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REAL TOOLS *for* REAL CHANGE



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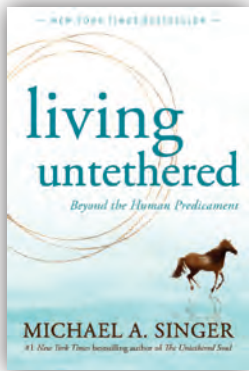


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IC: Living Untethered, The

Awaken your soul with daily doses of inspiration! Crafted by the renowned spiritual teacher Michael A. Singer, this mesmerizing 52-card deck is your gateway to a life full of freedom, serenity, openness, and profound self-awareness. Each card is a powerful tool designed to deepen your understanding of your emotions and thoughts, shedding light on how they shape your energy flow and overall well-being. As you delve into these insights, you'll embark on a transformative journey, learning to release the psychological imprints, or samskaras, that hinder your progress. Let these cards be your guide, steering you towards a life of inner liberation, clarity, and the realization of your fullest potential. Embrace the journey to a more awakened you.

Singer, Michael A. • CARDS • 52pp • 9 x 13cm • \$36.99 • 1/12/2024



* 9 7 8 1 6 4 8 4 8 0 9 3 5 *

Living Untethered, The

The book you've been eagerly anticipating is finally here! From the esteemed spiritual teacher Michael A. Singer, author of the New York Times bestseller *The Untethered Soul*, comes this eagerly awaited and transformative guide. This profound book is designed to take you on a deep journey toward self-realization and lasting happiness. Now is the perfect moment to shed your struggles and fully embrace the joy of living. Inside, you'll uncover how to incorporate Michael A. Singer's timeless spiritual wisdom into your everyday life, guiding you toward true liberation, serenity, openness, and deep self-awareness. The path to inner freedom is ready for you—are you prepared to start *Living Untethered* and experience the life you've always dreamed of?

Singer, Michael A. • PAPERBACK • 216pp • 15 x 23cm • \$36.99 • 1/11/2024



* 9 7 8 1 6 8 4 0 3 4 3 1 4 *

Untethered Soul 52-Card Deck

Elevate your daily journey with this motivational card deck, inspired by the transformative insights of the New York Times bestseller, *The Untethered Soul*. This curated set features 52 deeply inspiring quotes, each designed to help you break through personal limitations, cultivate lasting inner peace, and reveal your true self. Drawing from timeless meditation and mindfulness practices, the wisdom of spiritual guide Michael A. Singer encourages you to embrace the present moment, release past constraints, and rise above mental barriers. Ready to silence your inner critic and unlock a life full of freedom, joy, and self-discovery? This deck is your key to a transformative new path.

Singer, Michael A. • CARDS • 52pp • 10 x 15cm • \$36.99 • 1/10/2018



* 9 7 8 1 6 8 4 0 3 6 5 6 1 *

Untethered Soul Guided Journal, The

Inspired by the #1 New York Times bestseller *The Untethered Soul*, this guided journal provides fresh practices for inspiration, freedom, and joy. Inside, you'll find new exercises and prompts paired with original passages from *The Untethered Soul*, crafted to help you apply Michael A. Singer's teachings to your personal journey and integrate them into everyday life. Explore methods to quiet your busy mind, connect with deeper awareness, and overcome limiting negative emotions. Rooted in meditation and mindfulness traditions, this journal helps you live more fully in the present, achieve lasting joy, and access your true self. Unlock limitless possibilities and a richer understanding of your mind, emotions, and inner energy.

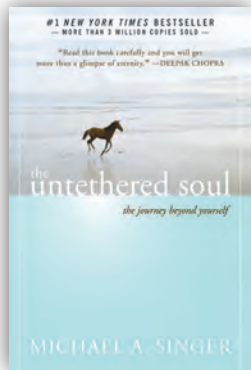
Singer, Michael A. • PAPERBACK • 208pp • 19 x 23cm • \$52.99 • 1/09/2020



Untethered Soul, The

Discover the New York Times bestseller that's captivating readers with this elegant hardcover edition, featuring a ribbon bookmark and a new preface by Michael A. Singer. This deluxe edition is a perfect gift for any occasion. If you've ever wanted to overcome limitations, transcend boundaries, and find true inner peace, *The Untethered Soul* is your guide. Whether you're just starting your journey or are deeply engaged in it, this book will transform your relationship with yourself and the world. Rooted in meditation and mindfulness, Singer shows how expanding consciousness helps you live fully in the present and release painful thoughts. Co-published with the Institute of Noetic Sciences (IONS), this book offers a path to freedom and self-realization.

Singer, Michael A. • HARDBACK • 312pp • 13 x 18cm • \$52.99 • 1/11/2013

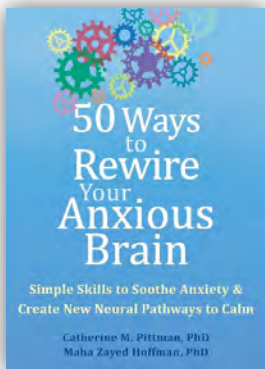


Untethered Soul: Journey Beyond Yourself

Who are you? Exploring this question uncovers how elusive the answer can be. Are you merely your physical body, a sum of experiences and memories, or defined by your relationships? Each perspective reveals that you are more than any single definition. In this book, spiritual teacher Michael Singer explores identity and argues that our true self resides in our consciousness—the ability to observe ourselves and the world. Through meditation and mindfulness, Singer illustrates how developing this consciousness helps us remain present and let go of painful thoughts and memories, leading to greater happiness and self-realization. The book is divided into five parts, offering a clear discussion on understanding and cultivating consciousness.

Singer, Michael A. • PAPERBACK • 200pp • 15 x 23cm • \$36.99 • 1/10/2007

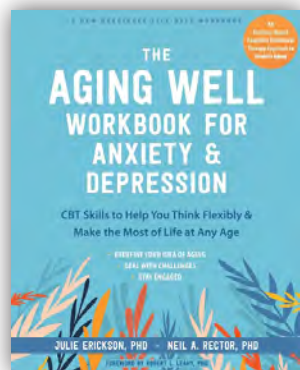
ANXIETY & DEPRESSION



50 Ways to Rewire Your Anxious Brain

A portable toolkit to tackle anxiety and rewire your brain for lasting calm. Struggling with anxiety that impacts your life or relationships? Feeling trapped by chronic worry? This guide offers a concise crash course in neuroscience with practical tools to confront anxiety directly. Psychologist and neuroscience expert Catherine Pittman, author of *Rewire Your Anxious Brain*, presents 50 strategies to work with your brain's neural connections for effective anxiety relief. The book's chapters can be used flexibly, whether at home or on the go, and include quick techniques to calm an anxious brain, identify your values, and eliminate toxic thinking. By applying these proven methods, you can reshape your brain's response to fear and build resilience.

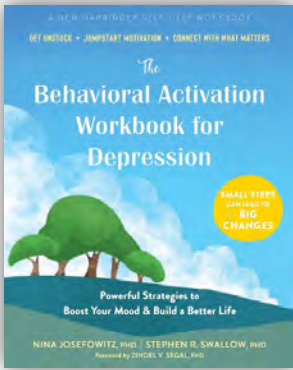
Pittman, Catherine M. & Hoffman, Maha Zayed • PAPERBACK • 208pp • 13 x 18cm • \$34.99 • 1/12/2023



Aging Well Workbook for Anxiety and Depression, The

You don't need to turn back the clock. This workbook helps you redefine aging, embrace flexibility, and enhance your mental health. Even the healthiest face challenges as we age, like retirement, loss, physical changes, and evolving social roles, which can bring uncertainty and anxiety. But aging doesn't have to be negative. This book shows you how to live with vitality and joy at any age. The *Aging Well Workbook for Anxiety and Depression* offers evidence-based cognitive behavioral therapy (CBT) skills to encourage flexible thinking and engagement with life. Find strategies for managing anxiety and depression, lifestyle tips, and insights into how aging affects your brain. Take charge of your aging and mental health—you deserve it!

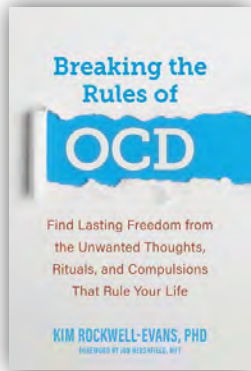
Erickson, Julie & Rector, Neil A. • PAPERBACK • 208pp • 20 x 25cm • \$52.99 • 1/10/2023



Behavioral Activation Workbook for Depression, The

Increase motivation, improve your mood, and build a better life—step by step. If you often feel sad, numb, or hopeless, or if you're overwhelmed and exhausted, you might be facing depression. You're not alone, and recovery is within reach. This workbook, based on behavioral activation, offers practical strategies to boost motivation, reconnect with what matters, and re-engage with life. It also includes cognitive behavioral therapy (CBT) techniques to help you create and stick to a mood-boosting activity plan. Plus, discover mindfulness, self-compassion, and gratitude tips to enhance positivity and hope. This guide will help you overcome depression and find joy and purpose in life again.

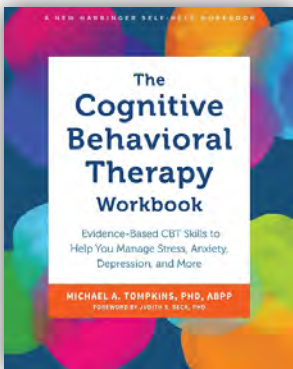
Josefowitz, Nina & Swallow, Stephen R. • PAPERBACK • 200pp • 20 x 25cm • \$52.99 • 1/03/2024



Breaking the Rules of OCD

It's time to break the rules of OCD and take control of your life. If you have obsessive-compulsive disorder (OCD), you might feel restricted by rules like controlling internal experiences, seeking absolute certainty, fearing anxiety, feeling solely responsible for preventing harm, obsessing over every thought, demanding perfection, and hiding OCD. These rules can trap you in anxiety and block progress. This book offers tools to overcome these constraints and live more flexibly. Written by an OCD expert and based on exposure and response prevention therapy (ERP), it helps you challenge common OCD rules, embrace uncertainty, and view anxiety as a false alarm. With practice, you can move beyond OCD symptoms and enjoy greater freedom.

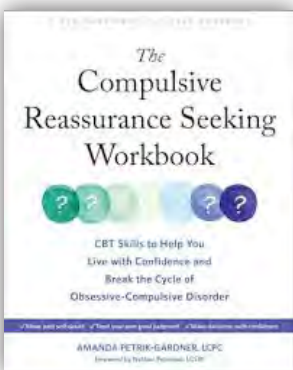
Rockwell-Evans, Kim & Hershfield, Jon • PAPERBACK • 208pp • 15 x 23cm • \$39.99 • 1/09/2023



Cognitive Behavioral Therapy Workbook, The

Written by a leading expert in cognitive behavioral therapy (CBT), this workbook provides evidence-based skills to enhance mental health and help you live fully. If you're struggling with sadness, worry, stress, or insomnia, you're not alone. Many face these challenges amid increasing uncertainty. CBT, a proven method for addressing depression, anxiety, and related issues, is the focus of this guide. It simplifies the latest CBT research into practical techniques for immediate relief. The workbook offers strategies for building resilience, managing challenges, and improving well-being, including practices for rumination, self-compassion, self-esteem, and chronic anger. Start your journey to healing with this essential toolkit.

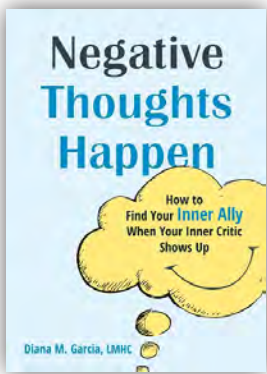
Tompkins, Michael A. & Beck, Judith S. • PAPERBACK • 208pp • 20 x 25cm • \$52.99 • 1/02/2024



Compulsive Reassurance Seeking Workbook, The

Repetitive reassurance seeking is a prevalent and challenging compulsion for those with obsessive-compulsive disorder (OCD). This workbook provides readers with effective, evidence-based skills rooted in cognitive behavioral therapy (CBT) to combat the constant urge to "know for sure." By learning to trust their own senses and judgment, individuals can build confidence and break free from the debilitating cycle of OCD. The workbook offers practical strategies to reduce the need for reassurance and promotes a more empowered, self-reliant approach to managing OCD. With these tools, readers can work towards lasting change and reclaim their lives from the grips of compulsive behaviors.

