

# Acceptance & Commitment Therapy

## THE FUTURE *of* PSYCHOLOGY

**WHEN ACT FIRST BURST ON THE SCENE IN 1999**, much of it seemed very new. New assumptions. New methods. New terms (oh those terms!). ACT had already been in development for nearly twenty years, but not in a very visible way. ACT was the overnight success that took decades to produce.

Now just a little over ten years later, the scene has changed. The field of cognitive behavior therapy has developed a contextual wing, and it is becoming populated with a variety of methods. Contextual CBT is settling on a consensus model of change, emphasizing the importance of increased psychological openness, greater and more flexible awareness, and active behavioral engagement. ACT and its sister methods have shown relevance in almost every area of behavioral health and psychological change. ACT is on the list of evidence-based practices maintained by governmental agencies and professional groups. It has arrived.

Now the hard work can begin.

There is a sense of seriousness of purpose in the contextual behavioral science community, and you can sense it at this conference and see it in this catalog. Large, funded research projects are becoming common. Large dissemination projects are well underway. Practicing clinicians realize how much deeper they can go.

Protocols are becoming more varied. The basic foundations of ACT are becoming almost sexy, as relational frame theory workshops and books spring up, helping practitioners to be more effective. The scope of RFT is more obvious now, with new efforts in understanding and measuring cognition, and in fostering education and child development. Meanwhile, ACBS chapters are springing up around the world. A true international development community is emerging.

We are learning together how to create a new force within the behavioral sciences and professional that is dedicated to the long, slow, serious (but fun!) work of developing a psychology more worthy of the challenge of the human condition. Now the hard work can begin.

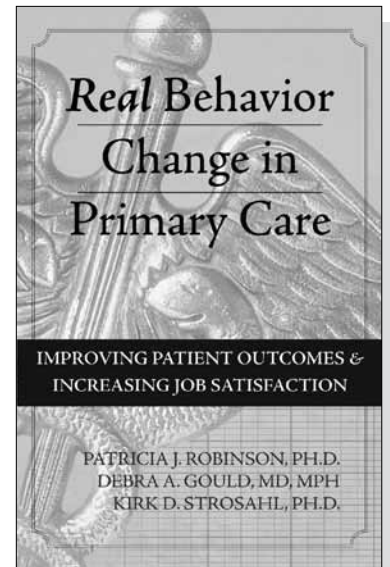
New Harbinger has been with the contextual behavioral science community every step of the way. It has taken risks; it has pushed the envelope. It has seen the need for self-help books, therapist books, edited books, and foundational books. It has lifted up new authors, and given experienced hands new platforms. As a result, no one in the contextual behavioral science community has been left untouched. Almost regardless of your interests, the books in this catalog will help. Like the great publishing houses of the past, New Harbinger is not just making books—it's making a difference.

As you leaf through these pages, you will see a body of work and a behavioral science community that is becoming more established, more confident, and more broadly based, but yet still humble about the work ahead. The work may be long, slow, and serious—but together it will also be fun!

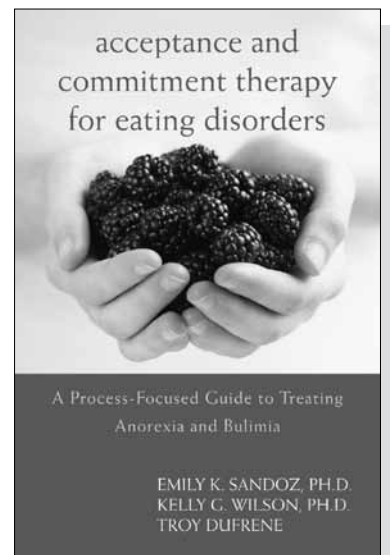
—STEVEN C. HAYES, PHD, Foundation Professor, University of Nevada



**STEVEN C. HAYES, PHD**, is University of Nevada Foundation Professor of Psychology at the University of Nevada, Reno. He is author of more than 465 scientific articles and 33 books, including *Acceptance and Commitment Therapy* and *Relational Frame Theory*—two books that significantly develop the concepts on which *Get Out of Your Mind and Into Your Life* is based. His research explores the nature of human language and cognition and their application to the understanding and alleviation of human suffering.



ISBN: 978-1572248328 / hardcover / **US \$59.95**



ISBN: 978-1572247338 / hardcover / **US \$59.95**

 newharbingerpublications, inc.

800-748-6273 / newharbinger.com / 5674 Shattuck Ave. Oakland, CA 94609 USA

# NEW books

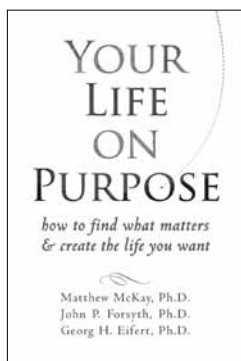
“ Empowering and moving, this book strokes, bumps, prods, and cajoles the reader toward the flower bud within that yearns to blossom. Even with all of its pains, life is a chosen joy when it is lived on purpose. This book shows you how to do that. ”

—STEVEN C. HAYES, PHD,

Foundation Professor of Psychology at the University of Nevada

## YOUR LIFE ON PURPOSE

*How to Find What Matters & Create the Life You Want*



*Your Life on Purpose* is about doing what matters every day instead of waiting for the perfect time to feel fulfilled and alive. With this book, your clients will learn to move past daily distractions, fear of failure, and self-judgment, and zero in on the passions that connect them with their true selves. Everyone deserves to live a life of purpose, aligned with their deepest values. *Also available as an e-book at newharbinger.com*

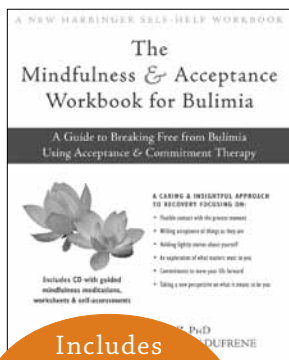
**MATTHEW MCKAY, PHD,  
JOHN P. FORSYTH, PHD,  
& GEORG H. EIFERT, PHD**

ISBN: 978-1572249059 / US \$16.95

» Read more about this book at <http://life-purpose.nhpubs.com>

## THE MINDFULNESS & ACCEPTANCE WORKBOOK FOR BULIMIA

*A Guide to Breaking Free from Bulimia Using Acceptance & Commitment Therapy*



The approach to moving beyond bulimia in *The Mindfulness and Acceptance Workbook for Bulimia* is different than other treatments. Instead of encouraging bulimia sufferers to avoid or fight against the conflicted feelings they have about food and their bodies, this workbook invites them to welcome and accept their deepest fears, learn to live with them, and put the things that are really important in their lives first. *Also available as an e-book at newharbinger.com*

**EMILY K. SANDOZ, PHD,  
KELLY G. WILSON, PHD  
& TROY DUFRENE**

ISBN: 978-1572247352 / trade paper + CD / US \$21.95

» Read more about this book at <http://bulimia-workbook.nhpubs.com>

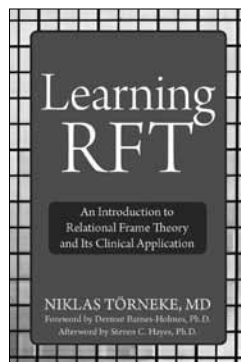
“ There is no better place to start learning about RFT than this excellent book. Törneke teaches the principles of RFT simply and elegantly...I wish a book like this had existed when I first learned about RFT. ”

—RUSS HARRIS,

author of *The Happiness Trap* and *ACT Made Simple*

## LEARNING RFT

*An Introduction to Relational Frame Theory & Its Clinical Application*



In the book, author Niklas Törneke presents the building blocks of RFT: language as a particular kind of relating, derived stimulus relations, and transformation of stimulus functions. He then shows how these concepts are essential to understanding acceptance and commitment therapy and other therapeutic models. *Learning RFT* shows how to use experiential exercises and metaphors in psychological treatment and explains how they can help your clients. *Also available as an e-book at newharbinger.com*

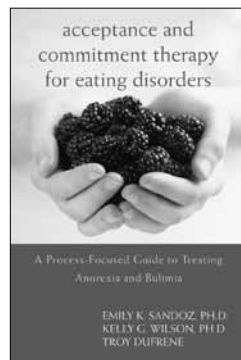
**NIKLAS TÖRNEKE, MD  
FOREWORD BY DERMOT BARNES-HOLMES, PHD  
AFTERWORD BY STEVEN C. HAYES, PHD**

ISBN: 978-1572249066 / US \$49.95

**CONTEXT PRESS**  
An Imprint of New Harbinger Publications, Inc.

## ACCEPTANCE & COMMITMENT THERAPY FOR EATING DISORDERS

*A Process-Focused Guide to Treating Anorexia & Bulimia*



This professional guide offers a review of acceptance and commitment therapy (ACT) as a theoretical orientation and presents case conceptualizations that illuminate the ACT process. Then, it provides session-by-session guidance for training and tracking present-moment focus, cognitive defusion, experiential acceptance, transcendent self-awareness, chosen values, and committed action—the six behavioral components that underlie ACT and allow clients to radically change their relationship to food and to their bodies.

