



FALL 2016

TRADE
CATALOG

GUILFORD PRESS

PSYCHOLOGY PARENTING HEALTH RELATIONSHIPS

Plus New Professional Books in Psychology, Education, & More



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Visit www.guilford.com to browse titles on a wide range of topics. Our complete self-help program includes titles on psychology, mindfulness, relationships, parenting, health, and more.

Dear Bookseller,

This fall, I'm pleased to present new releases spotlighting one of the strongest areas of Guilford's trade program—parenting. Whether addressing parents' universal concerns or tackling particular challenges in raising healthy kids, our authors have what it takes to combine science-based guidance, accessible writing, and practical tools.

Easing the pressure on new parents, Kent Hoffman, Glen Cooper, and Bert Powell show that “doing it right” is far less complicated than many believe—and that we all have what it takes. *Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore* provides profound insights that help readers unlock their innate capacity to meet their child's emotional needs (page 1).

Bestselling pregnancy/parenting author Ann Douglas draws on her own experiences to guide others through the diagnosis and treatment maze in *Parenting Through the Storm: Find Help, Hope, and Strength When Your Child Has Psychological Problems*. The book is filled with moving stories and interviews as well as encouraging, wise advice. Readers get vital information to help their struggling child—and the whole family—thrive (page 2).

In *Helping Teens Who Cut, Second Edition: Using DBT® Skills to End Self-Injury*, leading adolescent psychologist Michael Hollander updates the empathic, straight-talking guide that has given tens of thousands of parents the knowledge they need to take action. DBT is increasingly recognized as the preferred treatment for this growing problem; the new edition includes the latest research and newly developed DBT skills (page 3).

Our Trade Backlist includes *The Smart but Scattered Guide to Success* (page 13) and *Mind Over Mood, Second Edition* (page 4, over 1,000,000 in print), plus much more.

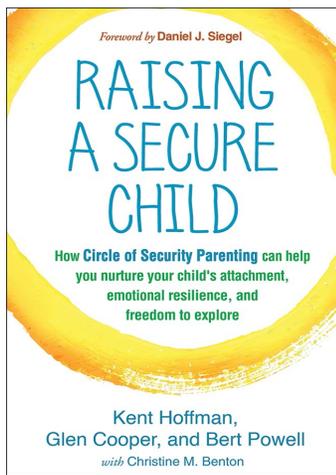
Finally, beginning on page 24, you'll find featured new titles for professionals and bestseller lists in psychology, education, and research methods.

We look forward to receiving your wholesale or direct orders.

Sincerely,



Kitty Moore
 Publisher, General Trade Books ■ kitty.moore@guilford.com



•Unique, effective, and proven concepts taught worldwide in workshops for therapists are now available directly to parents.

•"Attachment parenting" antidote—trying to be completely "available" at all times is counterproductive. New parents will find relief from extreme parenting dictates, and support to bolster their innate skills; those with older kids and even teens will also find helpful advice.

•COS methods boost children's psychological immunity and enhance their development, health, and cognitive abilities.

•Meeting children's core needs early helps them grow into secure, trusting, and confident adults.

•Warm, accepting, "welcome-to-the-club" tone sets anxious parents at ease.

- National publicity campaign
- Author speaking engagements
- Cross-marketing to counseling and mental health professionals
- Online promotions

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FEBRUARY 2017

RAISING A SECURE CHILD

How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore

Kent Hoffman, ReID, Glen Cooper, MA, and Bert Powell, MA, with Christine M. Benton

A path to a strong parent–child relationship

Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security. Now the simple, powerful "Circle of Security" parenting strategies that Kent Hoffman, Glen Cooper, and Bert Powell have taught thousands of families are available in self-help form for the first time. Readers learn how to protect and nurture babies through teens while fostering their independence—what emotional needs a child may be expressing with difficult behavior. Vivid stories and unique practical tools offer insight into how our own upbringing affects our parenting style (and what to do about it). Healthy attachment requires self-understanding, flexibility, and the willingness to make and learn from mistakes. This book shows parents they already have what it takes.

Kent Hoffman, ReID, Glen Cooper, MA, and Bert Powell, MA, are psychotherapists devoted to translating complex developmental research and clinical insight into straightforward and accessible guidance for individuals and families. They have had a shared clinical practice in Spokane, Washington, since 1985. Much of their work has focused on creating the Circle of Security, for which each has received the Washington Governor's Award for Innovation in Child Abuse Prevention, among other honors.

Christine M. Benton is a Chicago-based writer and editor.