Petrik-Gardner, Amanda & Peterson, Nathan • PAPERBACK • 176pp • 20 x 25cm • \$54.99 • 1/11/2024

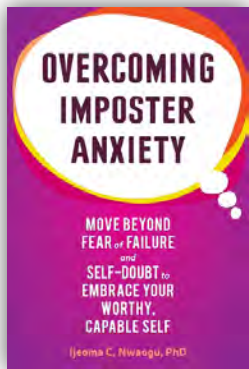


Negative Thoughts Happen

Tell your inner critic to take a back seat so you can feel more calm, confident, and empowered. Negative self-talk often feels like an annoying roommate critiquing every aspect of your life, from your worth to your choices. While you can't eliminate these thoughts entirely, you can change how you respond to them. This compact, practical guide provides evidence-based skills from acceptance and commitment therapy (ACT) to help you manage your inner critic. You'll learn why these thoughts occur, how to listen to them constructively, and how to put them in perspective. By adjusting your response, you can focus on what truly matters and let your true inner voice guide you.



Garcia, Diana M. • PAPERBACK • 200pp • 13 x 18cm • \$38.99 • 1/12/2023

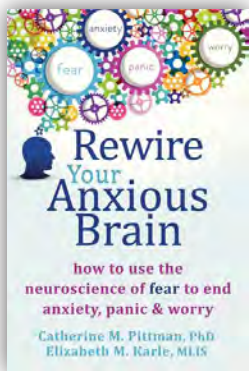


Overcoming Imposter Anxiety

Start living with more courage, confidence, and authenticity. If you often doubt your abilities despite your achievements, you might be dealing with imposter anxiety—a constant fear of being exposed as a fraud even when evidence proves otherwise. Many talented people face this challenge, letting anxiety distort their self-view. In *Overcoming Imposter Anxiety*, discover strategies from liberation psychology and cognitive behavioral therapy (CBT) to tackle self-doubt, ease fear of failure, and live genuinely. Learn to identify the roots of your self-sabotage, shift your mindset, and celebrate your successes. This guide provides tools to manage doubts, overcome fears, and build a supportive network.



Nwaogu, Ijeoma C • PAPERBACK • 200pp • 15 x 23cm • \$38.99 • 1/10/2023

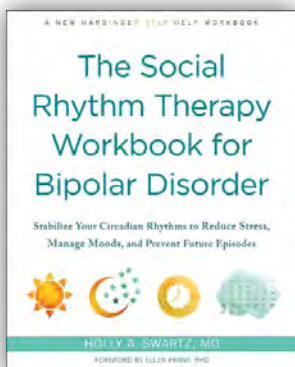


Rewire Your Anxious Brain

Curious about what's happening in your brain when anxiety strikes? In *Rewire Your Anxious Brain*, psychologist Catherine Pittman and author Elizabeth Karle offer a groundbreaking approach to overcoming anxiety using cutting-edge neuroscience. You'll learn how the amygdala and cortex play crucial roles in anxiety: the amygdala triggers primal fear responses often without clear reasons, while the cortex handles worry and rumination about possible future events. Pittman and Karle simplify the science by providing practical examples of how to manage fear through these brain pathways. This book helps you understand anxiety's neural roots and empowers you to rewire your brain to become more resilient and overcome your fears effectively.



Pittman, Catherine M. & Karle, Elizabeth M. • PAPERBACK • 232pp • 15 x 23cm • \$38.99 • 2/01/2015

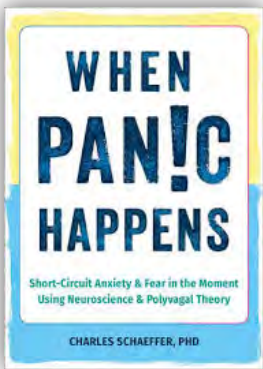


Social Rhythm Therapy Workbook for Bipolar Disorder, The

Reset your body clock and manage bipolar symptoms with this innovative workbook. If you have bipolar disorder, disruptions in your circadian rhythm can lead to low energy, sleepless nights, and mood swings. The *Social Rhythm Therapy Skills Workbook for Bipolar Disorder* by Holly Swartz offers a fresh approach to stabilizing your biological clock. Using evidence-based social rhythm therapy (SRT) techniques, this workbook helps you create a consistent routine for sleep, eating, and social interactions. It also provides strategies for managing social media and other disruptions that affect your rhythm. Regain control over your circadian rhythms and enhance your mood with this practical guide.



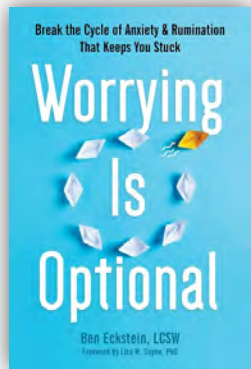
Swartz, Holly A. & Frank, Ellen • PAPERBACK • 176pp • 20 x 25cm • \$52.99 • 1/04/2024



When Panic Happens

When panic strikes, it can feel like the world is collapsing around you. This is why having immediate, effective strategies to regain control is essential. Drawing on cutting-edge research in neuroscience, dialectical behavior therapy (DBT), and polyvagal theory, this accessible handbook equips readers with powerful, evidence-based techniques for emotion regulation and body-based practices. You'll learn how to rewire your nervous system to achieve a state of calm, effectively stop panic attacks in the moment, and even prevent future attacks. With these proven methods, you'll be better prepared to handle panic and reclaim your sense of stability and peace.

Schaeffer, Charles • PAPERBACK • 168pp • 13 x 18cm • \$39.99 • 1/11/2024

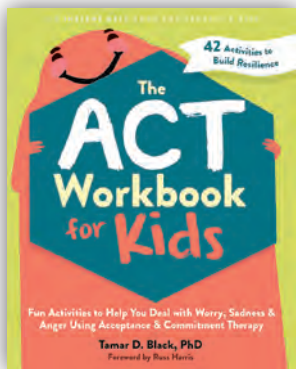


Worrying Is Optional

Worry is a natural part of life, but excessive worrying—keeping you up at night and clouding your decisions—can be a major problem. While worry is inevitable, it doesn't have to control you. This book will guide you in breaking free from the cycle of rumination and anxiety with practical tools from metacognitive therapy, acceptance and commitment therapy (ACT), and cognitive behavioral therapy (CBT). You'll understand why you worry, learn to manage unhelpful thoughts, and develop a personalized toolkit to tackle excessive worry. Embrace strategies to challenge perfectionism, accept uncertainty, and reclaim your peace of mind with this engaging guide.

Eckstein, Ben & Coyne, Lisa W. • PAPERBACK • 168pp • 15 x 23cm • \$38.99 • 1/11/2023

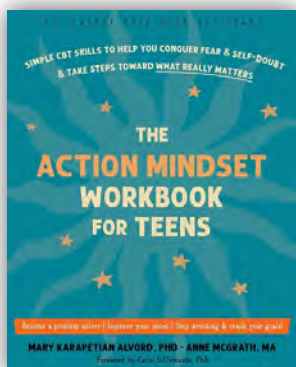
HELP FOR PARENTS & CHILDREN



ACT Workbook for Kids, The

Children today face rising levels of mental health challenges, including anxiety, depression, stress, and trauma. This essential workbook, crafted by renowned acceptance and commitment therapy (ACT) expert Tamar D. Black, is designed to address these issues in an engaging and accessible way. Aimed at kids ages 8 to 12, it provides fun and interactive activities to help them manage worry, sadness, and anger. The workbook also focuses on building resilience, equipping children with the skills they need to tackle life's obstacles and thrive despite difficulties. With this guide, young readers can develop the tools to navigate their emotions and strengthen their mental well-being.

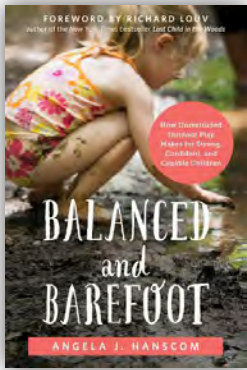
Black, Tamar D. & Harris, Russ & Russ Harris • PAPERBACK • 144pp • 20 x 25cm • \$39.99 • 2/01/2024



Action Mindset Workbook for Teens, The

Feeling like you're stuck on the sidelines? This workbook will help you take action and re-engage with life. If fear and self-doubt are causing anxiety or insecurity about the future, it's time to face these challenges head-on. While avoiding discomfort might seem safer, it only leads to ongoing frustration. This workbook, designed for teens and based on the authors' work in Conquer Negative Thinking for Teens, provides practical cognitive behavior therapy (CBT) skills. You'll learn to cultivate an action-oriented mindset, manage negative thoughts, and tackle problems directly. By silencing your inner critic, embracing imperfection, and taking small, actionable steps, you'll overcome fears and actively participate in life.

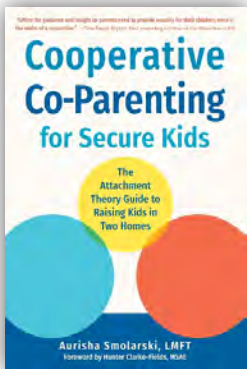
Alvord, Mary Karapetian & McGrath, Anne • PAPERBACK • 160pp • 20 x 25cm • \$38.99 • 1/08/2023



Balanced And Barefoot

In this essential book, pediatric occupational therapist Angela Hanscom underscores the importance of outdoor play and unstructured movement for children’s cognitive development. With kids increasingly sedentary and screen-focused, fostering active play is crucial. Research connects insufficient movement to problems like ADHD, sensory issues, and emotional regulation challenges. Hanscom offers engaging activities to support children’s growth, even in urban settings, and highlights nature’s benefits for sensory and physical health. Given the decline in outdoor play and shorter recesses, this book provides practical strategies to ensure your child receives the essential movement needed for overall well-being.

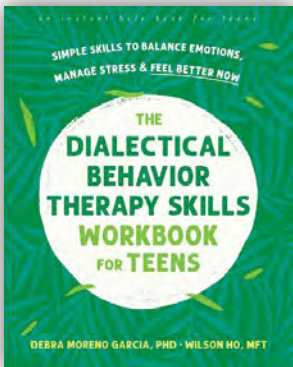
Hanscom, Angela J. • PAPERBACK • 240pp • 15 x 22cm • \$44.99 • 1/04/2016



Cooperative Co-Parenting for Secure Kids

Explore how attachment theory can deepen your understanding of yourself and your ex, improve co-parenting skills, and foster emotionally secure children. Sharing custody often complicates ensuring your child feels safe and loved. Shift from conflict to cooperation. This practical guide outlines attachment theory and its emphasis on a secure parent-child bond. Such a bond helps children better navigate changes like divorce. It also covers vital co-parenting principles: commitment to presence, collaboration toward shared goals, clear communication, consistent routines, connection with your child, and community support. Apply these insights to create a supportive co-parenting environment and help your child thrive.

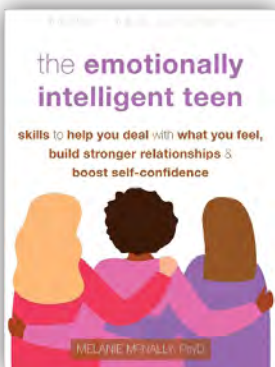
Smolarski, Aurisha & Clarke-Fields, Hunter • PAPERBACK • 200pp • 15 x 23cm • \$38.99 • 2/01/2024



Dialectical Behavior Therapy Skills Workbook for Teens, The

This essential and engaging dialectical behavior therapy (DBT) workbook helps teens manage stress and emotions effectively. If you often feel overwhelmed by school, social media, and daily challenges, you’re not alone. The good news is that learning some simple skills can greatly enhance your emotional management. Tailored for teens, this workbook introduces DBT’s four core skills—mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. It provides practical tips, self-reflection activities, and strategies for reducing stress and achieving emotional balance. Use these tools to stay grounded, build resilience, and thrive amidst daily pressures.

Moreno Garcia, Debra & Ho, Wilson • PAPERBACK • 192pp • 20 x 25cm • \$39.99 • 2/01/2024

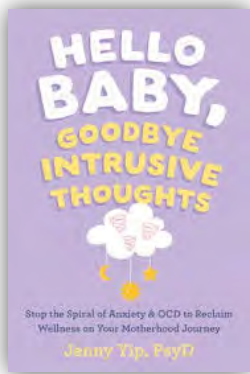


Emotionally Intelligent Teen, The

Build a solid foundation for mental health with this engaging guide designed for teens. If you often feel misunderstood, upset, or overwhelmed by emotions like sadness, anger, or worry, you’re not alone. Many teens face challenges managing stress and balancing emotions. While awareness is key, practical skills are crucial for navigating today’s complex world and reaching your goals. Psychologist Melanie McNally’s book offers effective tools to develop emotional intelligence, understand how emotions influence behavior, and manage stress and conflicts. Learn to boost motivation, practice self-awareness, and set realistic goals. With over 1.6 million copies sold, Instant Help Books are trusted, user-friendly, and recommended by therapists.