*Also available as an e-book at newharbinger.com*

**EMILY K. SANDOZ, PHD, KELLY G. WILSON, PHD,  
& TROY DUFRENE**

ISBN: 978-1572247338 / hardcover / US \$59.95

To order, call us at 1-800-748-6273 or visit our online bookstore at [newharbinger.com](http://newharbinger.com)

Also available at fine booksellers everywhere.

# NEW books

“Readable, sensible, and comprehensive, this volume shows you exactly how to apply ACT to your coaching practice. If you work as a coach or are considering doing so, there is no better place to begin.”

—STEVEN C. HAYES, PHD,

Foundation Professor of Psychology at the University of Nevada

## MAXIMIZE YOUR COACHING EFFECTIVENESS WITH ACCEPTANCE & COMMITMENT THERAPY



In this book, life coaches learn to help their clients harness powerful techniques to identify their passions, set values-based professional and personal goals, and realize their full potential. By guiding clients through ACT-based exercises in mindfulness training and values clarification, life coaches can help clients accept aspects of their situations that can't be changed and commit to taking the actions that will lead them to

success. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

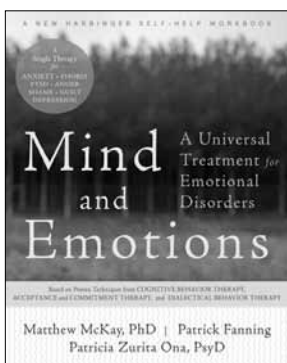
**RICHARD BLONNA, EDD**

ISBN: 978-1572249318 / US \$39.95

» Read more about this book at <http://coach-act.nhpubs.com>

## MIND & EMOTIONS

### *A Universal Treatment for Emotional Disorders*



This universal treatment offers readers the most effective techniques from cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) for facing difficult emotions and reconnecting to core values. The treatment is based on the idea that most emotional problems do not occur by themselves, but are co-occurring with other psychological problems that also need to be addressed.

Instead of treating each problem individually, readers can identify their core coping styles and use this information to heal their emotional suffering and make lasting life changes. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**MATTHEW MCKAY, PHD, PATRICK FANNING & PATRICIA ZURITA ONA, PSYD**

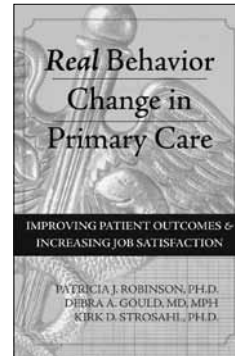
ISBN: 978-1608820153 / US \$21.95

“*Real Behavior Change in Primary Care* adds ACT to the growing list of techniques that are available to help the primary care provider convince patients to change their behaviors for the better.”

—ROBERT MCGRATH, PHD,

professor of psychology at Fairleigh Dickinson University

## REAL BEHAVIOR CHANGE IN PRIMARY CARE *Improving Patient Outcomes & Increasing Job Satisfaction*



This guide helps primary care providers recapture the ability to effectively help patients achieve optimal health and happiness. The book offers ten-minute interventions that provide your patients with the tools they need to change unworkable and unhealthy behaviors. Each short yet powerful intervention utilizes empirically supported skills from acceptance and commitment therapy (ACT) to help you empower patients to take charge of the psychological blocks that keep them from

resolving their health problems. You'll also apply ACT skills to your own life and learn to better manage stress, recover from burnout, and rediscover the meaning behind your work as a health care provider.

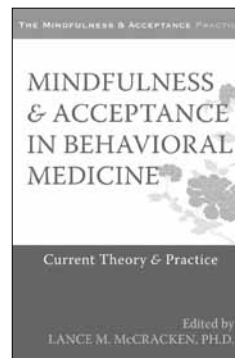
*Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**PATRICIA J. ROBINSON, PHD, DEBRA A. GOULD, MD, MPH, & KIRK D. STROSAHL, PHD**

ISBN: 978-1572248328 / hardcover / US \$59.95

## MINDFULNESS & ACCEPTANCE IN BEHAVIORAL MEDICINE

### *Current Theory & Practice*



An essential resource every psychologist, psychiatrist, primary care physician, health care provider, and health educator should own, this book presents a series of chapters that feature the latest findings on the efficacy of ACT and other mindfulness therapies for specific conditions and populations and guidance for introducing these therapies to patients. The book also includes information on integrating ACT with other therapeutic approaches and offers mindfulness and self-care principles health care professionals can use themselves to avoid burnout and improve patient outcomes.

*Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**EDITED BY LANCE M. MCCRACKEN, PHD**

ISBN: 978-1572247314 / US \$49.95  **CONTEXT PRESS**  
An Imprint of New Harbinger Publications, Inc.

» Read more about this book at <http://behavioral-medicine.nhpubs.com>

To order, call us at 1-800-748-6273 or visit our online bookstore at [newharbinger.com](http://newharbinger.com)

Also available at fine booksellers everywhere.

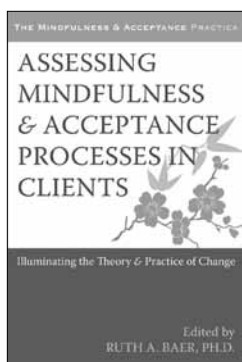
# Acceptance & Commitment Therapy

“ An excellent resource not only for mindfulness researchers and practitioners, but for anyone interested in what leads to mental health and emotional balance. ”

—**CASSANDRA VIETEN, PHD**, Institute of Noetic Sciences

## ASSESSING MINDFULNESS & ACCEPTANCE PROCESSES IN CLIENTS

*Illuminating the Theory & Practice of Change*



In this book, Ruth Baer presents a collection of articles by some of the most respected mindfulness researchers and therapists practicing today. Each contribution assesses the variables that represent potential processes of change and determines the importance of each of these processes to enhanced psychological functioning and quality of life. Clinicians learn to accurately measure each process in individual clients, an invaluable skill for any practicing therapist. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**EDITED BY RUTH A. BAER, PHD**

ISBN: 978-1572246942 / hardcover / **US \$58.95**

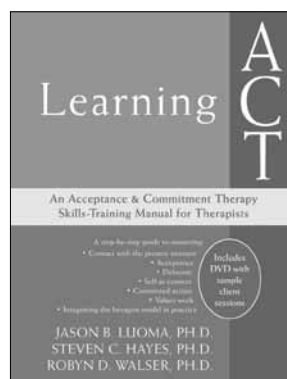
 **CONTEXT PRESS**  
An Imprint of New Harbinger Publications, Inc.

“...the best practical skill-building workbook produced so far in the ACT literature. ”

—**JOANNE C. DAHL, PHD**, University of Uppsala

## LEARNING ACT

*An Acceptance & Commitment Therapy Skills-Training Manual for Therapists*



Interested in integrating ACT into your practice? This book is the most complete source for ACT skills training for therapists. Each of the six core processes is explained in detail using examples from real clinical situations. The accompanying DVD lets you watch ACT as it really works in a clinical setting. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

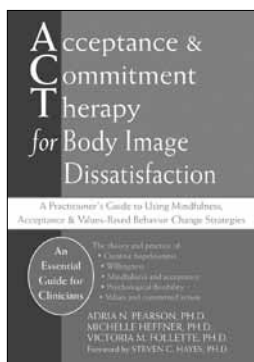
**JASON B. LUOMA, PHD,  
STEVEN C. HAYES, PHD,  
& ROBYN D. WALSER, PHD**

ISBN: 978-1572244986 / trade paper + DVD / **US \$44.95**

Copublished with  **CONTEXT PRESS**

## ACCEPTANCE & COMMITMENT THERAPY FOR BODY IMAGE DISSATISFACTION

*A Practitioner's Guide to Using Mindfulness, Acceptance & Values-Based Behavior Change Strategies*



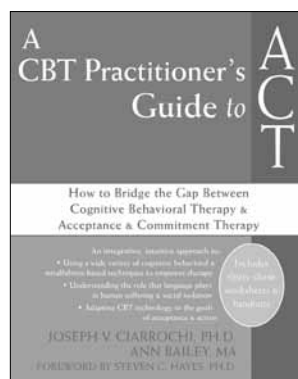
This book presents a clear plan for showing clients how to clarify their values to help broaden their lives and refocus on what is most meaningful and vital to them. It presents a clear ACT protocol, complete with sample scripts, therapy exercises, case studies, and worksheets, for treating body image dissatisfaction. You'll learn from a wide range of clinical examples of body image dissatisfaction, some of which explore manifestations in medical populations. The treatment protocol in this book can be effectively applied to both men and women, across a wide age range. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**ADRIA N. PEARSON, PHD, MICHELLE HEFFNER, PHD,  
& VICTORIA M. FOLLETTE, PHD**  
**FOREWORD BY STEVEN C. HAYES, PHD**