PARENTING THROUGH THE STORM

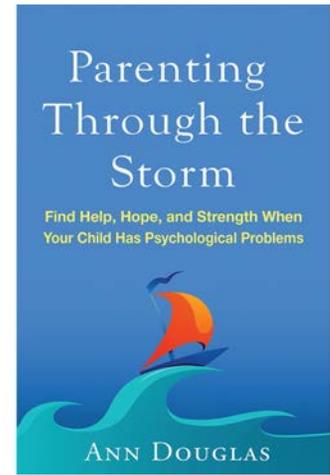
Find Help, Hope, and Strength When Your Child Has Psychological Problems

Ann Douglas

Much-needed support from a parent who has been through it

Raising a child with a psychological condition is a "perfect storm" of stress, heartache, and hard work. Ann Douglas knows firsthand just how daunting it can be—what a difference knowledge and support can make. Each of her four children (now grown and thriving) has dealt with one or more mental health challenges, and Douglas shares what she has learned about coping with the emotional roller coaster, finding the best treatments, helping kids manage their symptoms and succeed academically, and keeping the family strong. Voices of numerous other parents who have weathered the storm are interwoven with advice from leading child psychologists. Douglas cuts through the often-confusing clinical jargon and speaks to parents from the heart about what matters most: the well-being of their kids.

Ann Douglas is an award-winning parenting writer and the mother of four children who have struggled with a variety of psychological problems—and are currently thriving. She speaks widely at health, parenting, and education conferences and hosts online conversations about parenting and mental health for a range of organizations. With acclaimed books including *The Mother of All Parenting Books* and *The Mother of All Baby Books*, Ann has helped hundreds of thousands of parents navigate the challenges and complexities of raising kids today. She lives with her husband and their youngest child in Peterborough, Ontario.



- From-the-trenches guidance for parents about how to get the best care for their child with mental, emotional, or behavioral issues.
- A trusted authority—Douglas is a bestselling author (*The Mother of All* parenting series) and award-winning journalist with a strong social media presence.
- Optimistic realism pervades the book: Douglas pulls no punches yet inspires hope.
- Candid stories from diverse parents provide support, advice, and insight; also includes a quick-reference directory of disorders and comprehensive resource list.

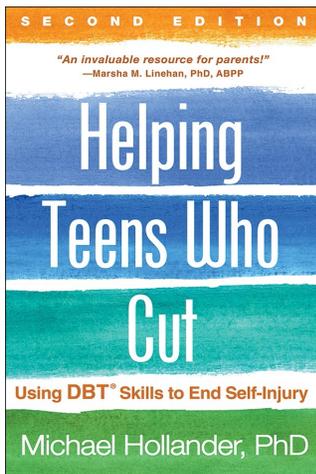
-
- National publicity campaign
 - Cross-marketing to counseling and mental health professionals
 - Online promotions
-

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Also in Cloth:
\$50.00 | Professional
978146258042

Rights: Worldwide (Except Canada)

SEPTEMBER 2016



- Crucial resource, revised and updated: the only book on this problem focusing on the hot, proven DBT approach that has become the preferred treatment.
- Updates reflect the latest research, new DBT skills, and deepening scientific understanding of the causes of self-injury.
- Hollander is a recognized expert with 40 years' experience who trains clinicians internationally.
- Guides parents to build teens' skills to regulate their emotions; parents can also use DBT to calm their own distress.
- Competing titles are badly dated.
- Compelling need: more than one in 10 teens have self-injured, and it is the strongest predictor of suicide attempts.

- National publicity campaign
- Cross-marketing to mental health professionals and patient support groups
- Online promotions

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Also in Cloth:
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JANUARY 2017

HELPING TEENS WHO CUT, SECOND EDITION

Using DBT® Skills to End Self-Injury

Michael Hollander, PhD

Based on the leading treatment approach

Tens of thousands of worried parents have turned to this authoritative guide for the facts about the growing problem of teen self-injury—what they can do to make it stop. Michael Hollander is a leading expert on the most effective treatment approach for cutting, dialectical behavior therapy (DBT). Vivid stories illustrate how out-of-control emotions lead some teens to hurt themselves, how DBT can help, and what other approaches can be beneficial. Parents get practical strategies for talking to teens about self-injury without making it worse, teaching them specific skills to cope with extreme emotions in a healthier way, finding the right therapist, and managing family stress. Incorporating the latest research, the revised edition offers a deeper understanding of the causes of self-injury and includes new DBT skills.

Michael Hollander, PhD, a recognized expert in the treatment of self-injury, has worked with adolescents and their families for more than 40 years. He helped to found the 3East DBT program at McLean Hospital in Belmont, Massachusetts, where he is currently Director of Training and Senior Consultant. Dr. Hollander also serves on the psychiatry faculties of Harvard Medical School and the Massachusetts General Hospital. He trains mental health professionals in DBT worldwide.