Mcnally, Melanie • PAPERBACK • 168pp • 15 x 20cm • \$39.99 • 1/12/2023

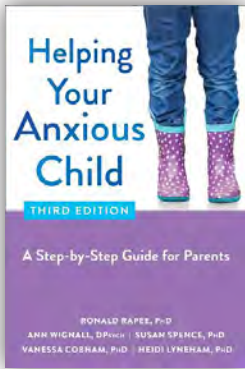




Hello Baby, Goodbye Intrusive Thoughts

Hello Baby, Goodbye Intrusive Thoughts is a compassionate and invaluable guide designed specifically for new mothers. It offers evidence-based strategies to help overcome anxiety, obsessive-compulsive disorder (OCD), and distressing thoughts that can arise during the postpartum period. Authored by Jenny Yip, PsyD, who draws from her own experience with postpartum OCD, this book combines practical exercises, touching personal stories, and the most recent research to empower new moms to worry less, reduce stress, and foster a deeper connection with their babies. This groundbreaking resource provides a comprehensive toolbox to restore wellness and build a strong, nurturing bond with your child.

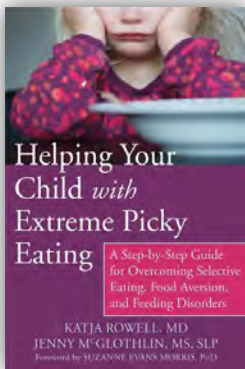
Yip, Jenny • PAPERBACK • 184pp • 15 x 23cm • \$42.99 • 1/11/2024



Helping Your Anxious Child

While many children fear the dark or monsters, around ten percent struggle with more severe issues like phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder, which can affect their enjoyment of childhood. If your child faces these intense anxieties, this book offers practical, evidence-based tools to help. Now in its third edition, Helping Your Anxious Child features the latest research and techniques for managing anxiety in children, including those with behavioral problems, learning difficulties, or medical conditions. It provides effective skills based on cognitive behavioral therapy, exposure therapy, and mindfulness to help your child overcome fears, all while parenting with compassion.

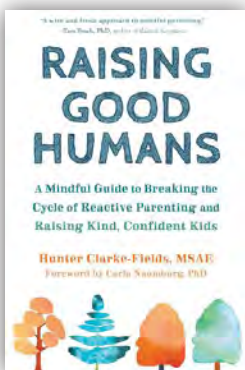
Rapee, Ronald Et Al • PAPERBACK • 304pp • 15 x 23cm • \$44.99 • 1/11/2022



Helping Your Child With Extremely Picky Eating

In Helping Your Child with Extreme Picky Eating, a family doctor and a speech pathologist team up to guide you in supporting your child's nutrition, healthy growth, and ending mealtime anxiety for both you and your child. If you're dealing with a child who has extreme picky eating, worrying about their nutrition, and struggling with food battles, this book offers a solution. Children with severe food aversions or selective eating often face anxiety around food, which can strain your relationship and limit their social experiences. This guide helps you move past constant mealtime fights and offers practical strategies to address picky eating effectively.

Rowell, Kayja & Mcglothlin, Jenny • PAPERBACK • 224pp • 16 x 23cm • \$39.99 • 1/05/2015

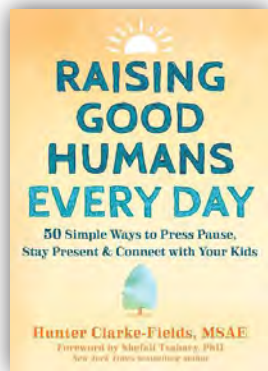


Raising Good Humans

A kinder world starts with raising compassionate kids. In Raising Good Humans, you'll find practical strategies to move beyond reactive parenting and foster kindness, cooperation, and confidence in your children. Parenting can be challenging, from managing school mornings to handling grocery store meltdowns, and often, stress leads to automatic reactions like yelling. This book offers mindfulness skills to calm your stress response and strategies for respectful communication, conflict resolution, and reflective listening. You'll also explore ways to break unhelpful patterns and generational habits. By responding with kindness and patience, you teach your children to do the same, creating a positive impact for future generations.

Clarke-Fields, Hunter & Naumburg, Carla • PAPERBACK • 184pp • 15 x 23cm • \$34.99 • 1/12/2019





Raising Good Humans Every Day

Little ways to stay mindful and be present can help your kids grow into kind, confident, and conscientious individuals. Parenting often feels overwhelming with the daily rush of school runs, homework, and endless tasks. This book offers quick, effective tools to stay present and manage both your child's and your own emotions. From the author of Raising Good Humans, this guide provides 50 simple ways to pause, stop reacting, and parent with intention. You'll find mindfulness skills for calming stress, tips for respectful communication, and techniques for resolving conflicts. Learn self-compassion practices, breathing exercises, and activities to foster cooperation, making parenting more joyful and fun.

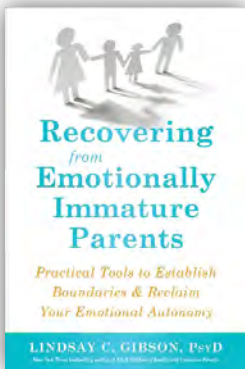
Clarke-Fields, Hunter & Tsabary, Shefali • PAPERBACK • 216pp • 13 x 18cm • \$38.99 • 1/08/2023



Raising Good Humans Guided Journal

From the author of Raising Good Humans comes a guided journal designed to help you stay centered, manage stress, and be the parent you aspire to be. Busy, stressed parents often lose sight of the goal—raising happy, compassionate kids. Amid the daily rush of getting your child ready, preparing meals, and juggling work, stress can take a toll on your mental health and your relationship with your children. This journal offers simple writing practices to calm stress, address difficult emotions, and set mindful parenting intentions. With prompts to explore your values, challenge old habits, and practice compassion, it helps you find a parenting style that works for your family.

Clarke-Fields, Hunter • PAPERBACK • 152pp • 15 x 20cm • \$38.99 • 2/01/2024



Recovering from Emotionally Immature Parents

In this sequel to the New York Times bestseller, Adult Children of Emotionally Immature Parents, Lindsay Gibson provides essential tools to help you manage emotional takeovers, ensure your needs are respected, and break free from the control of emotionally immature parents. Growing up with such parents can leave you feeling neglected and struggling with boundaries and self-expression. As they age, they may continue to undermine your emotions and autonomy. This follow-up guide offers practical skills to recognize emotionally immature behavior, protect yourself, and reconnect with your own needs. With actionable exercises and tips, you'll learn to overcome self-doubt and live your life authentically.

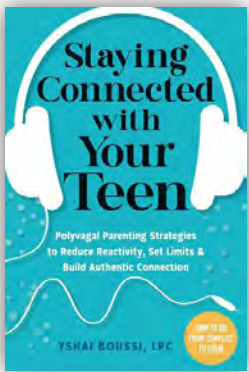
Gibson, Lindsay C. • PAPERBACK • 224pp • 15 x 23cm • \$38.99 • 1/05/2019



Self-Compassion Workbook for Teens, The

Your teen years are a time of change, growth, and psychological struggle, often made worse by self-criticism. The Self-Compassion Workbook for Teens provides mindfulness and self-compassion tools to help you overcome self-judgment, cultivate compassion, and embrace your true self. As a teen, major physical and mental changes can lead to stress and anxiety, and constant comparisons with others can leave you feeling inadequate. Written by psychologist Karen Bluth and based on Mindful Self-Compassion practices, this workbook offers engaging exercises to help you manage difficult emotions with kindness and self-care. Learn to navigate teen challenges with greater ease and embrace your unique self.

Bluth, Karen & Neff, Kristin • PAPERBACK • 200pp • 20 x 25cm • \$44.99 • 1/12/2017



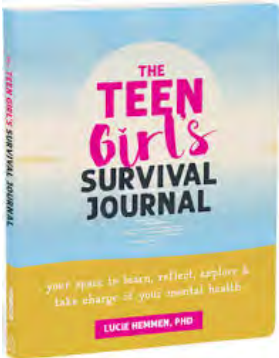
Staying Connected with Your Teen

Do you feel like you're walking on eggshells with your teen, facing outbursts or silent treatment when setting limits? The teen years are challenging, with high emotions and frequent conflicts. *Staying Connected with Your Teen*, grounded in polyvagal theory, offers strategies to understand and manage these emotional triggers. It provides techniques to calm nerves, strengthen your connection, and set limits with love. You'll learn to meet your teen's developmental needs, help them feel safe and valued even during disagreements, and build trust. This book helps foster a peaceful environment where expectations are clearly communicated and relationships are nurtured.

Boussi, Yshai • PAPERBACK • 192pp • 15 x 23cm • \$39.99 • 1/03/2024



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Teen Girl's Survival Journal, The

Teen girls today face increasing pressures that make them more vulnerable to mental health issues like anxiety, depression, and eating disorders. From the author of *The Teen Girl's Survival Guide* comes a vibrant and engaging journal designed to support them through these challenges. This journal is packed with bite-sized tips and tools, insightful writing prompts, quizzes, and activities aimed at helping teen girls navigate the stress of school, relationships, and the pressure to succeed. With a focus on practical and accessible strategies, it offers a supportive resource for developing healthy coping mechanisms and fostering resilience in the midst of life's demands.

Hemmen, Lucie • PAPERBACK • 184pp • 18 x 23cm • \$39.99 • 1/11/2024



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Teen Girl's Survival Guide

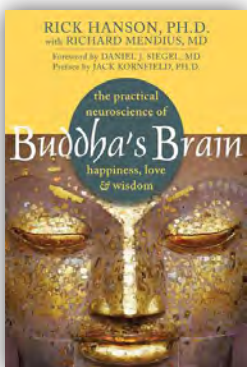
If you're a teen girl feeling overwhelmed by the pressure to fit in and make friends, this engaging guide by therapist Lucie Hemmen is here to help. It offers ten practical tips to tackle social success, a major concern for many teens. Facing academic and social pressures, you might feel stressed and unsure of how to connect with peers. This book, rooted in cognitive behavioral therapy (CBT), provides simple strategies to build meaningful relationships while staying true to yourself. You'll learn how to identify strengths, challenge negative self-talk, understand social dynamics, and make new friends. Most importantly, you'll develop self-knowledge and self-appreciation, crucial for thriving socially and beyond.

Hemmen, Lucie • PAPERBACK • 176pp • 15 x 20cm • \$36.99 • 1/11/2015



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PERSONAL GROWTH



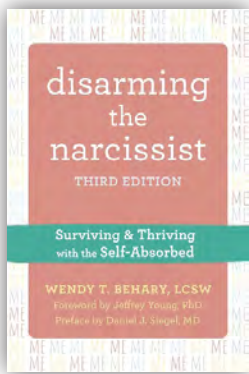
Buddha's Brain

In *Buddha's Brain*, a clinical psychologist and a senior neurologist delve into the fascinating intersection of modern neuroscience and contemplative practices. They explore how the brain benefits from practices such as meditation, mindfulness, and other forms of contemplative engagement. By presenting cutting-edge research alongside ancient wisdom, the authors reveal how these practices can profoundly enhance our mental and emotional well-being. The book provides readers with practical insights on how to cultivate greater happiness, love, and wisdom in their lives. Through this synthesis of scientific discoveries and time-tested techniques, readers are guided towards developing a more fulfilling and enriched life.

Hanson, Rick • PAPERBACK • 272pp • 15 x 23cm • \$39.99 • 1/11/2009



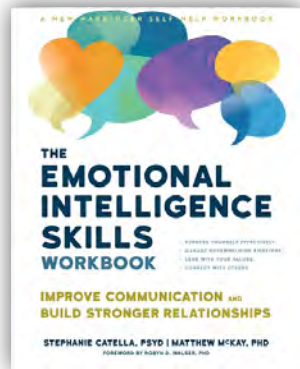
* 9 7 8 1 5 7 2 2 4 6 9 5 9 *



Disarming the Narcissist

The go-to guide for handling narcissists, now fully revised and updated based on reader feedback! If you know someone who is overly arrogant, lacks empathy, or has an inflated sense of entitlement, you're dealing with narcissistic personality disorder. Communicating effectively with such individuals can be challenging, whether they are in your personal or professional life. The revised third edition of *Disarming the Narcissist* provides a practical, step-by-step approach to manage these interactions. It includes new insights on shame, hypersexuality, infidelity, legal advice for divorcing a narcissist, and the effects on children. Learn to navigate power struggles, set limits, and gain the respect you deserve.