ISBN: 978-1572247758 / hardcover / **US \$49.95**

## A CBT PRACTITIONER'S GUIDE TO ACT

*How to Bridge the Gap Between Cognitive Behavioral Therapy & Acceptance & Commitment Therapy*



This book explains how to bridge the CBT-ACT divide and utilize both therapies for a powerful treatment approach. Grounded in current research, this practical guide clarifies how CBT and ACT differ, how they are similar, and includes all the information you need to begin incorporating ACT techniques into your clinical practice. Worksheets and exercises for both you and your clients appear throughout to help you seamlessly

integrate the two therapies. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**JOSEPH V. CIARROCHI, PHD, & ANN BAILEY, MA**  
**FOREWORD BY STEVEN C. HAYES, PHD**

ISBN: 978-1572245518 / **US \$39.95**

To order, call us at **1-800-748-6273** or visit our online bookstore at **[newharbinger.com](http://newharbinger.com)**

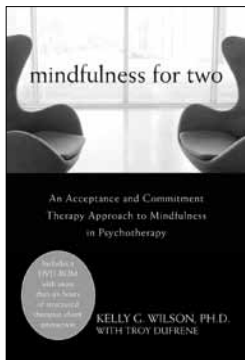
Also available at fine booksellers everywhere.

“...a seminal contribution to the growing literature on ACT and its interface with mindfulness theory and practice.”

—JON KABAT-ZINN, University of Massachusetts

## MINDFULNESS FOR TWO

*An Acceptance & Commitment Therapy Approach to Mindfulness in Psychotherapy*



Based on his popular workshops, this book for clinicians develops Kelly Wilson's keen insights into the role of mindfulness in the ACT processes. From a solid grounding in behavior analysis, Wilson demonstrates how clients can move into and out of engagement with the present during sessions and how therapists can use these cues to facilitate better therapeutic work. The book also delves into ways therapists can overcome their own loss of contact with the present moment.

**KELLY G. WILSON, PHD, WITH TROY DUFRENE**

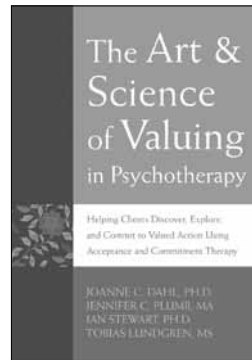
ISBN: 978-1608822669 / **US \$49.95**

“...replete with conceptually clear explanations and high-impact exercises.”

—MAVIS TSAI, PHD, University of Washington

## THE ART & SCIENCE OF VALUING IN PSYCHOTHERAPY

*Helping Clients Discover, Explore & Commit to Valued Action Using Acceptance & Commitment Therapy*



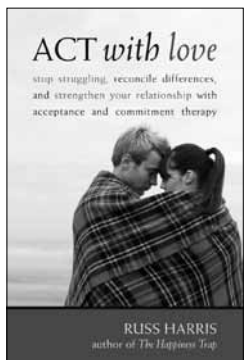
A team of ACT researchers explains the importance of working with clients on values, a key component of acceptance and commitment therapy. This book also includes step-by-step guidance for the therapist who wishes to utilize values-based techniques with clients. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**JOANNE C. DAHL, PHD,  
JENNIFER C. PLUMB, MA,  
IAN STEWART, PHD,  
& TOBIAS LUNDREN, MS**

ISBN: 978-1572246263 / **hardcover / US \$49.95**

## ACT WITH LOVE

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



In *ACT with Love*, one of Australia's foremost ACT trainers, Russ Harris, shows couples how developing psychological flexibility—the ability to be in the present moment with openness, awareness, and focus and to take effective action in line with one's values—will deepen and strengthen their relationships. Through a simple program based on the revolutionary mindfulness-based acceptance and commitment therapy (ACT), couples can learn to handle painful thoughts

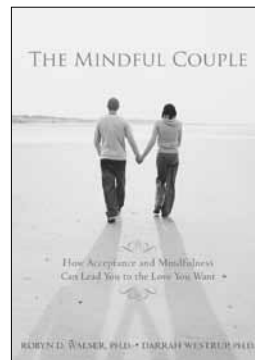
and feelings more effectively, let go of conflict, and engage fully in the process of living and loving together. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**RUSS HARRIS**, author of *The Happiness Trap*

ISBN: 978-1572246225 / **US \$17.95**

## THE MINDFUL COUPLE

*How Acceptance & Mindfulness Can Lead You to the Love You Want*



With strategies drawn from ACT, this book offers simple ways to help couples bring greater awareness and values-guided behavior to their relationship. Each chapter explores a key issue, such as passion, fidelity, and the balance between dependence and independence, and includes specific practices readers can do alone or with a partner to help them build vital relationships.

**ROBYN D. WALSER, PHD,  
& DARRAH WESTRUP, PHD**

ISBN: 978-1572246171 / **US \$15.95**

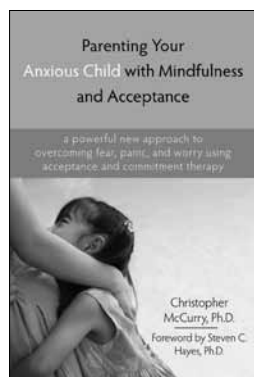
# Acceptance & Commitment Therapy

“ The book contains many useful and concrete strategies for helping parents to regulate their own thoughts and feelings in order to help their child stand up to anxiety. ”

—MATTHEW L. SPELTZ, PHD, University of Washington

## PARENTING YOUR ANXIOUS CHILD WITH MINDFULNESS & ACCEPTANCE

*A Powerful New Approach to Overcoming Fear, Panic & Worry Using Acceptance and Commitment Therapy*



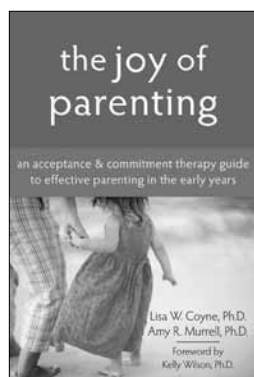
This book offers a new way to think about anxiety in children, as well as a set of techniques used by child psychologists to help children as young as four let go of anxious feelings and focus instead on relationships with friends, learning new things in school, and having fun. Parents are advised to learn these techniques themselves, then pass them on to their child. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**CHRISTOPHER MCCURRY, PHD**  
**FOREWORD BY STEVEN C. HAYES, PHD**

ISBN: 978-1572245792 / US \$17.95

## THE JOY OF PARENTING

*An Acceptance & Commitment Therapy Guide to Effective Parenting in the Early Years*



In this guide, two ACT experts provide parents with the tools they need to cope with disruptive and oppositional behavior, acknowledge that they don't have to be perfect, learn to recognize normal childhood transitions, and alleviate their own anxieties to become more responsive, flexible, effective, and compassionate parents. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**LISA W. COYNE, PHD,**  
**& AMY R. MURRELL, PHD**  
**FOREWORD BY**  
**KELLY WILSON, PHD**

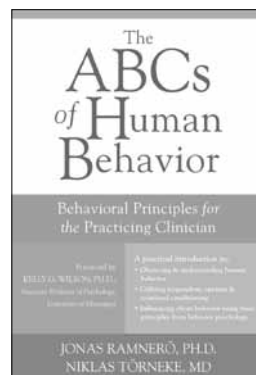
ISBN: 978-1572245938 / US \$17.95

“ The authors combine advanced discussions about learning theory and behavioral analysis with straightforward and informative examples. ”

—LENNART MELIN, PHD, Uppsala University

## THE ABCs OF HUMAN BEHAVIOR

*Behavioral Principles for the Practicing Clinician*



*The ABCs of Human Behavior* offers a thorough and practical introduction to the basics of modern behavioral psychology. It focuses both on the classical principles of learning as well as recent developments that explain language and cognition in behavioral and contextual terms. Practical and easy to read, the book walks you through both common sense and clinical examples that will help you use behavioral principles to observe, explain, and influence behavior in a therapeutic setting.

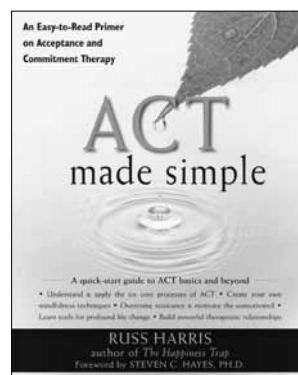
**JONAS RAMNERÖ, PHD, & NIKLAS TÖRNEKE, MD**  
**FOREWORD BY KELLY G. WILSON, PHD**

ISBN: 978-1572245389 / hardcover / US \$49.95

Copublished with  **CONTEXT PRESS**

## ACT MADE SIMPLE

*An Easy-To-Read Primer on Acceptance & Commitment Therapy*



A practical and entertaining primer, ideal for ACT newcomers and experienced ACT professionals alike, *ACT Made Simple* offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results.

