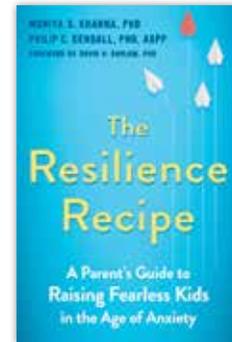
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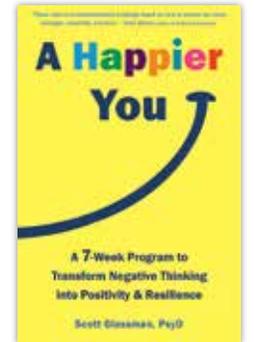
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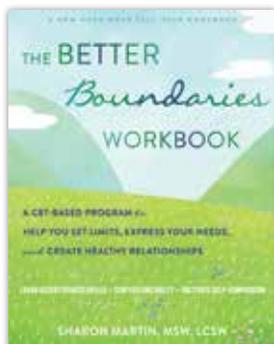
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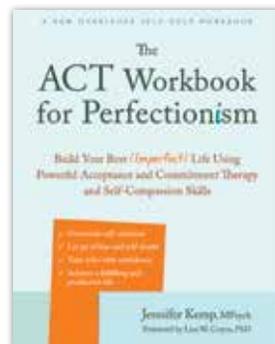
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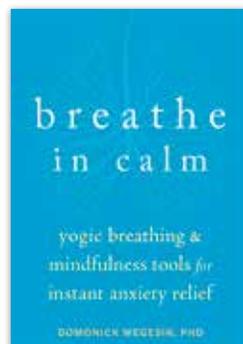
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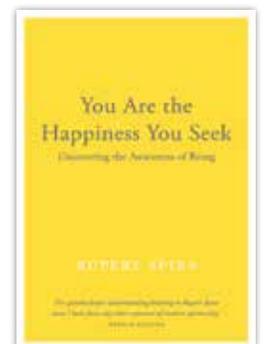
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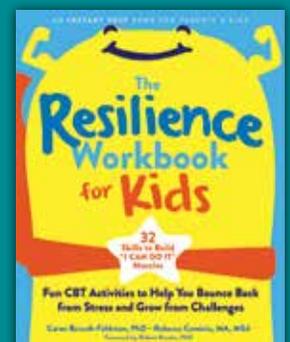
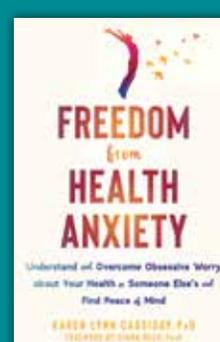
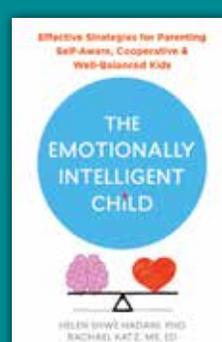
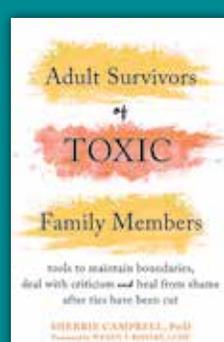
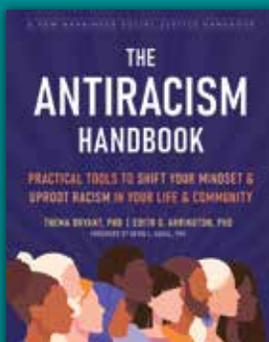
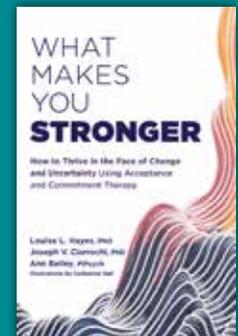
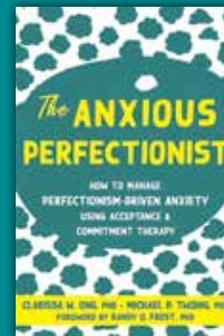
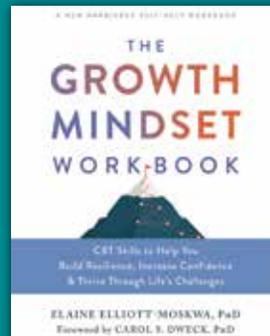
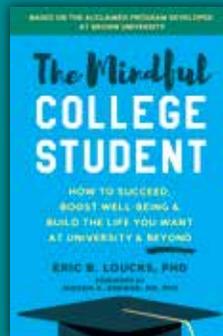
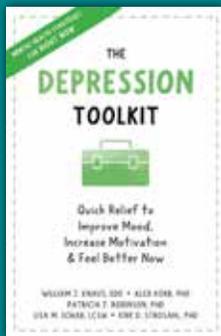
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