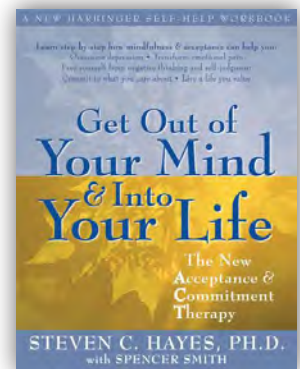
Behary, Wendy T. & Siegel, Daniel J. • PAPERBACK • 240pp • 15 x 23cm • \$39.99 • 1/10/2021



Emotional Intelligence Skills Workbook, The

Don't let emotions disrupt your conversations! This evidence-based workbook offers crucial tools for managing tough discussions while keeping your relationships intact, whether with friends, family, or colleagues. Struggling to speak up or losing your temper over insensitive comments can strain connections if not addressed properly. The *Emotional Intelligence Skills Workbook* by psychologists Matthew McKay and Stephanie Catella provides practical strategies from emotion efficacy and acceptance and commitment therapies. It helps you enhance your emotional intelligence, manage feelings, lead with values, listen empathetically, and assert your needs, fostering productive and meaningful interactions.

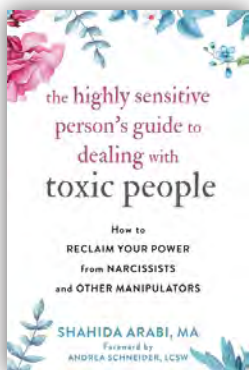
Catella, Stephanie & McKay, Matthew • PAPERBACK • 192pp • 20 x 25cm • \$52.99 • 1/04/2024



Get Out Of Your Mind And Into Your Life

This book expands on acceptance and commitment therapy (ACT), a groundbreaking approach in psychotherapy, providing readers with step-by-step exercises designed to alleviate emotional pain. Authored by the founding theorist of ACT, the book presents a comprehensive self-help program that has been proven effective in addressing a wide array of issues, including anxiety, depression, eating disorders, and low self-esteem. Through these detailed exercises, readers can gain practical tools to manage their emotional struggles, fostering greater resilience and well-being. Whether facing persistent anxiety or battling self-doubt, this book offers a structured path to relief and personal growth.

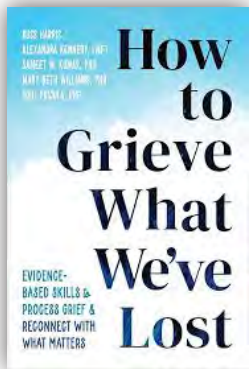
Hayes, Steven C. • PAPERBACK • 224pp • 21 x 28cm • \$52.99 • 1/11/2005



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

Reclaim your power from narcissists and toxic people with this essential guide. If you're highly sensitive or an empath, you may feel overwhelmed by others' demands, struggle with people-pleasing, or experience extreme stress during conflicts. These traits can make you vulnerable to manipulators who exploit your compassion. In this guide, you'll learn evidence-based skills from cognitive-behavioral therapy and dialectical behavior therapy to recognize and counter manipulation tactics such as gaslighting and love bombing. The book also provides strategies to protect yourself from various toxic personalities and heal from their abuse, helping you establish healthy boundaries and maintain a strong sense of self.

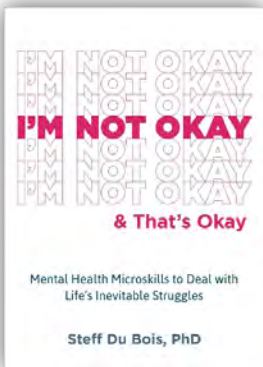
Arabi, Shahida & Schneider, Andrea • PAPERBACK • 208pp • 15 x 23cm • \$42.99 • 1/10/2020



How to Grieve What We've Lost

The COVID-19 pandemic has brought about unprecedented levels of loss, affecting family members, romantic partners, jobs, and even our sense of identity and normalcy in an increasingly uncertain world. This essential guide, crafted by a team of distinguished mental health professionals and grief experts, provides effective therapeutic tools designed to help individuals navigate and transform their experiences of grief and loss. Regardless of the cause of your sorrow, this book offers strategies to help you move forward, enabling you to find renewed meaning and purpose in life. By addressing the profound changes and uncertainties of our times, it supports your journey towards healing and resilience.

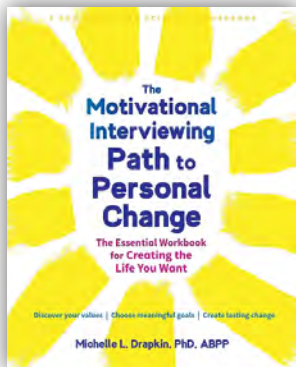
Harris, Russ & Kennedy, Alexandra & Kumar, Sameet M • PAPERBACK • 136pp • 15 x 23cm • \$39.99 • 1/11/2024



I'm Not Okay and That's Okay

In those tough moments when you feel overwhelmed—whether it's crying in public, dealing with difficult people, or feeling alone—remember, everyone faces struggles and it's okay not to feel okay. Thankfully, there are effective ways to tackle negative thoughts, manage emotional turmoil, and lift your mood. I'm Not Okay and That's Okay offers practical microskills derived from cognitive behavioral therapy, acceptance and commitment therapy, and real-life insights. This guide helps you recognize unhelpful thinking patterns, handle intense emotions, and improve relationships. Even in a world full of uncertainty, you can stay grounded and find support with this heartfelt, actionable guide.

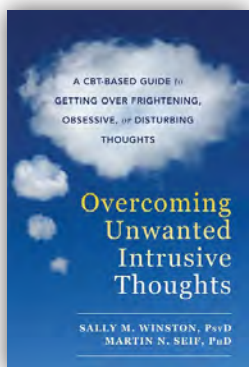
Du Bois, Steff • PAPERBACK • 176pp • 13 x 18cm • \$38.99 • 1/11/2023



Motivational Interviewing Path to Personal Change, The

What do you truly want in life? This workbook guides you in identifying your core values and achieving lasting change. While change is a constant, obstacles often impede progress. Whether you're working on financial management, exercising more, or overcoming addictive behaviors, these challenges can be significant. You might also face external resistance from friends or family. The Motivational Interviewing Path to Personal Change offers strategies grounded in cognitive behavioral therapy and acceptance and commitment therapy. It helps you set clear goals, tap into your intrinsic motivation, and navigate barriers, paving the way for sustainable, value-driven transformation. Begin your path to a better life today.

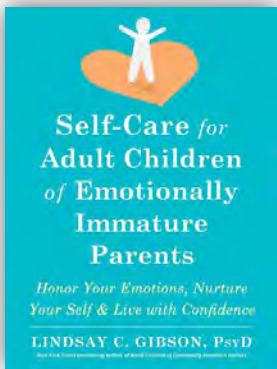
Drapkin, Michelle L. • PAPERBACK • 184pp • 20 x 25cm • \$52.99 • 1/09/2023



Overcoming Unwanted Intrusive Thoughts

You are not defined by your thoughts. This insightful book by two anxiety experts provides effective cognitive behavioral therapy (CBT) techniques to help you manage troubling thoughts, overcome associated shame, and reduce anxiety. If you're plagued by intrusive, frightening, or unwanted thoughts, you might worry about their meaning or how they reflect on you. However, these thoughts are just that—thoughts, and they don't define you. This guide explains different types of disturbing thoughts, debunks myths, and addresses why common methods to eliminate them often fail. You'll learn CBT skills to cope with and move beyond these thoughts, enabling you to live a fulfilling life without fear or guilt.

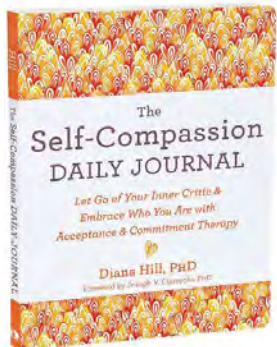
Winston, Sally M. & Seif, Martin N. • PAPERBACK • 192pp • 15 x 23cm • \$38.99 • 1/03/2017



Self-Care for Adult Children of Emotionally Immature Parents

From the author of the New York Times bestseller *Adult Children of Emotionally Immature Parents*, this essential guide provides practical strategies for healing from the wounds of having emotionally immature parents. If you grew up with parents who were emotionally unavailable or selfish, you might still deal with anger, sadness, and resentment. This book offers daily tips to help you develop self-awareness, trust your emotions, and prioritize your needs. You'll learn to set boundaries, protect yourself from hurtful behavior, and build healthier relationships. Embrace self-care and gain the confidence to handle life's challenges with clarity and optimism, reclaiming your sense of self.

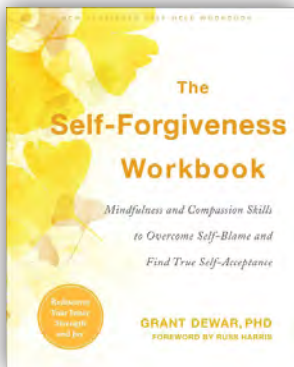
Gibson, Lindsay C. • PAPERBACK • 248pp • 15 x 20cm • \$38.99 • 1/09/2021



Self-Compassion Daily Journal, The

Transform your inner critic and embrace self-compassion with this guided journal. If you struggle with harsh self-judgment or unrealistic standards, you're not alone. Persistent self-criticism can increase anxiety, depression, and lower self-confidence. Fortunately, self-compassion is a skill you can develop. In *The Self-Compassion Daily Journal*, clinical psychologist Diana Hill provides writing prompts rooted in acceptance and commitment therapy, mindfulness, and compassion-focused therapy. This journal helps you move beyond self-criticism, fostering kindness towards yourself. It offers practices to reduce anxiety, improve relationships, and build resilience and optimism, guiding you toward greater inner peace and well-being.

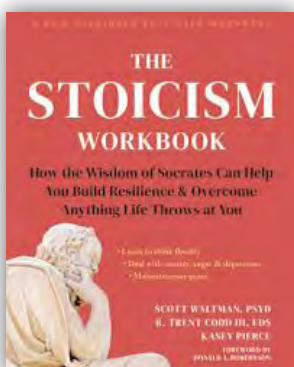
Hill, Diana & Ciarrochi, Joseph V. • PAPERBACK • 176pp • 15 x 20cm • \$38.99 • 1/03/2024



Self-Forgiveness Workbook, The

Give yourself the gift of self-forgiveness—you deserve it. Trauma survivors often carry self-blame from childhood into adulthood, causing issues like anxiety, depression, and guilt. If you've struggled to quiet your inner critic through avoidance, this workbook offers a solution. It provides effective skills that blend self-forgiveness with acceptance and commitment therapy, compassion-focused therapy, functional analytic psychotherapy, and relational frame theory. You'll learn to cultivate self-compassion and acceptance, gain insight into your life story, and commit to ongoing self-forgiveness. This guide will help lift the weight of self-blame, allowing you to embrace healing and find joy.

Dewar, Grant & Harris, Russ • PAPERBACK • 208pp • 20 x 25cm • \$52.99 • 1/12/2023

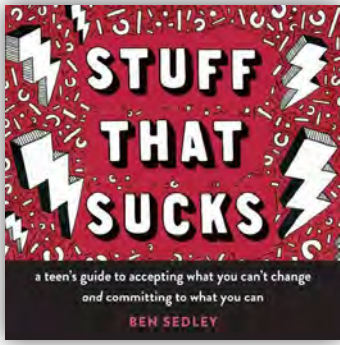


Stoicism Workbook, The

What's the secret to lasting happiness? The *Stoicism Workbook* reveals how adopting the mindset of Socrates and other Stoic philosophers, combined with the Socratic method of self-inquiry, can help you uncover what truly matters in life. This practical guide merges ancient wisdom with modern psychology, providing strategies to build inner strength and resilience. Readers will learn to think flexibly, maintain inner peace, adapt to challenges, and tackle mental health issues like anxiety, depression, and anger. By blending timeless Stoic principles with contemporary practices, this workbook supports a more fulfilling and balanced life.