MIND OVER MOOD, SECOND EDITION

Change How You Feel by Changing the Way You Think

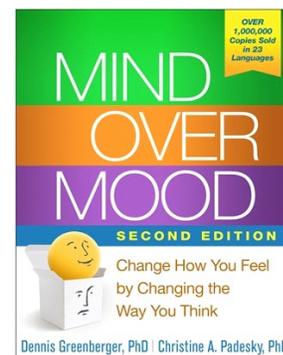
Dennis Greenberger, PhD, University of California, Irvine; Director, Anxiety and Depression Center, Newport Beach; Christine A. Padesky, PhD, Center for Cognitive Therapy, Huntington Beach, CA; Foreword by Aaron T. Beck, MD, (Emeritus), University of Pennsylvania

1,000,000
in Print

"Only rarely does a book come along that can truly change your life. *Mind Over Mood* is such a book." —from the Foreword by Aaron T. Beck, MD, developer of cognitive therapy

- An event: the international bestseller with over 1,000,000 copies in print, revised to incorporate two decades of developments.
- Sales will spike thanks to improved and expanded features, extensive marketing, and author workshops.
- Highlights include two additional chapters and the latest advances in CBT and positive psychology.
- Use of the Thought Record has been enhanced and Gratitude Journals added, plus much more.
- Already a top seller in Depression and Mood Disorders, revisions include expanded Anxiety Disorders content.
- Named the most influential CBT publication by the British Association of Behavioural and Cognitive Psychotherapies, among other awards. Readers rave about how the book has changed their lives.
- All worksheets are available online to download and print.
- From master clinicians who promote their work worldwide, bolstering "off-the-shelf" sales with therapist-recommended use.

\$26.95 | Trade
8in • 10.5in
Paperback / softback
9781462520428
2015
341 pages



Translations: Chinese-simplified, Danish, Dutch, French, German, Greek, Italian, Japanese, Korean, Lithuanian, Polish, Portuguese (Brazil), Spanish, Thai, Turkish

THE MINDFUL WAY THROUGH DEPRESSION

Freeing Yourself from Chronic Unhappiness

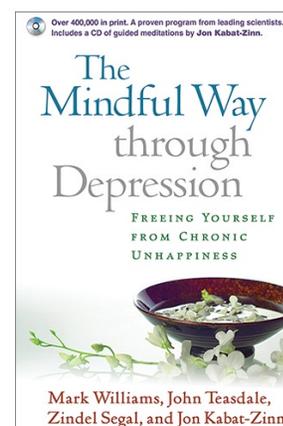
Mark Williams, DPhil, University of Oxford; John Teasdale, PhD, Cambridge; Zindel Segal, PhD, University of Toronto–Scarborough; Jon Kabat-Zinn, PhD, University of Massachusetts Medical School

400,000
in Print

"This powerful book is the best self-help title to arrive since David Burns's seminal *Feeling Good*." (* starred review) —*Library Journal*

- Applies the hottest treatment approach to today's #1 mental health problem.
- One-stop shopping: includes a CD narrated by bestselling author Jon Kabat-Zinn.
- Four leading experts provide a research-based, effective treatment proven to prevent relapse.
- The authors' professional book has over 50,000 in print (*Mindfulness-Based Cognitive Therapy for Depression*, 9781462507504).
- Sales support: therapists will recommend this book to clients; respected authors lecture widely and promote their work.
- Beautifully written: compassionate, encouraging, and informative.

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2007
273 pages



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Translations: Bulgarian, Chinese-world, Danish, Dutch, Finnish, French, German, Greek, Hungarian, Italian, Japanese, Korean, Norwegian, Polish, Portuguese-world, Romanian, Serbian, Spanish, Swedish, Turkish

THE MINDFUL WAY WORKBOOK

An 8-Week Program to Free Yourself from Depression and Emotional Distress

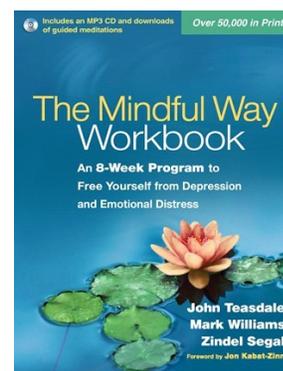
John Teasdale, PhD, Cambridge; Mark Williams, DPhil, University of Oxford; Zindel Segal, PhD, University of Toronto–Scarborough; Foreword by Jon Kabat-Zinn, PhD, University of Massachusetts Medical School

50,000
in Print

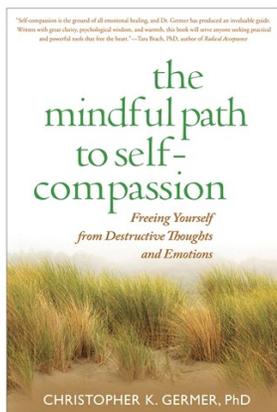
"This workbook gives practical advice for applying the principles of mindfulness-based cognitive therapy in your life. I recommend it highly." —Andrew Weil, MD, author of *8 Weeks to Optimum Health and Spontaneous Happiness*

- From the authors of the bestselling *Mindful Way through Depression* (over 400,000 in print).
- Foreword by Jon Kabat-Zinn.
- Groundbreaking: the authors' 8-week program, honed through years of research and practice, is presented in an interactive workbook for the first time.
- A toolkit for creating and sustaining a personalized mindfulness practice—suitable for total beginners on up.
- Depression, anxiety, and stress are chronic problems for millions.
- Complete: includes a bound-in MP3 CD (also available as free audio downloads).
- This workbook plus *Mindful Way through Depression* and the authors' professional manual, *Mindfulness-Based Cognitive Therapy for Depression, 2e*, form an unparalleled collection.