Includes:

- Scripts, exercises, metaphors, and worksheets to use with your clients
- A session-by-session guide to implementing ACT
- Transcripts from therapy sessions
- Guidance for creating your own therapeutic techniques and exercises
- Practical tips to overcome “therapy roadblocks”

*Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**RUSS HARRIS • FOREWORD BY STEVEN C. HAYES, PHD**

ISBN: 978-1572247055 / US \$39.95

To order, call us at **1-800-748-6273** or visit our online bookstore at **[newharbinger.com](http://newharbinger.com)**

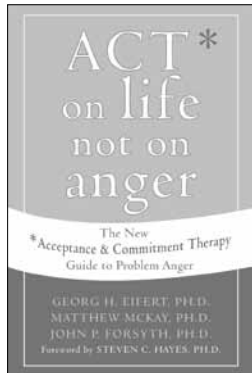
Also available at fine booksellers everywhere.

“...empowering & compassionate...  
extraordinarily insightful...”

—LAURIE A. GRECO, PHD,  
University of Missouri, St. Louis

## ACT ON LIFE NOT ON ANGER

*The New Acceptance & Commitment Therapy Guide to Problem Anger*



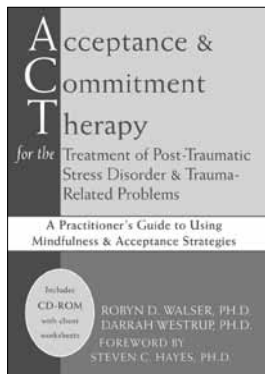
This book offers a new approach to those who have tried to control problem anger before with little success. Instead of trying to eliminate anger, this book helps readers drop the rope in their tug-of-war with anger using ACT. Value-identification exercises help readers decide what matters most to them and then commit to short- and long-term goals that turn these values into reality. In the process, readers gain the most profound control, accomplished by simply letting go.

**GEORG H. EIFERT, PHD, MATTHEW MCKAY, PHD,  
& JOHN P. FORSYTH, PHD**  
FOREWORD BY STEVEN C. HAYES, PHD

ISBN: 978-1572244405 / US \$16.95

## ACCEPTANCE & COMMITMENT THERAPY FOR THE TREATMENT OF POST-TRAUMATIC STRESS DISORDER & TRAUMA-RELATED PROBLEMS

*A Practitioner's Guide to Using Mindfulness & Acceptance Strategies*



ACT offers a promising, empirically validated approach to the treatment of PTSD and other trauma related problems. In this volume, you'll find a complete theoretical and practical guide to making this revolutionary new model work in your practice. You'll learn the importance of mindfulness and acceptance in the ACT model, find out how to structure sessions with your clients, and examine the problem of control. Includes an online link for downloadable client worksheets and other materials.

**ROBYN D. WALSER, PHD, & DARRAH WESTRUP, PHD**  
FOREWORD BY STEVEN C. HAYES, PHD

ISBN: 978-1608823338 / US \$58.95

“...highly recommended  
for all of us.”

—DAVID H. BARLOW, PHD,  
Boston University

## GET OUT OF YOUR MIND & INTO YOUR LIFE

*The New Acceptance & Commitment Therapy*



featured in  
**TIME**  
magazine

This book offers a five-step plan for coping with painful emotions such as anxiety and depression. It teaches readers life-enhancing behavior strategies that work to further the goals they value most. Once present, engaged, and aware, readers begin to build new lives for themselves filled with significance and meaning. *Also available as an e-book at newharbinger.com*

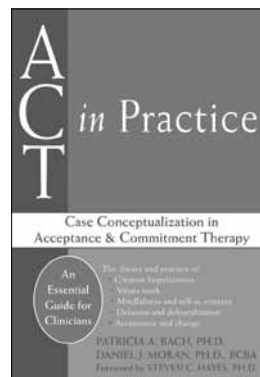


**STEVEN C. HAYES, PHD  
WITH SPENCER SMITH**

ISBN: 978-1572244252 / US \$21.95

## ACT IN PRACTICE

*Case Conceptualization in Acceptance  
& Commitment Therapy*



This book offers an introduction to ACT, an overview of its impact, and a brief introduction to the six core processes of ACT treatment—the six points of the hexaflex model. It describes how to accomplish ACT case conceptualizations and also offers possible alternative case conceptualization from different therapeutic traditions, a great help to therapists who come from a more traditional CBT background. Exercises throughout help you to evaluate the information you have just learned so that you may effectively integrate ACT into your practice.

**PATRICIA A. BACH, PHD, & DANIEL J. MORAN, PHD, BCBA**  
FOREWORD BY STEVEN C. HAYES, PHD

ISBN: 978-1572244788 / hardcover / US \$59.95

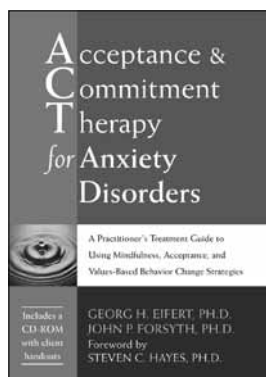
# Acceptance & Commitment Therapy

“...a vital clinical resource for any therapist, student, or educator...”

—ZINDEL V. SEGAL, PHD,  
University of Toronto

## ACCEPTANCE & COMMITMENT THERAPY FOR ANXIETY DISORDERS

*A Practitioner's Treatment Guide to Using Mindfulness, Acceptance, and Values-Based Behavior Change Strategies*



An effective, ACT approach for treating any anxiety disorder. Remove barriers to change and foster rapid client progress. Theoretical information in the book is supported by detailed examples of individual therapy sessions, worksheets, and exercises—as well as a CD-ROM that includes electronic versions of all client worksheets. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**GEORG H. EIFERT, PHD, & JOHN P. FORSYTH, PHD**  
**FOREWORD BY STEVEN C. HAYES, PHD**

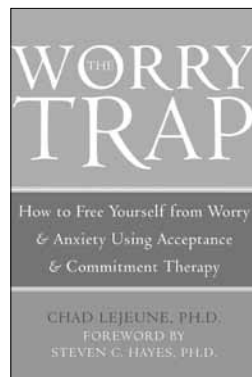
ISBN: 978-1572244276 / hardcover + CD-ROM / **US \$59.95**

“...a welcome and helpful book for anyone whose life is disrupted by worry.”

—JEFFREY BRANTLEY, MD,  
Duke University

## THE WORRY TRAP

*How to Free Yourself from Worry & Anxiety Using Acceptance & Commitment Therapy*



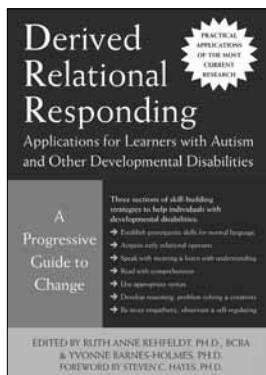
This engaging and effective self-help book adapts the ACT approach to the needs of readers struggling with generalized anxiety disorder and subclinical worry. Readers learn to “de-fuse” from worries, observing and then letting them go. Then, readers explore and commit to acting on their values, thereby creating rich lives for themselves—even with the occasional worry. An excellent choice for bibliotherapy or for between-session homework for clients.

**CHAD LEJEUNE, PHD**  
**FOREWORD BY STEVEN C. HAYES, PHD**

ISBN: 978-1572244801 / **US \$16.95**

## DERIVED RELATIONAL RESPONDING APPLICATIONS FOR LEARNERS WITH AUTISM & OTHER DEVELOPMENTAL DISABILITIES

*A Progressive Guide to Change*



The techniques in this book are based on derived stimulus relations technology and provide practitioners with a set of tools for the implementation of educational interventions. These powerful techniques help clients with autism and other developmental disabilities acquire verbal, social, and cognitive skills. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

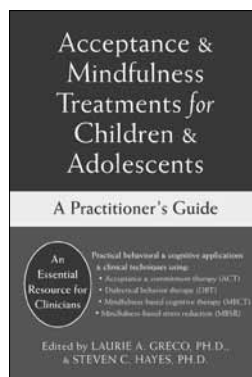
**EDITED BY RUTH ANNE REHFELDT, PHD, BCBA, & YVONNE BARNES-HOLMES, PHD**  
**FOREWORD BY STEVEN C. HAYES, PHD**

ISBN: 978-1572245365 / hardcover / **US \$79.95**

Copublished with  **CONTEXT PRESS**

## ACCEPTANCE & MINDFULNESS TREATMENTS FOR CHILDREN & ADOLESCENTS

*A Practitioner's Guide*



The chapters in *Acceptance and Mindfulness Treatments for Children and Adolescents* show how to modify third-wave behavioral and cognitive therapy methods for the treatment of children and adolescents. This book also considers the early evidence for the adaptability and effectiveness of these methods. Edited by two luminaries in the field of third-wave behavior therapy, these essays are invaluable in helping young patients reap the benefits of acceptance and mindfulness approaches such as ACT, DBT, MBCT, and MBSR.

*Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**EDITED BY LAURIE A. GRECO, PHD, & STEVEN C. HAYES, PHD**

ISBN: 978-1572245419 / hardcover / **US \$59.95**

Copublished with  **CONTEXT PRESS**

To order, call us at **1-800-748-6273** or visit our online bookstore at [newharbinger.com](http://newharbinger.com)

Also available at fine booksellers everywhere.

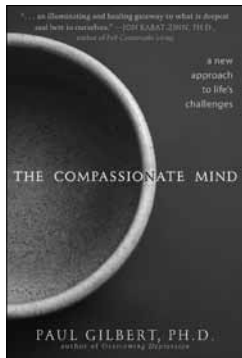


“...an illuminating and healing gateway to what is deepest and best in ourselves.”

—JON KABAT-ZINN, PHD,  
author of *Full Catastrophe Living* and *Coming to Our Senses*

## THE COMPASSIONATE MIND

*A New Approach to Life's Challenges*



*The Compassionate Mind* reveals the evolutionary and social reasons why it's easy to slip into anger, fear, and depression, despite the fact that our brains are hard-wired to respond to kindness and compassion. Building on this latest research, this book offers many practical exercises to help deepen compassion towards ourselves and others. Far from fostering emotional weakness, compassion subdues our anger and increases our courage and resilience to depression and anxiety. Wisely used,

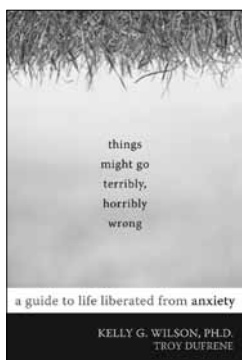
compassion arms us with the strength to pursue genuine happiness, peace of mind, and peace in the world.

**PAUL GILBERT, PHD**

ISBN: 978-1572248403 / **US \$24.95**

## THINGS MIGHT GO TERRIBLY, HORRIBLY WRONG

*A Guide to Life Liberated from Anxiety*



Instead of trying to help readers overcome or reduce feelings of anxiety, this book will help them climb inside these feelings, sit in that place, and see what it would be like to have anxiety and still make room in their life to breathe and rest and live—really and truly live—in a way that matters to them. This book starts a conversation about why we all sometimes feel anxious and what role that anxiety serves in our lives. *Also available as an e-book at newharbinger.com*

**KELLY G. WILSON, PHD,  
& TROY DUFRENE**

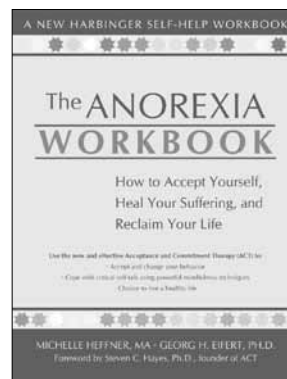
ISBN: 978-1572247116 / **US \$16.95**

“...an avenue of hope and encouragement that is... completely different from other scientifically-driven approaches to the problem of anorexia.”

—FRANK W. BOND, PHD,  
University of London

## THE ANOREXIA WORKBOOK

*How to Accept Yourself, Heal Your Suffering & Reclaim Your Life*



This workbook offers logical, step-by-step exercises that lead to a new understanding of anorexia and the problems that can come from trying to control the disorder. Readers learn to use mindfulness to deal with out-of-control thoughts and feelings, identify choices that will lead to better health and quality of life, and redirect their energy into committed action that furthers their values. *Also available*

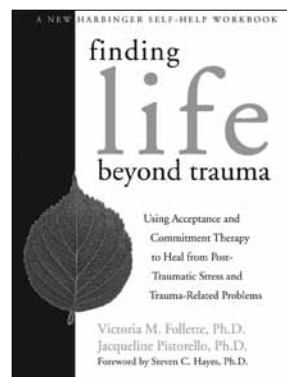
*as an e-book at newharbinger.com*

**MICHELLE HEFFNER, MA, & GEORG H. EIFERT, PHD**  
**FOREWORD BY STEVEN C. HAYES, PHD**

ISBN: 978-1572243620 / **US \$21.95**

## FINDING LIFE BEYOND TRAUMA

*Using Acceptance & Commitment Therapy to Heal from Post-Traumatic Stress & Trauma-Related Problems*



This workbook offers an ACT-based approach to living a rich and purposeful life after experiencing a traumatic event. By exploring mindfulness techniques, readers will be able to remain present with painful feelings and stop avoiding the thoughts and situations that bring them up. Instead of focusing on the past, they'll clarify what they want their lives to be about right now and in the future. The exercises throughout will help readers accept

difficult feelings and commit to acting on their values. *Also available as an e-book at newharbinger.com*

**VICTORIA M. FOLLETTE, PHD, &  
JACQUELINE PISTORELLO, PHD**  
**FOREWORD BY STEVEN C. HAYES, PHD**

ISBN: 978-1572244979 / **US \$21.95**

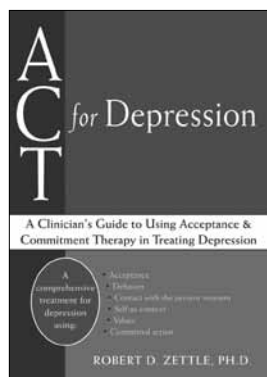
# Acceptance & Commitment Therapy

“...a well thought out, easy to understand approach to treating the depressed client using the ACT framework.”

—KIRK STROSAHL, PHD,  
coauthor of *Acceptance and Commitment Therapy*

## ACT FOR DEPRESSION

*A Clinician's Guide to Using Acceptance & Commitment Therapy in Treating Depression*



This book develops the techniques of ACT into a session-by-session approach that you can use to treat clients suffering from depression. The research-supported program outlined in the book introduces you to the ACT model on both theoretical and case-conceptual levels, then delves into the specifics of structuring interventions for clients with depression using the ACT method of acceptance and values-based behavior change. The book includes worksheets for client homework and clear illustrative

examples. *Also available as an e-book at newharbinger.com*

**ROBERT D. ZETTEL, PHD**

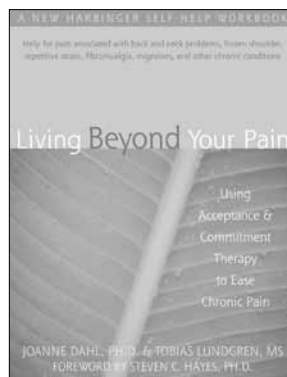
ISBN: 978-1608821266 / US \$49.95

“...a vital resource for professionals who work to help people who are stuck and suffering in a cycle of pain...”

—JOHN P. FORSYTH, PHD,  
State University of New York at Albany

## LIVING BEYOND YOUR PAIN

*Using Acceptance & Commitment Therapy to Ease Chronic Pain*



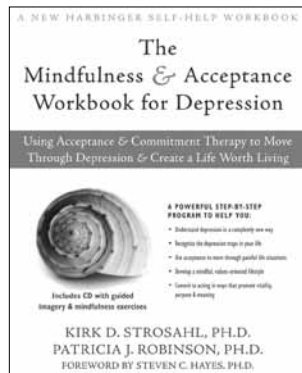
A book that breaks with conventional notions of pain management. The ACT approach to chronic pain assumes that pain is a normal part of living. Attempts to avoid it often cause more harm than good. By accepting and learning to live with pain, readers learn to limit the control it exerts over their lives.