Waltman, Scott & Codd, R. Trent, Iii & Pierce, Kasey • PAPERBACK • 200pp • 20 x 25cm • \$56.99 • 1/11/2024



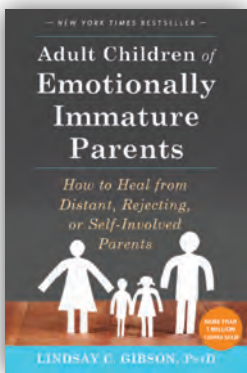


Stuff That Sucks

Sometimes everything feels overwhelming. This illustrated guide helps you move past negative thoughts and discover what truly matters. If you're struggling with emotions like worry, sadness, or anger, it's important to acknowledge your pain without letting it overshadow your life. Instead of battling these feelings, focus on what's truly important to you. *Stuff That Sucks* offers a compassionate approach to accepting and managing emotions using acceptance and commitment therapy (ACT). This book isn't just a workbook—it's a journey into understanding what makes life meaningful and how to prioritize your values. By focusing on what matters, you'll find that the negative aspects of life become less significant.

Sedley, Ben • PAPERBACK • 96pp • 18 x 18cm • \$39.99 • 1/03/2017

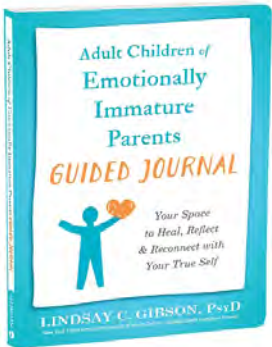
RELATIONSHIPS



Adult Children of Emotionally Immature Parents

Did you grow up with emotionally immature parents? If so, you may remember painful childhood moments when your emotional needs were ignored, your feelings dismissed, or you had to take on adult responsibilities to compensate for their behavior. These experiences may have helped you develop strengths like self-reliance, but they can also leave you feeling confused and hurt. Emotionally immature parents often fail to prioritize their child's needs. This book will help you understand that their behavior is not your fault. It provides practical strategies for dealing with difficult family dynamics and healing from past emotional wounds. Discover how to better understand yourself and move forward with this essential guide.

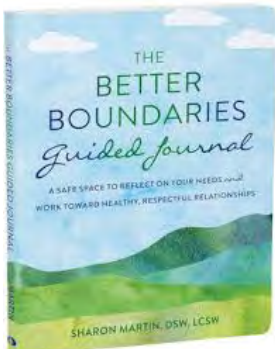
Gibson, Lindsay C • PAPERBACK • 224pp • 15 x 23cm • \$36.99 • 1/06/2015



Adult Children of Emotionally Immature Parents Guided Journal

From the author of *Adult Children of Emotionally Immature Parents* comes a guided journal to aid in healing, setting intentions for healthier relationships, and reconnecting with your true self. If your childhood involved emotionally immature or unavailable parents, you may still experience lingering feelings of anger or loneliness. This journal provides self-reflective writing exercises to help process these emotions and move forward. Based on Lindsay Gibson's insights, it helps you understand how your past affects your present, set goals for improved relationships, and deepen your connection with yourself. Journaling through this guide will validate your experiences and support your personal growth.

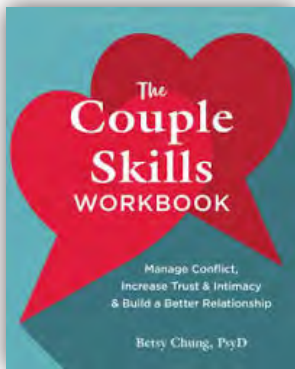
Gibson, Lindsay C. • PAPERBACK • 200pp • 15 x 20cm • \$39.99 • 1/04/2024



Better Boundaries Guided Journal, The

Healthy boundaries are essential for maintaining our well-being, as they protect us from toxic relationships, abuse, and burnout. Yet, many individuals struggle with the difficulty of saying "no" and honoring their own needs. This therapeutic guided journal offers a nurturing space for readers to examine and understand what it truly means to prioritize themselves. Through its reflective exercises, you will learn to assert your needs with confidence, free from guilt or fear, and foster healthier, more balanced relationships. Engaging with this journal equips you with the necessary tools to establish clear boundaries, enhancing your overall quality of life and cultivating a more fulfilling existence.

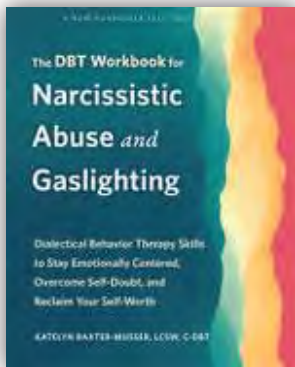
Martin, Sharon • PAPERBACK • 168pp • 15 x 20cm • \$42.99 • 1/11/2024



Couple Skills Workbook, The

Written by a seasoned psychologist and based on cutting-edge couples therapy techniques, *The Couple Skills Workbook* is an indispensable tool for enhancing your "relationship IQ." This comprehensive guide is crafted to deepen your self-awareness while also expanding your understanding of your partner's needs. Through engaging exercises, you will master the art of managing conflicts constructively, rekindle connections after disagreements, and nurture lasting intimacy. The workbook offers practical tools to build a robust and enduring foundation for your relationship. By integrating these strategies, you will improve communication, strengthen mutual understanding, and cultivate a more loving and resilient partnership.

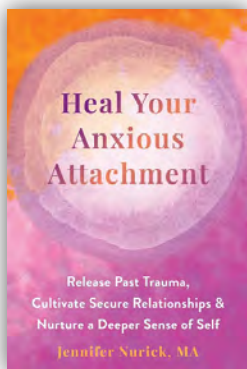
Chung, Betsy • PAPERBACK • 176pp • 20 x 25cm • \$54.99 • 1/11/2024



DBT Workbook for Narcissistic Abuse and Gaslighting, The

Survivors of narcissistic abuse and gaslighting frequently endure profound feelings of shame, guilt, and humiliation, which can leave them feeling fundamentally flawed. To address these deep-seated effects, it is crucial for individuals to have effective strategies for healing and rebuilding their self-worth. This insightful workbook offers a comprehensive approach using proven dialectical behavior therapy (DBT) techniques. It provides practical tools designed to help manage intense emotions, set firm boundaries, and develop healthy relationships. By working through this workbook, you will gain valuable skills to restore your confidence, overcome past trauma, and create a more fulfilling, balanced life.

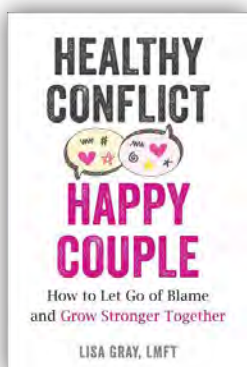
Baxter-Musser, Katelyn & Kriesberg, Stephanie M • PAPERBACK • 176pp • 20 x 25cm • \$54.99 • 1/11/2024



Heal Your Anxious Attachment

Develop the self-awareness needed to foster a secure attachment and approach life and relationships with openness and joy. If you often feel insecure, jealous, or anxious, or if you fear abandonment and stay in toxic situations, you might have an anxious attachment style rooted in adverse childhood experiences like neglect or abuse. This holistic guide by therapist Jennifer Nurick offers a trauma-informed approach based on neuroscience, mindfulness, and polyvagal theory. It helps you build self-worth, self-trust, and confidence, while releasing fears of abandonment and overcoming negative patterns. Transform your attachment style to one of security and clarity, enabling healthier, more fulfilling connections.

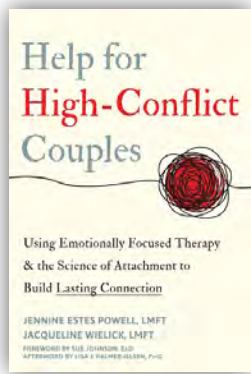
Nurick, Jennifer • PAPERBACK • 192pp • 15 x 23cm • \$39.99 • 1/02/2024



Healthy Conflict, Happy Couple

Stop arguing and start strengthening your relationship with this insightful guide. It reveals the science of conflict to help you move past blame and reignite intimacy. If constant arguments over finances, future plans, or parenting are straining your relationship, this book offers a new approach to resolving conflicts. Relationship expert Lisa Gray delves into the neuroscience of conflict and family beliefs, providing practical methods to end unproductive arguments. Through evidence-based communication, mindfulness, and cognitive skills, you'll learn to manage disputes, remain calm, and achieve peaceful resolutions. Embrace this guide to understand conflict, use mindfulness, and build a more harmonious relationship.

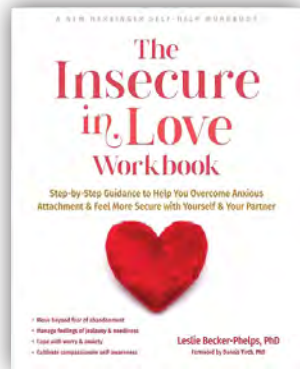
Gray, Lisa • PAPERBACK • 184pp • 15 x 23cm • \$39.99 • 1/08/2023



Help for High-Conflict Couples

Ready to transform conflict into connection with your partner? This guide, rooted in emotionally focused therapy and attachment theory, offers a path to greater intimacy and understanding. If you find yourselves constantly arguing and feel like your relationship is strained by conflict, this book provides a research-based approach to healing. It helps you understand the underlying causes of your issues, offering practical strategies for creating emotional security, managing triggers, and fostering a genuine connection. With insights into attachment theory and effective conflict resolution techniques, this guide is your roadmap to reducing criticism and defensiveness, and building a deeper, more harmonious relationship.

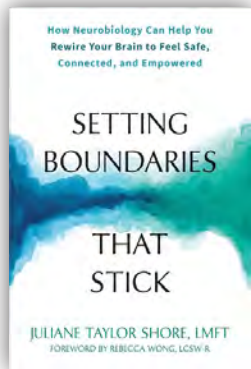
Estes Powell, Jennine & Wielick, Jacqueline • PAPERBACK • 200pp • 15 x 23cm • \$39.99 • 2/01/2024



Insecure in Love Workbook, The

This step-by-step workbook helps you overcome anxious attachment and boost your confidence in relationships. If you're often labeled as clingy, insecure, or jealous, and worry about your partner's loyalty or fear abandonment, you might be dealing with anxious attachment, often rooted in early childhood experiences. Based on Leslie Becker-Phelps' self-help hit, this guide offers practical activities, tips, and exercises to help you develop compassionate self-awareness. You'll learn to identify and address the physical sensations, negative thoughts, and emotional patterns fueling your insecurity. With this workbook, you can break free from destructive habits and foster more secure, fulfilling relationships.

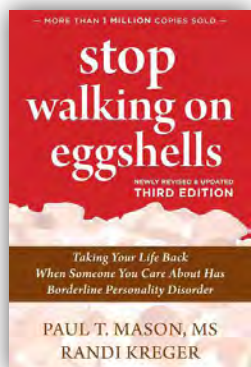
Becker-Phelps, Leslie & Tirch, Dennis • PAPERBACK • 168pp • 20 x 25cm • \$52.99 • 1/04/2024



Setting Boundaries That Stick

Unlock the power of neurobiology to establish healthy boundaries and forge genuine connections. If setting boundaries feels intimidating or if your past has made you expect resistance or give up entirely, this guide offers a scientific approach to boundary-setting. Discover how understanding neurobiology can empower you to create effective boundaries, enhancing your self-esteem and relationships. Setting Boundaries That Stick provides a neurobiological framework for building an "integrated brain," enabling intentional responses rather than reactive ones. With practical exercises for both physical and psychological boundaries, this book helps you establish a solid foundation for authentic connections and self-protection.

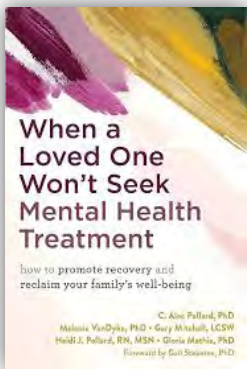
Shore, Juliane Taylor & Wong, Rebecca • PAPERBACK • 176pp • 15 x 23cm • \$38.99 • 1/12/2023



Stop Walking on Eggshells

Isn't it time you stopped walking on eggshells? This updated third edition of a self-help classic, with over one million copies sold, can show you how. If you feel manipulated, controlled, or are constantly on edge to avoid conflict, you may be dealing with someone who has borderline personality disorder (BPD). This comprehensive guide, now revised with the latest research and new insights into narcissistic personality disorder (NPD) and schema therapy, provides practical strategies to understand BPD, set boundaries, and manage relationships. You'll learn to make sense of the chaos, assert your needs, defuse conflicts, and protect yourself, bringing stability back into your life.