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2014
228 pages



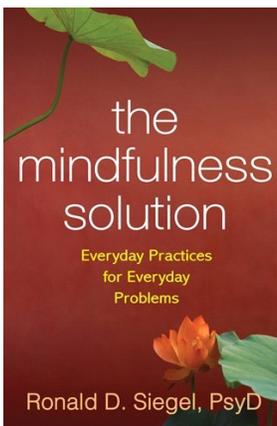
Translations: Chinese-world, Danish, Dutch, Finnish, French, German, Hungarian, Japanese, Korean, Norwegian, Polish, Portuguese, Spanish, Swedish



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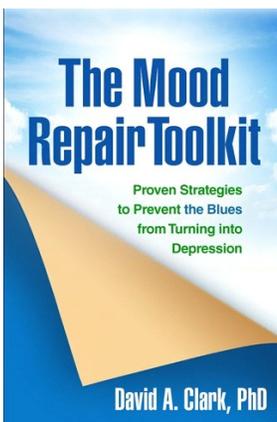
Translations: Arabic, Chinese-simplified, Dutch, Finnish, French, German, Japanese, Korean, Latvian, Spanish



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Translations: Arabic, Chinese-simplified, Czech, Danish, Dutch, Finnish, German, Italian, Korean, Polish, Spanish



\$14.95 | Trade
7.38in • 9.25in
Paperback / softback
9781462509386
2014
292 pages

Also in Cloth:
\$50.00 | Professional
9781462515509

Translations: Dutch, Japanese

THE MINDFUL PATH TO SELF-COMPASSION

Freeing Yourself from Destructive Thoughts and Emotions
Christopher K. Germer, PhD, Harvard Medical School/Cambridge Health Alliance

100,000
in Print

"A superb introduction to mindfulness meditation....provides practical, life-changing self-help techniques and suggestions for further readings and practice. Highly recommended." (* starred review) —*Library Journal*

- The next wave in mindfulness, one of the hottest topics in psychology and self-help.
- Authoritative: Germer is a psychologist with 30 years of experience, an active presenter, and coeditor of a top-selling professional title on mindfulness.
- Research supports using self-compassion to decrease self-doubt, anxiety, and other emotions that hold people back.
- Relevant and revelatory for diverse readers—not just those interested in Eastern philosophies.
- Practical features include exercises, examples, and "try this" boxes.

THE MINDFULNESS SOLUTION

Everyday Practices for Everyday Problems
Ronald D. Siegel, PsyD, Harvard Medical School/Cambridge Health Alliance

75,000
in Print

"Helps readers to identify better the maladaptive habits of their minds...and improve general spiritual/psychological well-being....Excellent." —*Library Journal*

- The most practical book available combining mindfulness—the hottest topic in self-help—with mainstream psychology.
- Approachable and informative: a fun read that provides loads of innovative techniques that work.
- Sales support: the author lectures widely.
- For diverse readers, not just those interested in Eastern philosophies.

THE MOOD REPAIR TOOLKIT

Proven Strategies to Prevent the Blues from Turning into Depression
David A. Clark, PhD, University of New Brunswick

"Excellent material, with a menu of options for those who suffer from the blues." —*Library Journal*

- The inability to cope with everyday ups and downs can lead to depression—this book teaches skills for beating the blues.
- Provides more than 75 strategies to lift readers' spirits, grounded in cognitive-behavioral therapy and cutting-edge emotion regulation research.
- Help for Eeyores: the chronically unhappy can find real relief, from quick repairs to long-term solutions.
- Readers can easily choose the right strategies for their particular issues: self-criticism, hopelessness, social withdrawal, and more.
- A noted authority, Clark is coauthor of the successful *Anxiety and Worry Workbook*.

WORRY LESS, LIVE MORE

The Mindful Way through Anxiety Workbook

Susan M. Orsillo, PhD, Suffolk University, Boston, MA;
Lizabeth Roemer, PhD, University of Massachusetts Boston

"Thoroughly grounded in science, yet engaging and easy to understand, this is an important roadmap for leading a happier and more fulfilling life."—Kristin Neff, PhD, author of *Self-Compassion*

- Beyond simply easing anxiety's grip, this workbook helps readers build the lives they truly want.
- Informed by science, this is a perfect companion workbook to the authors' successful *Mindful Way Through Anxiety*.
- Can be used by *MWTA* readers to practice and expand on key strategies, or stands on its own as an affirming tool for change.
- Diverse, nuanced examples of others overcoming chronic worry and avoiding common pitfalls serve as supportive companions.
- Anxiety is among the top reasons people seek help; mindfulness techniques are both effective and wildly popular.