**JOANNE DAHL, PHD,  
& TOBIAS LUNDGREN, MS**  
FOREWORD BY  
**STEVEN C. HAYES, PHD**

ISBN: 978-1572244092 / US \$21.95

## THE MINDFULNESS & ACCEPTANCE WORKBOOK FOR DEPRESSION


*Using Acceptance & Commitment Therapy to Move Through Depression & Create a Life Worth Living*



From Kirk Strosahl, cofounder of ACT, this workbook develops the revolutionary techniques of this approach into a clear, step-by-step strategy readers can use to live a rich and meaningful life with depression. Readers learn to live a productive life by accepting their feelings instead of fruitlessly trying to avoid them. *Also available as an e-book at newharbinger.com*

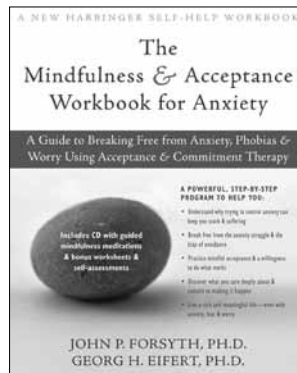
**KIRK D. STROSAHL, PHD, &  
PATRICIA J. ROBINSON, PHD**  
FOREWORD BY  
**STEVEN C. HAYES, PHD**

ISBN: 978-1572245488 / trade paper + CD Plus /  
US \$24.95

  
Self-Help Seal of Merit  
Association for Behavioral  
and Cognitive Therapies

## THE MINDFULNESS & ACCEPTANCE WORKBOOK FOR ANXIETY

*A Guide to Breaking Free from Anxiety, Phobias & Worry Using Acceptance & Commitment Therapy*



This exciting and innovative ACT workbook is the first self-help book to adapt the techniques of acceptance and commitment therapy into a powerful program readers can use to overcome any of their anxiety disorders. The book includes a CD with audio mindfulness exercises and client worksheets. *Also available as an e-book at newharbinger.com*

**JOHN P. FORSYTH, PHD,  
& GEORG H. EIFERT, PHD**

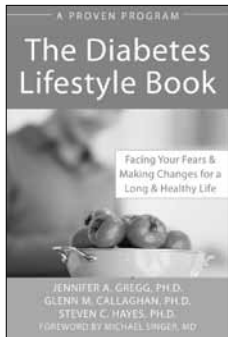
ISBN: 978-1572244993 / trade paper + CD Plus /  
US \$21.95

To order, call us at **1-800-748-6273** or visit our online bookstore at **newharbinger.com**

Also available at fine booksellers everywhere.

## THE DIABETES LIFESTYLE BOOK

*Facing Your Fears & Making Changes for a Long & Healthy Life*



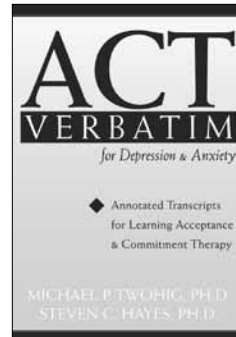
The authors' clinical trials suggest that diabetes patients who receive ACT training are more likely to comply with treatment directions and keep on top of blood sugar management. The result: healthier patients living longer, richer, more rewarding lives. This book includes a complete program for ACT-based diabetes management. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**JENNIFER A. GREGG, PHD,  
GLENN M. CALLAGHAN, PHD,  
& STEVEN C. HAYES, PHD**  
FOREWORD BY MICHAEL SINGER, MD

ISBN: 978-1572245167 / US \$16.95

## ACT VERBATIM FOR DEPRESSION & ANXIETY

*Annotated Transcripts for Learning Acceptance & Commitment Therapy*



This book presents clinical transcripts of actual therapy sessions, moderated by renowned psychologist and ACT cofounder Steven Hayes. The annotations teach therapists how to work through the core ACT processes and how to deal with common situations encountered in therapy sessions. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

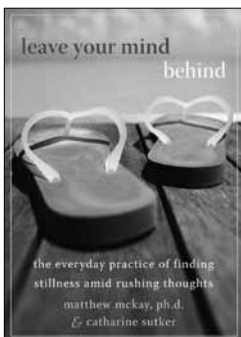
**MICHAEL P. TWOHIG, PHD,  
& STEVEN C. HAYES, PHD**

ISBN: 978-1572245235 / US \$39.95

Copublished with  **CONTEXT PRESS**

## LEAVE YOUR MIND BEHIND

*The Everyday Practice of Finding Stillness Amid Rushing Thoughts*



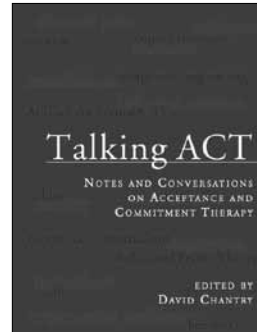
This book offers lighthearted practices drawn from ACT to teach readers how to observe their thoughts without judging or trying to control them. It explains a key process in the hexaflex model, making it easy to really "get" defusion and learn to live with the confounding and marvelous word-making, story-telling machine that is the human mind.

**MATTHEW MCKAY, PHD,  
& CATHARINE SUTKER**

ISBN: 978-1572245341 / US \$16.95

## TALKING ACT

*Notes & Conversations on Acceptance & Commitment Therapy*



Subscribers to the ACT Listserv know about the wealth of original, innovative thinking that takes place in that useful forum. This book, edited by British psychotherapist David Chantry, records a number of rich discussions from the archives of the Listserv into an easy-to-read account of the development of this exciting model.

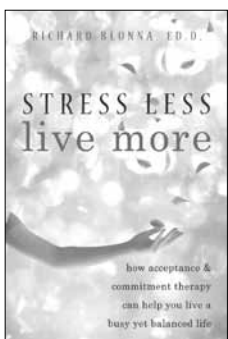
**EDITED BY DAVID CHANTRY**

ISBN: 978-1878978585 / US \$44.95

 **CONTEXT PRESS**  
An Imprint of New Harbinger Publications, Inc.

## STRESS LESS, LIVE MORE

*How Acceptance & Commitment Therapy Can Help You Live a Busy yet Balanced Life*



*Stress Less, Live More* presents a program based in ACT that can help train the reader's brain to react to stress in a different way. The mindfulness and acceptance techniques in this book will allow the reader to clear out mental clutter, enhance their focus, and concentrate on the present moment, so that they can channel their energy into what matters most to them. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**RICHARD BLONNA, EDD**

ISBN: 978-1572247093 / US \$16.95

## ACCEPTANCE & COMMITMENT THERAPY FOR CHRONIC PAIN



A book for professionals that develops ACT processes into a treatment protocol for clients wrestling with chronic pain. Use it with *Living Beyond Your Pain* by Dahl and Lundgren to develop and support a structured ACT approach to helping sufferers of chronic pain.

**JOANNE C. DAHL, KELLY G. WILSON, CARMEN LUCIANO  
& STEVEN C. HAYES**

ISBN: 978-1878978523 / US \$39.95

 **CONTEXT PRESS**  
An Imprint of New Harbinger Publications, Inc.

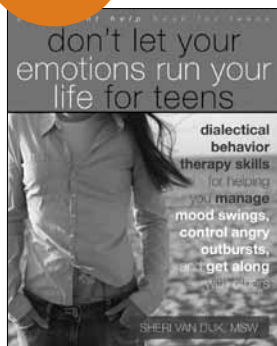
# Dialectical Behavior Therapy

“Strongly recommended for teens whose moods interfere with their ability to enjoy life and relationships.”

—**MARILYN BECKER, MSW, RSW,**  
clinical supervisor at Addiction Services for York Region

new

## DON'T LET YOUR EMOTIONS RUN YOUR LIFE FOR TEENS




*Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts & Get Along with Others*

In this book, teen readers will find new ways of managing their feelings so that they'll be ready to handle anything life sends their way. Based in dialectical behavior therapy, this workbook helps young readers learn the skills they need to ride the ups

and downs of life with grace and confidence. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**SHERI VAN DIJK, MSW**

ISBN: 978-1572248830 / US \$16.95

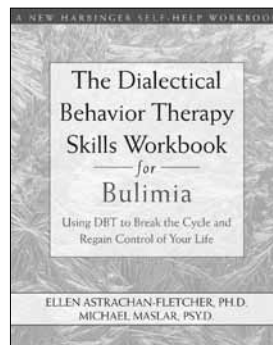
 Instant Help Books, A Division of New Harbinger Publications, Inc.

“I highly recommend this workbook to sufferers and mental health professionals alike.”

—**DANIEL LE GRANGE, PHD,**  
professor and director of the eating disorders program at the University of Chicago

## THE DIALECTICAL BEHAVIOR THERAPY SKILLS WORKBOOK FOR BULIMIA

*Using DBT to Break the Cycle & Regain Control of Your Life*



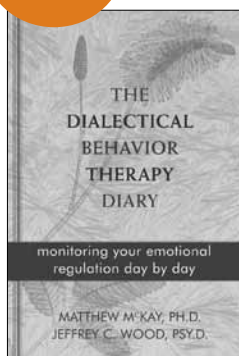
This book is for people who attempt to calm intense, negative emotions through their bulimia—people who feel that by controlling their weight, they will be able to better control their lives. Readers use skills drawn from DBT and motivational interviewing to regulate their emotions in effective ways that are healthy for mind and body. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**ELLEN ASTRACHAN-FLETCHER, PHD,  
& MICHAEL MASLAR, PSYD**

ISBN: 978-1572246195 / US \$21.95

new

## THE DIALECTICAL BEHAVIOR THERAPY DIARY



*Monitoring Your Emotional Regulation Day by Day*

This book presents an overview of each of the four DBT skills—distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness—and includes a journal clients can use each day to monitor their successes, chart their progress, and stay on track making productive changes in their lives.