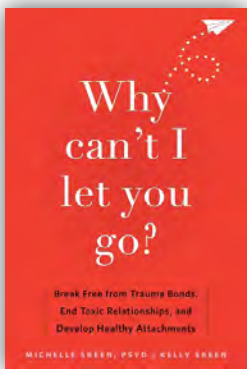
Mason, Paul T. T. & Kreger, Randi • PAPERBACK • 280pp • 15 x 23cm • \$42.99 • 1/12/2020



When a Loved One Won't Seek Mental Health Treatment

When a loved one resists mental health treatment, the ripple effects are felt throughout the entire family. Written by seasoned clinicians, this essential guide introduces the innovative family well-being approach (FWBA) to address this challenge. It offers both validation and practical strategies for those who feel trapped by a family member's mental health struggles. The book provides actionable techniques to support your loved one while also prioritizing your own emotional well-being. By applying these methods, readers can effectively assist their loved ones while also nurturing their own mental health, fostering a more balanced and supportive family environment.

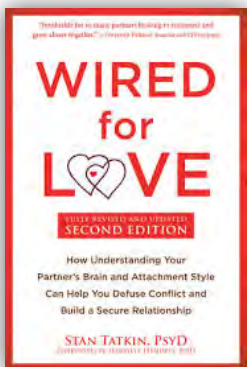
Pollard, C. Alec & Vandyke, Melanie & Mitchell, Gary • PAPERBACK • 168pp • 15 x 23cm • \$42.99 • 1/11/2024



Why Can't I Let You Go?

Break free from trauma bonds and build the healthy, secure relationships you deserve. Childhood experiences of abuse, neglect, or abandonment often result in unhealthy attachments and can impact how you handle conflict and intimacy in adulthood. But change is possible. In *Why Can't I Let You Go*, relationship expert Michelle Skeen helps you identify your attachment style, core beliefs, and harmful patterns. You'll gain practical skills to break these patterns and cultivate fulfilling, loving relationships. This compassionate guide provides the support you need to transform your relational dynamics and achieve the lasting love and security you've been seeking.

Skeen, Michelle & Skeen, Kelly • PAPERBACK • 176pp • 15 x 23cm • \$39.99 • 2/01/2024



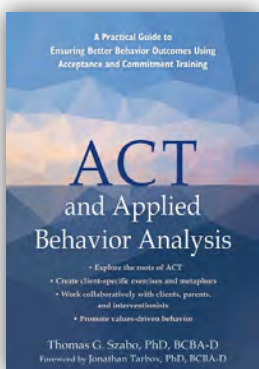
Wired for Love

With over 170,000 copies sold, *Wired for Love* is your essential guide to understanding your partner's brain and building a relationship grounded in love and trust. This updated second edition integrates the latest research from neuroscience, attachment theory, and emotion regulation to present ten key principles that enhance any relationship. The revised edition offers new strategies for managing disagreements and includes exercises to foster safety and security, set healthy conflict boundaries, and address external threats like in-laws, alcohol, and affairs. This comprehensive guide helps you create a stronger, more harmonious relationship.

Tatkin, Stan & Hendrix, Harville • PAPERBACK • 216pp • 15 x 23cm • \$42.99 • 1/11/2024



SELF-HEALING

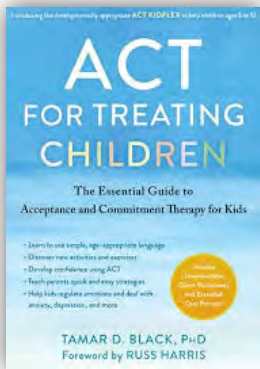


ACT and Applied Behavior Analysis

Quickly master a behavior therapy that will elevate your practice as a board-certified behavior analyst (BCBA). Whether working with clients with minimal or advanced language skills, a flexible approach is essential. Acceptance and Commitment Therapy (ACT), rooted in relational frame theory (RFT), offers a dynamic framework for enhancing behavior outcomes. This key guide will help you apply ACT concepts, design customized exercises, utilize metaphors, and practice core skills such as present-moment awareness, flexible perspective taking, committed action, and values work. It also covers cultural competency and diversity to better support a wide range of clients. This book is your definitive resource for incorporating ACT into your practice.

Szabo, Thomas G. & Tarbox, Jonathan • PAPERBACK • 304pp • 18 x 25cm • \$125.00 • 1/10/2023

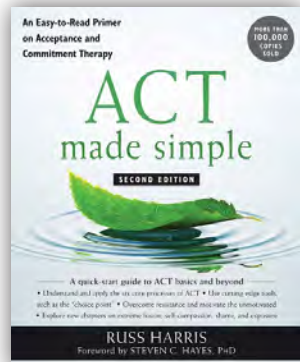




ACT for Treating Children

In today's therapeutic landscape, clinicians are increasingly in need of adaptable strategies for treating children grappling with mental health challenges such as anxiety and depression. ACT for Treating Children, authored by a seasoned educational psychologist, provides a wealth of clear, practical, and age-appropriate techniques rooted in acceptance and commitment therapy (ACT). This resource is specifically designed to assist children aged 5 to 12 in developing effective coping mechanisms, managing their emotions, and recovering from life's hurdles. With its focus on developmental appropriateness, this guide equips clinicians with the tools needed to foster resilience and emotional well-being in young clients.

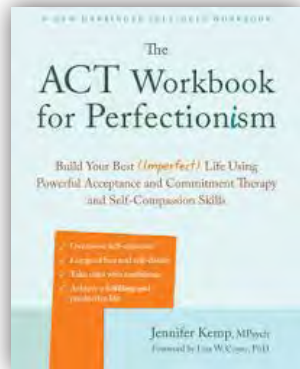
Black, Tamar D. & Harris, Russ & Russ Harris • PAPERBACK • 232pp • 18 x 25cm • \$115.00 • 1/05/2022



ACT Made Simple

The fully revised second edition of ACT Made Simple now features new chapters on self-compassion, flexible perspective taking, and trauma work. As a mental health professional, you may sometimes feel overwhelmed by the challenges of therapy and questions about human suffering. To enhance your client sessions, consider adopting acceptance and commitment therapy (ACT), which is proven effective for treating depression, anxiety, stress, and more. This guide offers clear explanations of ACT's six processes, practical tips, scripts, exercises, and worksheets to help you implement ACT successfully. Ideal for both newcomers and seasoned professionals, this book makes the complex theory of ACT accessible and actionable.

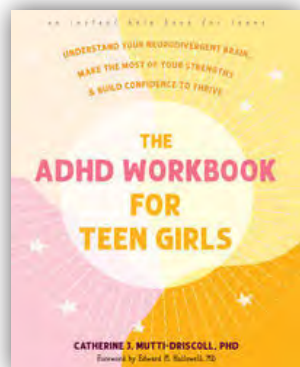
Harris, Russ & Hayes, Steven C. • PAPERBACK • 392pp • 20 x 25cm • \$92.99 • 1/05/2019



ACT Workbook for Perfectionism, The

Perfectionism can certainly drive achievement and success, but it can also hinder progress when it becomes a barrier to taking risks or trying new things due to fear of failure, judgment, or rejection. This innovative, evidence-based workbook addresses unhelpful perfectionism by offering strategies to maintain high standards while fostering self-compassion and acceptance of mistakes. Readers will learn to balance their pursuit of excellence with the ability to embrace imperfections, helping them overcome obstacles and reach their highest potential. This approach ensures that perfectionism becomes a tool for growth rather than a stumbling block to achieving their goals.

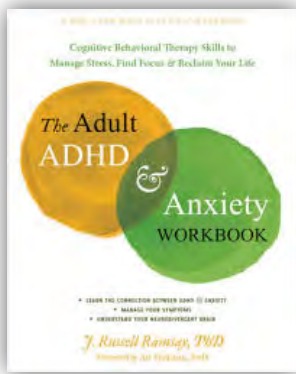
Kemp, Jennifer & Coyne, Lisa W. & Lisa W. Coyne • PAPERBACK • 232pp • 20 x 25cm • \$52.99 • 1/12/2021



ADHD Workbook for Teen Girls, The

Teen girls with attention-deficit hyperactivity disorder (ADHD) encounter distinct challenges as they navigate the path to adulthood, including social struggles, perfectionism, negative self-talk, and intense emotions. Authored by a mental health professional who has lived with ADHD, this empowering workbook provides evidence-based tools tailored to help these young women gain a deeper understanding of their neurodivergent brains. It offers strategies to leverage their strengths, advocate effectively for themselves, and develop the self-confidence necessary to achieve their full potential and thrive in life. This resource is designed to support their growth and success throughout their journey to adulthood.

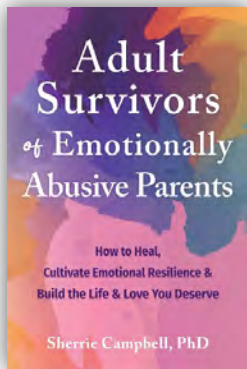
Mutti-Driscoll, Catherine J. & Hallowell, Edward M. • PAPERBACK • 168pp • 20 x 25cm • \$42.99 • 1/11/2024



Adult ADHD and Anxiety Workbook, The

Managing adult attention-deficit hyperactivity disorder (ADHD) presents its own set of challenges, and when combined with anxiety—the most common coexisting condition with ADHD—it can complicate progress and goal achievement even further. This groundbreaking workbook offers readers a unique opportunity to address both conditions simultaneously. It provides proven-effective cognitive behavioral therapy (CBT) techniques specifically designed to help adults navigate the complexities of ADHD and anxiety. By employing these strategies, individuals can develop greater confidence, maintain focus, and achieve a much-needed sense of calm, paving the way for a more balanced and fulfilling life.

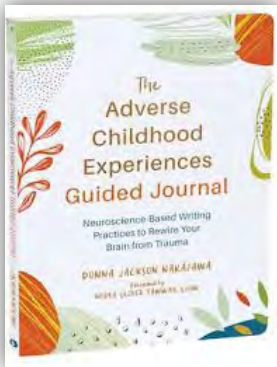
Ramsay, J. Russell & Tuckman, Ari • PAPERBACK • 184pp • 20 x 25cm • \$54.99 • 1/11/2024



Adult Survivors of Emotionally Abusive Parents

Heal from the impact of growing up with emotionally abusive parents and start your journey toward a fulfilling life. Abusive parenting can lead to anxiety, depression, complex post-traumatic stress disorder (C-PTSD), low self-esteem, or addiction. It's vital to recognize that this pain was not your fault and that healing is possible. In this guide by the author of *Adult Survivors of Toxic Family Members*, you'll explore your past, build resilience, and learn to set boundaries and form meaningful relationships. Sherrie Campbell offers practical tools using mindfulness, acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and self-compassion to help you reconnect with your true self and achieve the life you deserve.

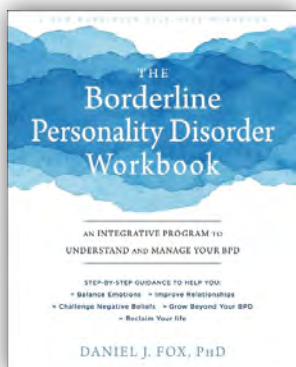
Campbell, Sherrie • PAPERBACK • 192pp • 15 x 23cm • \$38.99 • 1/03/2024



Adverse Childhood Experiences Guided Journal, The

Whether or not we choose to share our story with others, writing down our past experiences allows us to view our trauma from fresh, transformative perspectives. This compassionate guided journal provides powerful exercises, prompts, and write-to-heel techniques based on neuroscience, helping readers identify and understand patterns of trauma from their childhood. By engaging with these techniques, readers can build resilience and begin to rewrite their brain's internal narrative, fostering healing and personal growth. This journal offers a structured approach to processing and transforming past experiences, supporting a journey toward a more empowered and resilient self.