THE MINDFUL WAY THROUGH ANXIETY

Break Free from Chronic Worry and Reclaim Your Life

Susan M. Orsillo, PhD, Suffolk University, Boston, MA;
Lizabeth Roemer, PhD, University of Massachusetts Boston;
Foreword by Zindel V. Segal, PhD, University of Toronto–Scarborough

50,000
in Print

"Among the array of titles on various anxiety disorders, this book manages to add an important new clinical approach to treating anxiety." —*Library Journal*

- Great sales potential: mindfulness and compassion—both hot topics—are central to the authors' approach.
- Unlike competing titles, the book is grounded in science, including over a decade of the authors' own research.
- Practical, can-do, and realistic: filled with stories, unique exercises, sidebars, and helpful tips.
- Anxiety is among the key reasons people seek psychological help.
- Offers a new understanding of anxiety and shows how mindfulness is the perfect antidote.

THE MINDFUL WAY THROUGH STRESS

The Proven 8-Week Path to Health, Happiness, and Well-Being

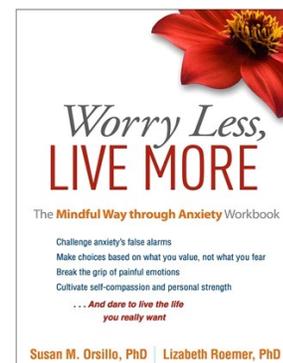
Shamash Alidina, MEng, MA, private practice, London

"Everyone deserves to reduce stress—not only will you feel better, but you'll also be surprised by how MBSR unleashes your creativity and productivity. Shamash is a wonderful teacher."

—Chade-Meng Tan, author of *Search Inside Yourself*

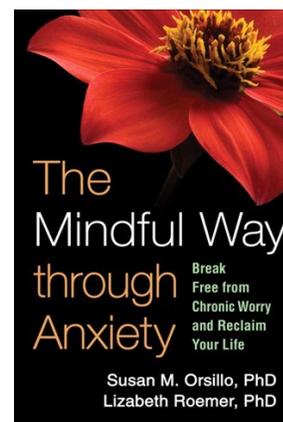
- Great potential: mindfulness works are wildly popular and stress is an omnipresent issue.
- Alidina's warmth and knowledge connect with readers: he's the author of bestselling "for Dummies" mindfulness titles.
- Developed to be used in widely attended MBSR courses taught worldwide, or as an at-home program, this book follows the same sequence as the course.
- Gentle, encouraging writing uses humor, stories, and fascinating research to inspire readers and bring the techniques to life.
- Flexible: provides a "full" course (30–45 minutes per day) and a "mini" alternative (10 minutes) so readers can easily keep up with the program.
- Online supplement: includes access to audio downloads of the meditations.

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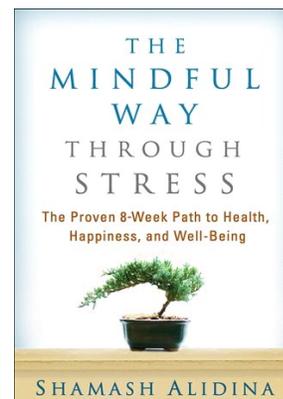
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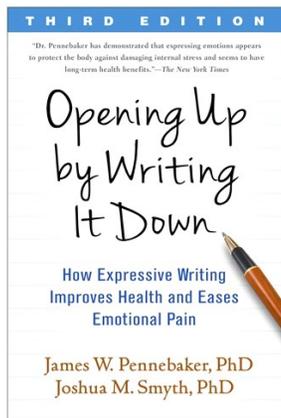
Translations: Chinese-simplified, Finnish, German, Greek, Japanese, Korean, Russian, Spanish

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Translation: Spanish



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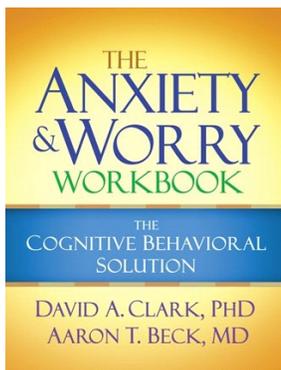
OPENING UP BY WRITING IT DOWN, THIRD EDITION

How Expressive Writing Improves Health and Eases Emotional Pain

James W. Pennebaker, PhD, University of Texas at Austin;
Joshua M. Smyth, PhD, Penn State University

"A fascinating account of expressive writing and how it works. This book is full of ideas and techniques that will benefit anyone who reads it."—Timothy D. Wilson, PhD, author of *Redirect: Changing the Stories We Live By*

- Classic work, now completely updated: 75% new content includes many practical exercises.
- Simple yet effective: *Opening Up* has already helped many tens of thousands of readers work through tough issues. •Shows how writing 15 minutes a day for 3 to 4 days can truly improve well-being. •Empathic experts with decades of experience concisely explain the "whys" and "how-tos" of their approach. •Informed by data from over 200 new studies.