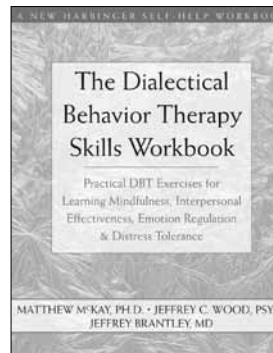
*Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**MATTHEW MCKAY, PHD, & JEFFREY C. WOOD, PSYD**

ISBN: 978-1572249561 / US \$15.95

## THE DIALECTICAL BEHAVIOR THERAPY SKILLS WORKBOOK

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



By a distinguished team of authors, this workbook offers readers unprecedented access to the core skills of dialectical behavior therapy (DBT), formerly available only through complicated professional books and a small handful of topical workbooks. Each of the four skill-sets—distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness—is developed into basic and advanced exercises, each presented in a clear and

interactive, step-by-step format. A must-read for therapists, DBT group leaders, and anyone trying to use this new method to make real and lasting change in his or her life. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**MATTHEW MCKAY, PHD, JEFFREY C. WOOD, PSYD,  
& JEFFREY BRANTLEY, MD**

ISBN: 978-1572245136 / US \$22.95

To order, call us at **1-800-748-6273** or visit our online bookstore at [newharbinger.com](http://newharbinger.com)

Also available at fine booksellers everywhere.

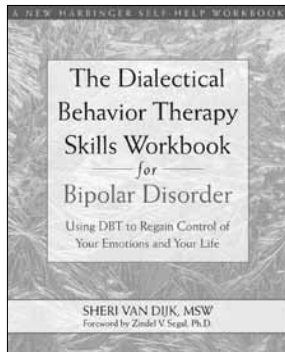
“ Clear, concise, and very readable, filled with wise guidelines that are rewarding and practical to implement. ”

—STEPHEN B. STOKL, MD, FRCP,

Southlake Regional Health Centre in Newmarket, Ontario, Canada

## THE DIALECTICAL BEHAVIOR THERAPY SKILLS WORKBOOK FOR BIPOLAR DISORDER

*Using DBT to Regain Control of Your Emotions & Your Life*



This workbook helps readers integrate the effective coping skills they've already developed with a new and effective DBT plan for living well with bipolar disorder. The four DBT skills readers learn in this workbook help them manage emotional ups and downs and minimize the frequency and intensity of depressive and manic episodes. By using this book in conjunction with medication and professional care, your clients will soon experience relief from

bipolar symptoms and come to enjoy the calm and confident feeling of being in control. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**SHERI VAN DIJK, MSW**

**FOREWORD BY ZINDEL V. SEGAL, PHD**

ISBN: 978-1572246287 / **US \$21.95**

“ The authors of this book speak directly to youth in a respectful and genuine manner. ”

—JANICE PHILLIPS, BED,

educator and mental health social worker

## THE BIPOLAR WORKBOOK FOR TEENS

*DBT Skills to Help You Control Mood Swings*



This workbook includes exercises and worksheets that will help readers with bipolar disorder learn skills drawn from DBT. These skills will help them find balance, become more independent, and stay focused on the big-picture goals that are most important to them. DBT skills can help people with bipolar disorder improve their relationships with friends and family and calm

themselves when their emotions become overwhelming.

*Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**SHERI VAN DIJK, MSW, & KARMA GUINDON, MSW**

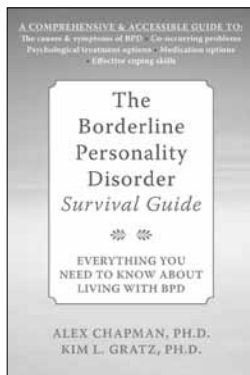
ISBN: 978-1572246966 / **US \$15.95**



Instant Help Books, A Division of New Harbinger Publications, Inc.

## THE BORDERLINE PERSONALITY DISORDER SURVIVAL GUIDE

*Everything You Need to Know About Living with BPD*



A complete overview of borderline personality disorder (BPD), its symptoms and treatment, and ways BPD sufferers can navigate their lives with this complicated condition—all organized as a series of answers to common questions. DBT and its application to BPD figure prominently in the book's treatment section. Readers learn a range of useful coping skills that can help them manage emotions, deal with suicidal thoughts, and cope with some of the most distressing symptoms of BPD.

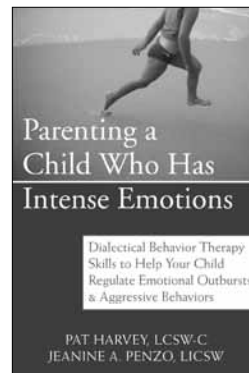
*Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**ALEX CHAPMAN, PHD, & KIM L. GRATZ, PHD**

ISBN: 978-1572245075 / **US \$16.95**

## PARENTING A CHILD WHO HAS INTENSE EMOTIONS

*Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts & Aggressive Behaviors*



This book provides DBT strategies and skills to parents of children with explosive emotions. Parents learn to understand and accept their children's emotion dysregulation and practice mindfulness and validation skills that will enable them to remain calm instead of getting caught up in a child's emotional storm. This well-researched method for managing emotions can help children make dramatic emotional and behavioral changes both parents and children be proud of.

*Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**PAT HARVEY, LCSW-C, & JEANINE A. PENZO, LICSW**

ISBN: 978-1572246492 / **US \$18.95**

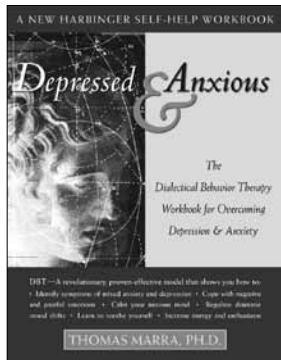
# Dialectical Behavior Therapy

“ An invaluable and efficient resource for the substantial portion of clients who can benefit from DBT. ”

—A. THOMAS HORVATH,  
Practical Recovery Services in San Diego, CA

## DEPRESSED & ANXIOUS

*The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety*



A workbook for readers struggling with co-occurring depression and anxiety. This step-by-step program develops the four DBT skill sets into a sensible program for regulating out-of-control emotions, minimizing distressing symptoms, and avoiding relapse after recovery. By teaching readers how to monitor and limit negative self-evaluations and how to best tolerate negative experience, this book offers a powerful set of tools

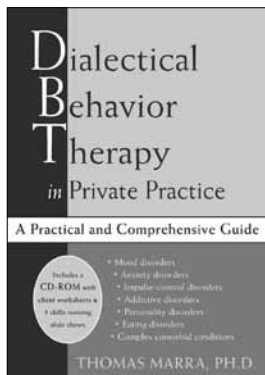
for the recovery. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**THOMAS MARRA, PHD**

ISBN: 978-1572243637 / **US \$21.95**

## DIALECTICAL BEHAVIOR THERAPY IN PRIVATE PRACTICE

*A Practical & Comprehensive Guide*



More than just a new behavioral treatment approach, DBT marks a whole new theoretical orientation to the practice of clinical psychology—a rethinking of the causes, descriptions, and treatments of acute mental disorders. This volume offers a detailed explication of DBT in theory and practice and is designed to teach professionals how to use this method in a private-practice setting to treat a range of disorders. The book also includes a CD-ROM containing client

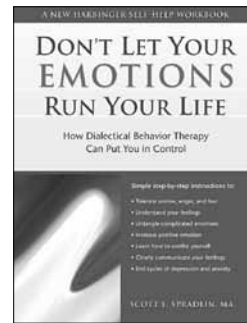
worksheets and PowerPoint presentations to lead psychoeducational sessions with clients.