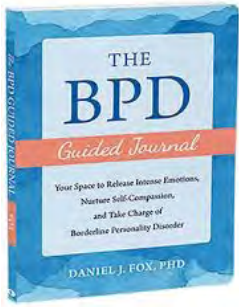
Jackson Nakazawa, Donna & Glover Tawwab, Nedra & Et Al. • PAPERBACK • 176pp • 18 x 23cm • \$42.99 • 1/11/2024



Borderline Personality Disorder Workbook, The

Introducing a groundbreaking approach to managing borderline personality disorder (BPD). If you've been diagnosed with BPD, you might feel shock, shame, sadness, or anger, and encounter troubling information online. Take a deep breath—this workbook will guide you through it. BPD is not a life sentence; it varies in severity and impact. This workbook offers a tailored approach, combining dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and interpersonal therapy. You'll gain insight into your BPD, identify emotional triggers, and discover personal motivators for change. This guide will help you confront your diagnosis and begin the journey to lasting wellness.

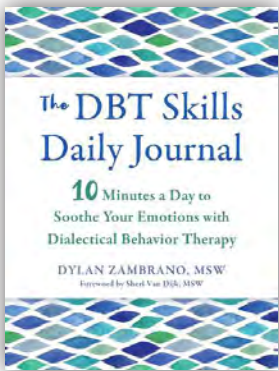
Fox, Daniel J. • PAPERBACK • 272pp • 20 x 25cm • \$52.99 • 1/05/2019



BPD Guided Journal, The

People with borderline personality disorder (BPD) frequently grapple with intense emotions, relationship challenges, feelings of shame, and self-destructive behaviors. This compassionate guided journal provides a thoughtful, personalized approach to managing these symptoms. By engaging in writing exercises, readers will gain a deeper understanding of the four core elements of BPD—emotions, thoughts, behaviors, and relationships. The journal offers practical tools to help balance emotions, counteract unhealthy habits, and foster self-compassion. Through this transformative process, individuals can work toward healing and build a more stable, fulfilling life.

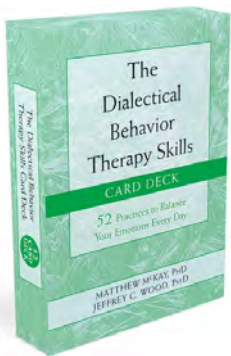
Fox, Daniel J. • PAPERBACK • 184pp • 15 x 20cm • \$42.99 • 1/11/2024



DBT Skills Daily Journal, The

Transform negative thoughts, manage intense emotions, and enhance well-being in just ten minutes a day. Many people struggle with severe emotion regulation issues, leading to anxiety, depression, and other mental health challenges. You need a simple, effective program to build self-awareness and intentionality. The DBT Skills Daily Journal combines guided journaling with dialectical behavior therapy (DBT) to offer an accessible method for addressing negative thoughts and emotions. In just ten minutes daily, you'll practice core DBT skills—mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. This easy-to-use journal helps improve resilience and provides lifelong skills for better emotion control.

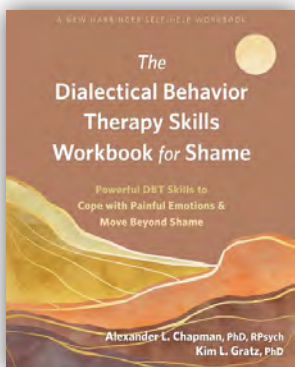
Zambrano, Dylan & Van Dijk, Sheri • PAPERBACK • 184pp • 15 x 20cm • \$38.99 • 1/10/2023



Dialectical Behavior Therapy Skills Card Deck, The

Based on the best-selling The Dialectical Behavior Therapy Skills Workbook, this portable card deck offers 52 practices to help you balance emotions and enhance your life. Originally designed for treating borderline personality disorder, dialectical behavior therapy (DBT) is now recognized for its effectiveness with various mental health challenges, especially those involving intense emotions. Each card features highly effective mindfulness strategies, relationship tips, and skills for emotion regulation and distress tolerance. Ideal for therapists, teachers, parents, or anyone seeking emotional balance, this deck provides daily wisdom and evidence-based skills for lasting peace and well-being.

Mckay, Matthew & Wood, Jeffrey C. • CARDS • 54pp • 9 x 13cm • \$38.99 • 1/10/2019

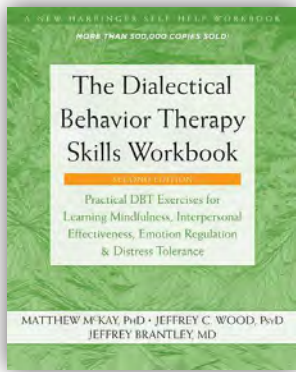


Dialectical Behavior Therapy Skills Workbook for Shame, The

Dialectical behavior therapy (DBT) skills can help you move beyond shame and find peace and healing. Shame, often stemming from trauma, insecurity, or guilt, can feel overwhelming and lead to serious mental health issues like anxiety and depression. This workbook, crafted by renowned DBT experts, provides a step-by-step, evidence-based approach to healing from shame. Through core DBT skills—emotion regulation, distress tolerance, mindfulness, and interpersonal effectiveness—you'll learn to practice nonjudgmental self-acceptance, manage difficult emotions, and build supportive relationships. By addressing the root of your shame and developing healthier behaviors, you can achieve emotional balance and self-compassion.

Chapman, Alexander L. & Gratz, Kim L. • PAPERBACK • 192pp • 20 x 25cm • \$52.99 • 1/11/2023

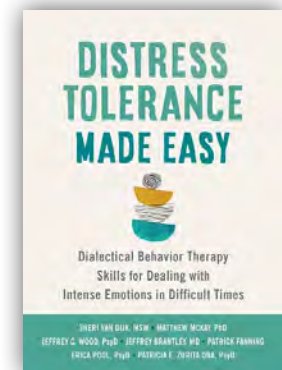




Dialectical Behavior Therapy Skills Workbook, The

The fully revised second edition of The Dialectical Behavior Therapy Skills Workbook offers a clear, effective approach to mastering evidence-based DBT skills. Developed by Marsha M. Linehan for borderline personality disorder, DBT also helps with various mental health issues by improving distress management and preventing destructive behaviors. This workbook provides step-by-step exercises in distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness. Updated with new chapters on cognitive rehearsal, distress tolerance, and self-compassion, it's a valuable resource for both mental health professionals and general readers seeking practical strategies for emotional control and lasting change.

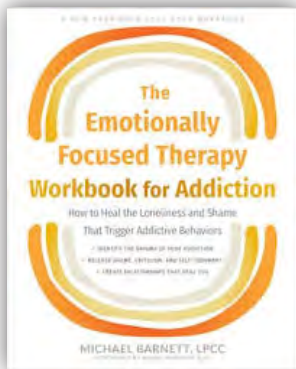
Mckay, Matthew & Wood, Jeffrey C. • PAPERBACK • 296pp • 20 x 25cm • \$52.99 • 1/10/2019



Distress Tolerance Made Easy

Distress Tolerance Made Easy is your go-to portable guide rooted in effective DBT techniques designed to help you master intense emotions and maintain balance amidst life's many challenges. From navigating the turbulence of a breakup or job loss to managing stress during global crises, this guide equips you with practical tools to handle difficult feelings and stress without losing control. Centered around the crucial DBT skill of distress tolerance, it offers valuable tips and strategies to help you stay composed and manage emotional triggers with confidence. Keep it close—whether in your nightstand, glove box, or desk—to stay resilient and ready, no matter what comes your way.

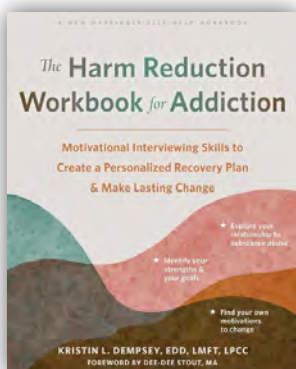
Van Dijk, Sheri & Mckay, Matthew • PAPERBACK • 152pp • 13 x 18cm • \$38.99 • 1/12/2023



Emotionally Focused Therapy Workbook for Addiction, The

Addiction frequently stems from deep-seated loneliness, trauma, or loss, but many traditional treatments fall short by only addressing the symptoms of addictive behavior rather than the underlying causes. Emotionally focused therapy (EFT) offers a transformative approach by equipping readers with the tools to heal the emotional wounds and isolation that addiction often seeks to numb. This therapy guides individuals in developing crucial skills for fostering a genuine sense of belonging and safety within their relationships, allowing them to embrace community and connection over substance use. By focusing on emotional healing and supportive connections, EFT provides a comprehensive path to overcoming addiction.

Barnett, Michael & Johnson, Susan & Susan Johnson • PAPERBACK • 184pp • 20 x 25cm • \$54.99 • 1/11/2024

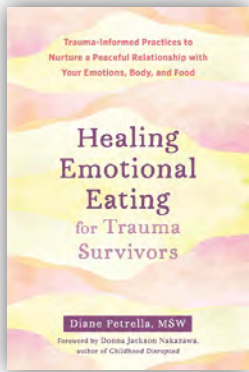


Harm Reduction Workbook for Addiction, The

Is it time for a change? This evidence-based workbook offers a refreshing alternative to traditional abstinence-only approaches by focusing on harm reduction. If you feel you're using substances excessively but aren't ready to quit entirely, this guide, grounded in motivational interviewing techniques, will help you examine your substance use and develop a personalized recovery plan. The Harm Reduction Workbook for Addiction includes exercises for self-reflection, identifying strengths, and setting values and goals. With tools to create your own action plan, this workbook supports gradual, self-paced change and helps you transform your relationship with substances for the better.

Dempsey, Kristin L. & Stout, Dee-Dee • PAPERBACK • 192pp • 20 x 25cm • \$52.99 • 2/01/2024

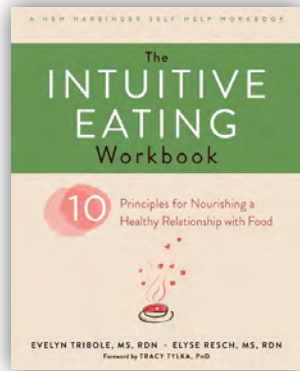




Healing Emotional Eating for Trauma Survivors

Heal the trauma underlying your emotional eating with this compassionate guide. If you've faced abuse or trauma, it might be affecting how you handle yourself today, leading to using food to manage emotions like sadness or anxiety. You're not alone—research links trauma to emotional eating. This book offers step-by-step guidance for rewiring your brain to address trauma-based fears, regulate emotions, and build a healthier relationship with food. Using mindfulness, self-compassion, and neuroscience, you'll learn to calm your mind, process emotions safely, and transform self-punishment into self-compassion. Discover how to reclaim your power from trigger foods and create an emotionally supportive environment.

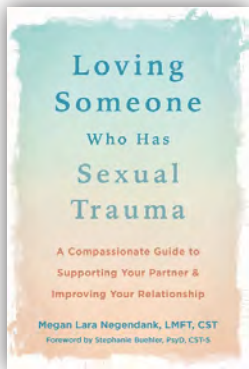
Petrella, Diane & Jackson Nakazawa, Donna • PAPERBACK • 192pp • 15 x 23cm • \$39.99 • 1/09/2023



Intuitive Eating Workbook

Do you find yourself seeking comfort in food during stressful moments? The Intuitive Eating Workbook offers a thorough, evidence-based approach to cultivating a healthy and balanced relationship with food. This workbook will guide you in attuning to your body's natural hunger and satisfaction cues, while also deepening your connection with both your body and mind. If you've been disheartened by endless fad diets and calorie-counting methods, this workbook presents a revitalizing alternative. Rooted in the principles from the authors' best-selling book, it empowers you to embrace intuitive eating, rediscover the pleasure of food, and move beyond restrictive dieting for lasting well-being.

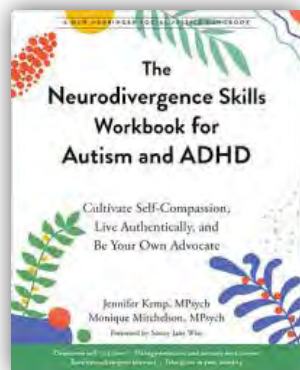
Tribole, Evelyn & Resch, Elyse • PAPERBACK • 244pp • 20 x 25cm • \$54.99 • 1/04/2017



Loving Someone Who Has Sexual Trauma

Support and strengthen your relationship with a partner who has experienced sexual trauma. They may struggle with anxiety, PTSD, or depression, and you might feel uncertain about how to offer support. This guide provides crucial tools for building intimacy and trust. In *Loving Someone Who Has Sexual Trauma*, therapist Megan Lara Negendank shares self-compassion and communication strategies to enhance your connection. Learn trauma-informed techniques to understand their experiences, promote safety, and improve your relationship. This book helps you develop communication skills, manage triggers, and build emotional and physical bonds, guiding you toward a loving and secure relationship.