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2011
294 pages

THE ANXIETY AND WORRY WORKBOOK

50,000
in Print

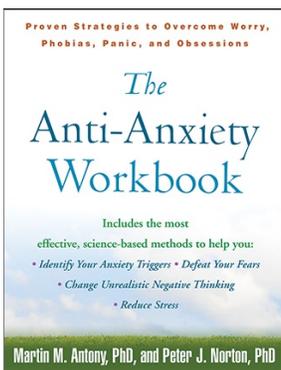
The Cognitive Behavioral Solution

David A. Clark, PhD, University of New Brunswick; Aaron T. Beck, MD, (Emeritus), University of Pennsylvania

"This hands-on, practical, step-by-step workbook can help you free yourself from debilitating anxiety and worry....Drs. Clark and Beck offer a clear and empowering roadmap for building a better life." —Robert L. Leahy, PhD, author of *The Worry Cure*

- Unparalleled expertise: Beck is the originator of cognitive therapy and Clark is a respected therapist/researcher with years of experience. •Great potential: in addition to off-the-shelf sales, will also be recommended widely by therapists who know Clark and Beck's work or use their related therapist manual, *Cognitive Therapy of Anxiety Disorders* (9781609189921). •Positive, doable, work-at-your-own-pace approach: designed for maximum appeal to readers with anxiety. •Grounded in a top treatment method: provides scientifically based guidance. •Practical: packed with worksheets, exercises, and examples.

Translations: Dutch, Farsi, German, Italian, Japanese, Portuguese (Brazil), Spanish



\$22.95 | Trade
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Paperback / softback
9781593859930
2008
262 pages

THE ANTI-ANXIETY WORKBOOK

Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions

Martin M. Antony, PhD, ABPP, Ryerson University, Toronto;
Peter J. Norton, PhD, University of Houston

"There have been major advances in the understanding and management of anxiety in recent years, and this book captures all of the key lessons. The techniques and strategies in these pages will help you learn to manage any type of anxiety and fear." —Ronald M. Rapee, PhD, author of *Overcoming Shyness and Social Phobia*

- Outstanding potential: the only other anxiety workbook available is a bestseller. •Best practices: unlike the competition, Antony and Norton's program is supported by current scientific findings. •Prevalent problem: anxiety afflicts millions. •Offers practical tools that readers can tailor to their individual needs.

Translations: Chinese-Simplified, Dutch, Italian, Korean

THE BIPOLAR DISORDER SURVIVAL GUIDE, SECOND EDITION

What You and Your Family Need to Know

David J. Miklowitz, PhD, UCLA School of Medicine

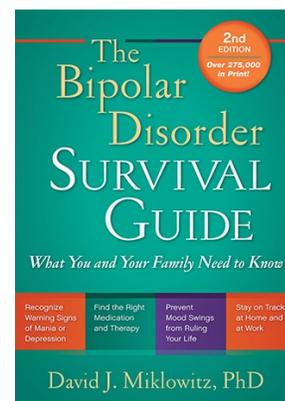
275,000
in Print

"The author's expertise, compassion, and experience are evident throughout....Well worth reading and remembering." —*NAMI Advocate*

- A bestseller, now even better: revised and updated with the latest treatment information, a new chapter just for women, and more.
- The A–Z guide for anyone who has bipolar illness—or cares about someone who does.
- Science in action: a compassionate, empowering guide that makes the author's pioneering research available to the public.
- Puts readers back in charge of their lives with practical guidance, symptom management advice, stories, worksheets, and checklists.
- Award-winning author who talks to professionals and consumers and is frequently cited in the media.

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2010
342 pages

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Translations: Chinese-simplified, Korean

THE BIPOLAR WORKBOOK, SECOND EDITION

Tools for Controlling Your Mood Swings

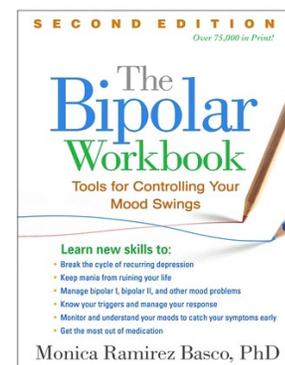
Monica Ramirez Basco, PhD, private practice, Washington, DC

75,000
in Print

"Having suffered with bipolar disorder for years, I am grateful for Dr. Basco's well-organized, easy-to-understand guidance on how to live with this illness....It helps you understand your symptoms and moods and teaches realistic coping strategies so you can get your life back." —Erin B.