**THOMAS MARRA, PHD**

ISBN: 978-1572244207 / hardcover + CD-ROM / **US \$57.95**

## DON'T LET YOUR EMOTIONS RUN YOUR LIFE

*How Dialectical Behavior Therapy Can Put You in Control*



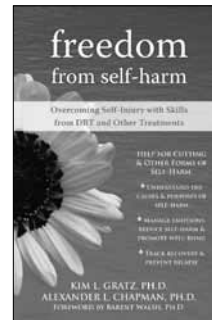
This general, DBT-based approach offers readers a simple and effective approach to learning to regulate emotions, engage with and accept distress, practice mindful awareness, and become more effective when relating to others. A genuine “all-purpose” method, this book is appropriate for a whole range of symptoms. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**SCOTT E. SPRADLIN, MA**

ISBN: 978-1572243095 / **US \$19.95**

## FREEDOM FROM SELF-HARM

*Overcoming Self-Injury with Skills from DBT & Other Treatments*



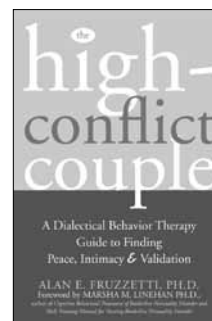
This complete guide to stopping self-injury gives readers the facts about self-harm, corrects common myths about this behavior, and provides self-soothing techniques readers can begin using right away for regulating difficult or overwhelming emotions. The book also includes self-assessment worksheets, guidance for seeking professional help, and information about the most effective therapies and medications. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**KIM L. GRATZ, PHD, & ALEXANDER L. CHAPMAN, PHD**  
FOREWORD BY BARENT WALSH, PHD

ISBN: 978-1572246164 / **US \$19.95**

## THE HIGH-CONFLICT COUPLE

*A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy & Validation*



Many of the tried-and-true techniques of couples counseling are not effective for highly reactive individuals. This book adapts the powerful techniques of DBT into skills couples can use to tame out-of-control emotions that flare up in every relationship. Using mindfulness and distress tolerance techniques, readers learn how to de-escalate angry situations before they have a chance to explode into destructive fights. *Also available as an*

*e-book at [newharbinger.com](http://newharbinger.com)*

**ALAN E. FRUZZETTI, PHD**

FOREWORD BY MARSHA M. LINEHAN, PHD

ISBN: 978-1572244504 / **US \$16.95**

To order, call us at **1-800-748-6273** or visit our online bookstore at [newharbinger.com](http://newharbinger.com)

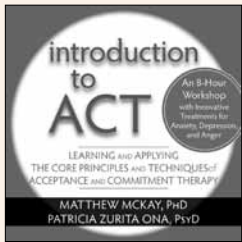
Also available at fine booksellers everywhere.

# Coming soon...

## Acceptance & Commitment Therapy

### INTRODUCTION TO ACT DVD

*Learning & Applying the Core Principles & Techniques of Acceptance & Commitment Therapy*



This professional workshop is an introduction to acceptance and commitment therapy (ACT) theory and technique. Hosted by pioneering ACT psychologists and trainers Matthew McKay and Patricia Zurita Ona, this *Introduction to ACT DVD* offers clinicians all of the information they need to begin applying ACT in their practices. The DVD

covers case conceptualization from an ACT perspective, treatment order and planning, and using the six ACT treatment processes: acceptance, mindfulness, defusion, self-as-context, values clarification, and committed action. The DVD begins with an explanation of the foundations of ACT and how ACT understands human suffering, with a specific focus on anxiety, depression, and anger. The workshop then invites viewers to participate in exercises that allow them to directly experience ACT techniques and processes. Finally, viewers develop a clear grasp of how to implement ACT interventions in client sessions.

**MATTHEW MCKAY, PHD, & PATRICIA ZURITA ONA, PSYD**

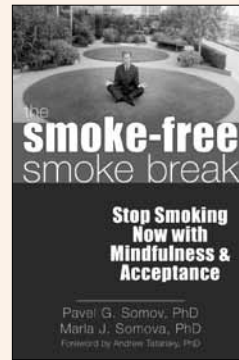


ISBN: 978-1608821709 / **US \$199.95**

*available September 2011*

### THE SMOKE-FREE SMOKE BREAK

*Stop Smoking Now with Mindfulness & Acceptance*



The millions of people who smoke know that the ritual of smoke breaks is relaxing and comforting—almost as addictive as the nicotine itself. In *The Smoke-Free Smoke Break*, Pavel Somov and Marla Somova present a gradual plan for quitting smoking by keeping the smoke breaks, but replacing the tobacco with mindfulness exercises and positive reinforcement techniques that work as well or better than cigarettes for calming and soothing readers in stressful

times. First, readers practice mindful smoking to increase their present-moment awareness while using cigarettes. Then, readers work on cutting down nicotine use, incorporating nicotine patches and other quitting devices, if they choose. Finally, readers quit nicotine entirely, while keeping the mindfulness exercises and breaks as part of their daily routine. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

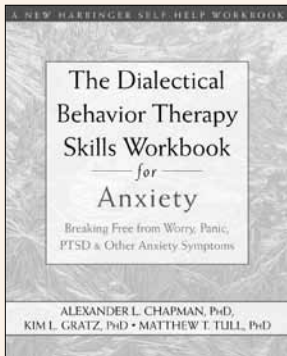
**PAVEL G. SOMOV, PHD, & MARLA J. SOMOVA, PHD**  
**FOREWORD BY ANDREW TATARSKY, PHD**

ISBN: 978-1608820016 / **US \$17.95** / *available December 2011*

## Dialectical Behavior Therapy

### THE DIALECTICAL BEHAVIOR THERAPY SKILLS WORKBOOK FOR ANXIETY

*Breaking Free from Worry, Panic, PTSD & Other Anxiety Symptoms*



Dialectical behavior therapy offers a set of skills for managing emotional distress that are useful for all people, but can be especially beneficial for anxiety sufferers who are prone to panic attacks, exaggerated worries and fears, and obsessive and compulsive behaviors. Although these skills are not currently taught in many anxiety treatment programs, new research shows that they can dramatically improve anxiety symptoms and related problems that

people with anxiety face. This workbook also includes strategies drawn from cognitive behavioral therapy, the traditional therapeutic treatment for anxiety, and shows how the two approaches can be used together to defeat anxious thoughts and impulses and put an end to anxiety-related flashbacks, nightmares, stress, panic attacks, and avoidance.

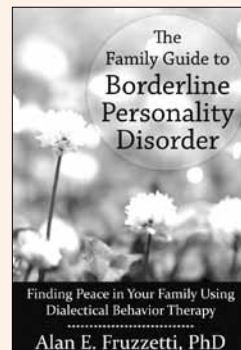
*Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**ALEXANDER L. CHAPMAN, PHD, KIM L. GRATZ, PHD, & MATTHEW T. TULL, PHD**

978-1572249547 / **US \$24.95** / *available November 2011*

### THE FAMILY GUIDE TO BORDERLINE PERSONALITY DISORDER

*Finding Peace in Your Family Using Dialectical Behavior Therapy*



*The Family Guide to Borderline Personality Disorder* was developed by DBT expert Alan Fruzzetti to help family members of people with BPD manage their emotions and reactions in ways that not only help their family member with BPD, but also enable family members to remain consistent with their own personal boundaries and values. Founded on the core principle of reciprocity, this program helps family members take a blame-free approach to interacting with their loved one with BPD.

Readers also learn the same DBT skills that are so helpful to BPD sufferers themselves in order to reduce stress and conflict, decrease feelings of depression and hopelessness, and build the family's support for their loved one with BPD. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**ALAN E. FRUZZETTI, PHD**

ISBN: 978-1608820405 / **US \$17.95** / *available February 2012*

To order, call us at **1-800-748-6273** or visit our online bookstore at [newharbinger.com](http://newharbinger.com)

Also available at fine booksellers everywhere.

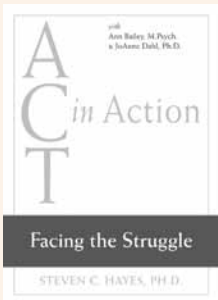


new**harbinger**publications, inc.

5674 Shattuck Avenue • Oakland CA 94609 • USA  
800-748-6273 • fax 510-652-5472 • newharbinger.com

## Essential ACT Training DVDs

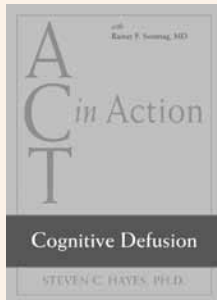
Watch a clip online now at <http://bit.ly/ACTDVD>



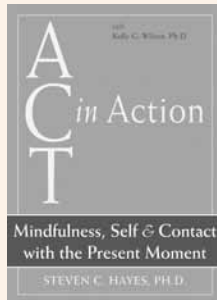
ISBN: 978-1572245273



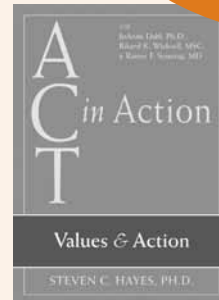
ISBN: 978-1572245280



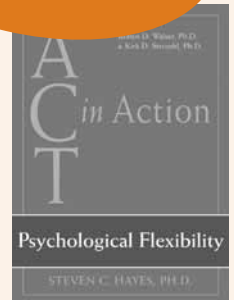
ISBN: 978-1572245297



ISBN: 978-1572245303



ISBN: 978-1572245310



ISBN: 978-1572245327



DVD only / run time: approx. 90 minutes (varies by disc) / NTSC only / US \$59.95 EACH

**ACT IN ACTION COMPLETE SET OF 6 DVDs**

ISBN: 978-1572245761 / US \$349.95

**The ACT in Action** series lets you observe the core processes of acceptance and commitment therapy (ACT) as it is practiced in a clinical setting. These professional training programs—featuring **Steven Hayes**—will guide you through introducing a client to ACT and working through the main phases of the therapy. If you're interested in this exciting approach, you need to add these professional training programs to your library.

To order, call us at **1-800-748-6273** or visit our online bookstore at **newharbinger.com**