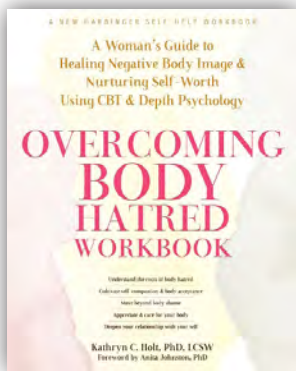
Negendank, Megan Lara & Buehler, Stephanie • PAPERBACK • 200pp • 15 x 23cm • \$39.99 • 1/10/2023



Neurodivergence Skills Workbook for Autism and ADHD, The

Neurodivergent individuals often navigate a range of challenges, from social difficulties and sensory sensitivities to sleep issues and the trauma of marginalization. Written by two neurodivergent psychologists, this workbook provides acceptance and commitment therapy (ACT) and self-compassion strategies specifically designed for those with ADHD and Autism. It aims to help readers embrace their identities, enhance their well-being, and form meaningful connections. By focusing on these tailored techniques, the workbook supports neurodivergent people in living authentically and thriving in today's world, helping them to take pride in who they are and improve their overall quality of life.

Kemp, Jennifer & Mitchelson, Monique & Wise, Sonny Jane • PAPERBACK • 224pp • 20 x 25cm • \$54.99 • 1/11/2024

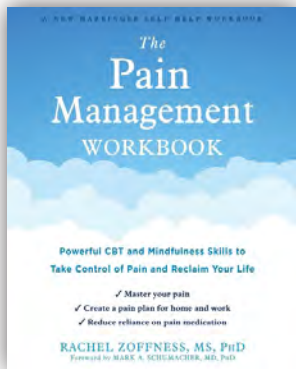


Overcoming Body Hatred Workbook

If you struggle with body dissatisfaction, avoiding mirrors and social situations due to self-hate, you're not alone. Body dissatisfaction, especially among women and girls, has become widespread. This workbook offers a way out, combining evidence-based cognitive behavioral therapy (CBT) and depth psychology to help you heal from negative body image. You'll discover powerful techniques to manage stress and emotions linked to body hatred and strategies for nurturing self-worth. By focusing on your values, setting boundaries, handling stress, and resisting toxic cultural messages, you'll learn to cultivate a more positive self-image and find peace within yourself.



Holt, Kathryn C. & Johnston, Anita • PAPERBACK • 176pp • 20 x 25cm • \$54.99 • 1/04/2024

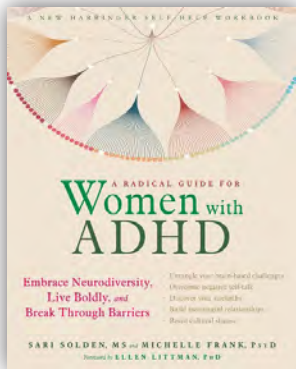


Pain Management Workbook

Chronic pain affects over one hundred million Americans, yet it remains poorly understood. Fortunately, recent research highlights a promising biopsychosocial treatment model for pain management that integrates biology, psychology, and social factors. This groundbreaking workbook outlines this comprehensive approach, offering scientifically supported interventions from cognitive-behavioral therapy (CBT), mindfulness, and neuroscience. You'll learn to create effective pain management plans, reduce medication dependence, and break the pain cycle. Additionally, the workbook provides strategies for improving sleep, nutrition, and resuming valued activities, helping you take control of your pain and enhance your overall well-being.



Zoffness, Rachel • PAPERBACK • 224pp • 20 x 25cm • \$52.99 • 1/12/2020

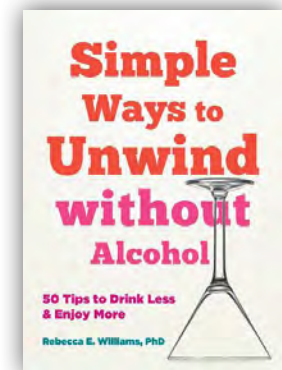


Radical Guide for Women with ADHD, A

Embrace your ADHD with confidence! This transformative guide helps women with attention deficit/hyperactivity disorder (ADHD) tap into their strengths, honor their neurodiversity, and communicate effectively. If you've felt different all your life due to ADHD, you're not alone. Society often imposes rigid standards, making those with ADHD feel they fall short. This workbook challenges those negative beliefs, offering a fresh perspective that celebrates your unique brain differences. Blending traditional ADHD treatments with modern approaches like acceptance and commitment therapy (ACT), it provides practical steps to boost self-confidence and unlock your full potential.



Solden, Sari & Frank, Michelle • PAPERBACK • 216pp • 20 x 25cm • \$44.99 • 1/07/2019

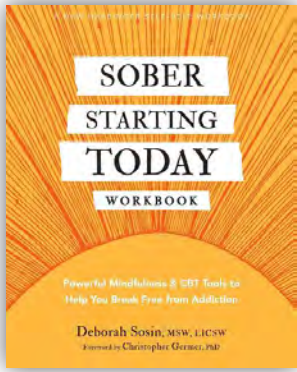


Simple Ways to Unwind without Alcohol

Soothe stress and boost joy without relying on alcohol. If you're weary of hangovers and seeking clearer thinking and less anxiety, you're not alone. The cultural norms of cocktails and wine can make cutting back or quitting challenging. This practical guide offers simple, effective lifestyle strategies based on mindfulness, cognitive behavioral therapy (CBT), and acceptance and commitment therapy (ACT). It will help you destress and reclaim your inner calm without needing a drink. Explore how you can feel more empowered and vibrant, whether you commit to a week, a month, or even longer. Transform your routine and embrace a refreshing, alcohol-free life.



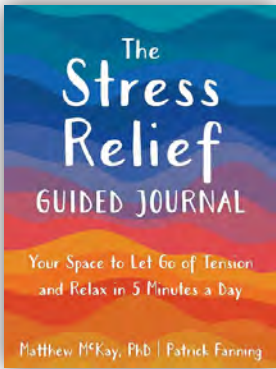
Williams, Rebecca E. • PAPERBACK • 200pp • 13 x 18cm • \$38.99 • 1/11/2023



Sober Starting Today Workbook

A compassionate guide to lasting sobriety, this workbook offers a clear path to overcoming addiction. If you're struggling with substance use, know that you're not alone. The Sober Starting Today Workbook uses mindfulness and cognitive behavioral therapy (CBT) to provide effective strategies for getting and staying sober. Learn how to avoid triggers, manage cravings, and balance emotions while dealing with social challenges. Strengthen your mind-body connection through mindful practices, self-compassion techniques, and healthier habits. With relapse prevention strategies, this workbook helps you build a supportive network, move past toxic relationships, and embrace a hopeful future free from addiction.

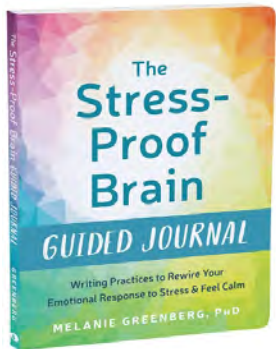
Sosin, Deborah & Germer, Christopher • PAPERBACK • 200pp • 20 x 25cm • \$52.99 • 1/03/2024



Stress Relief Guided Journal, The

Create your own serene space to release tension and enhance peace of mind with just minutes of practice each day. Life's demands—from work and relationships to financial and health issues—can make stress unavoidable. The Stress Relief Guided Journal offers effective, simple techniques to help you manage stress and cultivate relaxation habits. By exploring your stress triggers and developing a personalized action plan, you'll engage in practices such as progressive relaxation, self-hypnosis, visualization, and mindfulness. This journal, grounded in acceptance and commitment therapy (ACT), provides a calming refuge to help you find tranquility amidst life's chaos.

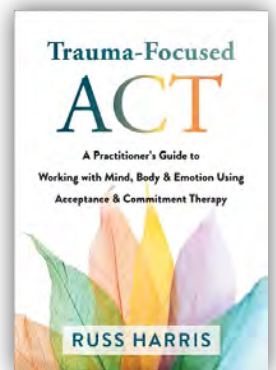
Mckay, Matthew & Fanning, Patrick • PAPERBACK • 176pp • 15 x 20cm • \$38.99 • 1/09/2023



Stress-Proof Brain Guided Journal, The

Stress is an unavoidable part of life, but you can control how you respond to it. The Stress-Proof Brain Guided Journal offers unique writing prompts designed to help you harness positive emotions, rewire your stress responses, and cultivate calm. Instead of letting stress disrupt your health and happiness, use this journal to explore your reactions and shift away from negative patterns like avoidance and self-criticism. Grounded in mindfulness, neuroscience, and positive psychology, this journal empowers you to build resilience, overcome negativity, and develop a stress-proof mindset. Embrace neuroplasticity and transform your response to stress for a healthier, happier life.

Greenberg, Melanie • PAPERBACK • 184pp • 15 x 20cm • \$38.99 • 1/02/2024



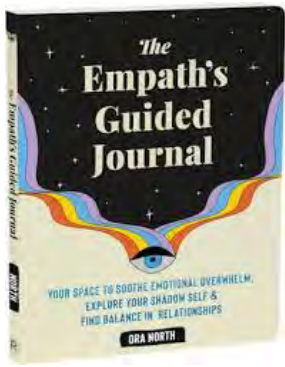
Trauma-Focused Act

Trauma-Focused ACT (TFACT) offers a comprehensive, flexible model for addressing a wide range of trauma-related issues, from PTSD and addiction to anxiety and chronic pain. Written by renowned ACT trainer Russ Harris, this textbook provides practitioners with valuable resources such as scripts, videos, MP3s, handouts, and worksheets. TFACT's compassion-based, exposure-centered approach helps clients find safety, overcome dissociation, shift to self-compassion, and engage in life. Learn to resolve traumatic memories, connect with values, and support post-traumatic growth with cutting-edge strategies for healing the past, living in the present, and building a hopeful future.

Harris, Russ • PAPERBACK • 400pp • 18 x 25cm • \$125.00 • 1/12/2021



SPIRITUAL WELLNESS



Empath's Guided Journal, The

For empaths, sensitivity can be a remarkable gift, yet it often leads to emotional burnout and overwhelm. This insightful guided journal, crafted by the author of *I Don't Want to Be an Empath Anymore*, offers a transformative journey through empowering writing exercises. Designed to deepen your understanding of your empathic nature, the journal helps you reflect on your relationships, establish healthy boundaries, and explore your shadow self—the parts of yourself that may be hidden or repressed. By engaging with these practices, you'll learn to manage emotional stress and burnout effectively, embrace your empathic abilities, and cultivate a balanced and resilient self.

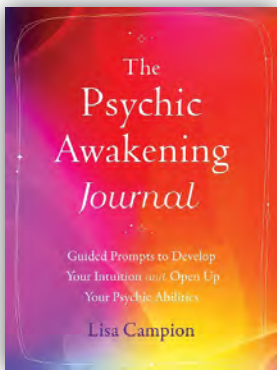
North, Ora • PAPERBACK • 184pp • 15 x 20cm • \$45.99 • 1/11/2024



Heal Your Past to Manifest Your Future

Manifestation, or the law of attraction, involves mentally visualizing success and has become widely popular in mainstream and social media. For trauma survivors, however, successful manifestation starts with healing past wounds. *Heal Your Past to Manifest Your Future* offers a trauma-informed approach to manifestation, guiding readers through essential steps to regulate their nervous system, reparent their inner child, and rewire their brain to release emotional blocks. This process helps individuals achieve the abundance, happiness, and success they truly deserve by addressing and healing past pain, creating a solid foundation for manifesting their future goals.

Kress, Anna • PAPERBACK • 192pp • 15 x 23cm • \$45.99 • 1/11/2024



Psychic Awakening Journal, The

If you've been told you're deeply intuitive or have a sense of events before they happen, you might be psychically gifted. This guided journal offers a sacred space to explore and strengthen your psychic abilities by recording and reflecting on your intuitive experiences. Created by renowned psychic and Reiki master Lisa Campion, this journal helps you understand and harness your psychic gifts, deepen your intuition, and connect with your inner voice. Through prompts and exercises, you can interpret dreams, track psychic experiences, and note signs and synchronicities, guiding you toward a more meaningful and spiritually enriched life.

Campion, Lisa • PAPERBACK • 208pp • 15 x 20cm • \$44.99 • 1/11/2023





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