- Extensive revision of a strong seller: 60% new material includes tightly focused chapters and a reader-friendly structure.
- From a respected authority and the author of the bestselling *Never Good Enough*.
- Packed with tons of positive, practical advice on every page.
- Bipolar illness demands active management—tips, checklists, and more can be customized to help mild or severe cases.
- Family members and friends also learn how to help and cope.

\$23.95 | Trade
8in • 10.5in
Paperback / softback
9781462520237
2015
237 pages



Translations: German, Japanese, Polish

WHEN SOMEONE YOU LOVE IS BIPOLAR

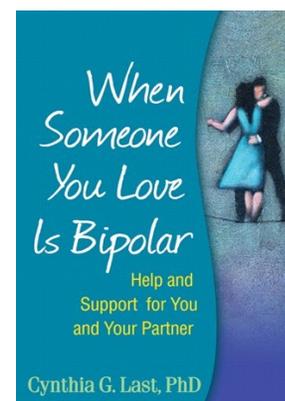
Help and Support for You and Your Partner

Cynthia G. Last, PhD, private practice, Boca Raton, FL

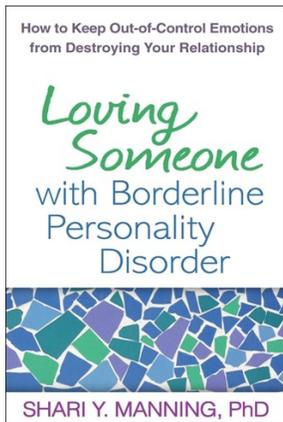
"Part reference and part self-help guide, the book includes checklists, charts, scales, and strategies....Fact filled and loaded with advice." —*Library Journal*

- The author, a therapist with over 25 years of experience, has the disorder herself—and shares what she's learned about what works.
- Hot topic: the only competing book is a top seller.
- Authoritative, empathetic, and practical: helps couples navigate the rough spots and move forward.
- Comprehensive: covers the full range of issues associated with both mild and severe forms of the disorder.
- Cross-marketing to professionals for client recommendation will boost sales.

\$16.95 | Trade
6in • 9in
Paperback / softback
9781593856083
2009
306 pages



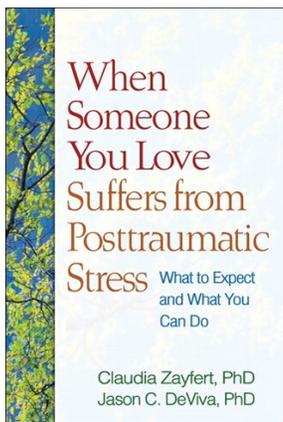
Translations: Portuguese, Spanish



\$16.95 | Trade
6in • 9in
Paperback / softback
9781593856076
2011
253 pages

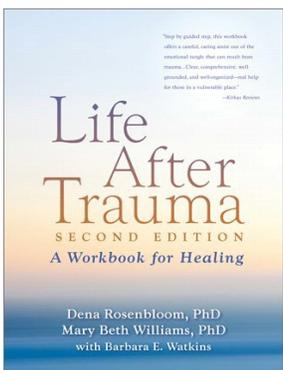
Also in Cloth:
\$52.00 | Professional
9781609181956

Translation: Japanese



\$16.95 | Trade
6in • 9in
Paperback / softback
9781609180652
2011
292 pages

Also in Cloth:
\$52.00 | Professional
9781609181963



\$19.95 | Trade
8in • 10.5in
Paperback / softback
9781606236086
2010
295 pages

LOVING SOMEONE WITH BORDERLINE PERSONALITY DISORDER

50,000
in Print

How to Keep Out-of-Control Emotions from Destroying Your Relationship

Shari Y. Manning, PhD, private practice, Chapin, SC; Foreword by Marsha M. Linehan, PhD, ABPP, University of Washington, Seattle

"This hopeful yet realistic book is an indispensable tool....Research based, clearly written, and practical, this guide to a complex disorder is highly recommended." —*Library Journal*

- A one-of-a-kind, high-potential title on a hot topic.
- The first resource for loved ones based on dialectical behavior therapy (DBT), the science-based approach that has revolutionized the treatment of BPD.
- Essential: BPD remains a chronic, difficult-to-treat disorder, and significant others frequently bear the brunt of chaotic behavior.
- Authoritative: Manning, among the most respected DBT therapists, offers clear-cut advice on complex relationship problems.
- Empathic and compassionate.
- Filled with tons of hands-on strategies for dealing with both daily life challenges and self-destructive crises.

WHEN SOMEONE YOU LOVE SUFFERS FROM POSTTRAUMATIC STRESS

What to Expect and What You Can Do

Claudia Zayfert, PhD, Dartmouth Medical School; Jason C. DeViva, PhD, Yale School of Medicine

"As the wife of a veteran and an advocate who works with families dealing with combat trauma, I have been searching for a book like this...it will save many relationships. It's not a book to borrow; it's one you have to own!"—Donna Reggett, Ipswich District Veterans' Support Centre, Australia

- Unique: one of the few resources for loved ones, not trauma survivors themselves.
- Broad: provides examples and advice related to many types of trauma, such as war, sexual assault, and serious accidents.
- The authors are noted researcher/clinicians with years of experience.
- Hopeful: gives family members practical information, support, and can-do ideas.
- Timely: increasing numbers of returning service members are diagnosed with PTSD.

LIFE AFTER TRAUMA, SECOND EDITION

50,000
in Print

A Workbook for Healing

Dena Rosenbloom, PhD, private practice, Glastonbury, CT; Mary Beth Williams, PhD, LCSW, CTS, private practice, Warrenton, VA; Foreword by Laurie Anne Pearlman, PhD, private practice, Holyoke, MA

"This is a hopeful book that emphasizes that healing is possible, a much-needed message." —Christine A. Courtois, PhD, author of *Healing the Incest Wound*

- A successful, steady seller, now revised and updated.
- Broader audience than most competing titles: the book is relevant to all types of trauma, not just PTSD.
- Focuses on the here and now: readers appreciate being helped without revisiting the traumatic experience.
- Sales are also driven by therapist and counselor recommendations.
- Timely: the book has been purchased by the military to help servicemembers; this edition includes examples relevant to vets.

TAKING CHARGE OF ANGER, SECOND EDITION

Six Steps to Asserting Yourself without Losing Control

W. Robert Nay, PhD, Georgetown University School of Medicine

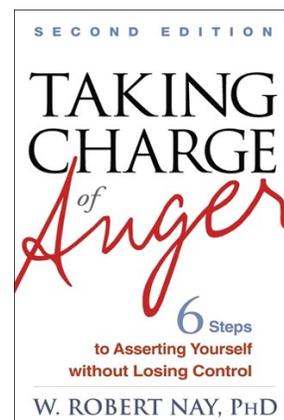
50,000
in Print

"*Taking Charge of Anger* is a significant contribution to the literature." —*Library Journal*

- A proven anger management program and a strong, steady seller, fully updated and featuring a new chapter on forgiveness.
- Based on empirically validated procedures, the approach has been fine-tuned over 25 years of clinical work.
- A manageable six-step program that focuses on positive solutions.
- Nay has trained thousands of therapists and gives presentations widely.
- Perennial issue: anger problems disrupt relationships, work, and parenting.

\$16.95 | Trade
6in • 9in
Paperback / softback
9781462502424
2012
289 pages

Also in Cloth:
\$52.00 | Professional
9781462503803



Translations: Croatian, Korean

THE ANGER MANAGEMENT WORKBOOK

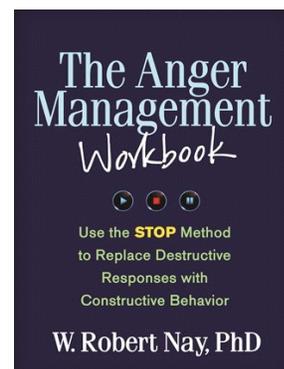
Use the STOP Method to Replace Destructive Responses with Constructive Behavior

W. Robert Nay, PhD, Georgetown University School of Medicine

"This book helps you ward off the corrosive effects of anger and eradicate roadblocks to true connection and intimacy....Dr. Nay guides you to maintain your composure, communicate effectively, and improve your relationships." —Loriann Oberlin, MS, LCPC, coauthor of *Overcoming Passive-Aggression*

- A true hands-on guide to get anger under control.
- Informed by current brain and behavior science, Nay's approach gives readers the means to change old habits for good.
- Presents a unified anger management method with clear, easy-to-follow steps (Stop, Think, Objectify, Plan).
- Numerous realistic examples show what the method looks like in action.
- The author of *Taking Charge of Anger* and *Overcoming Anger in Your Relationship*, Nay has specialized in anger issues for over 25 years.

\$19.95 | Trade
8in • 10.5in
Paperback / softback
9781462509775
2014
286 pages



Translation: Greek

OVERCOMING ANGER IN YOUR RELATIONSHIP

How to Break the Cycle of Arguments, Put-Downs, and Stony Silences

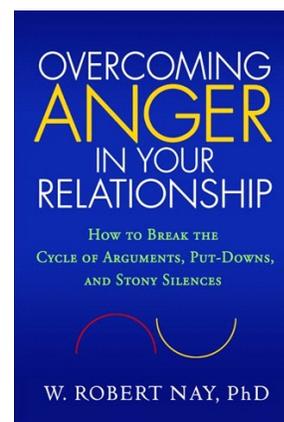
W. Robert Nay, PhD, Georgetown University School of Medicine

"Nay is an expert on anger management....His concluding chapter, 'Coping with the Expected and Preparing for the Unknown,' is particularly valuable in that it suggests strategies for dealing with the inevitable 'pushback' that readers will experience when establishing firm boundaries....Indispensable." —*Library Journal*

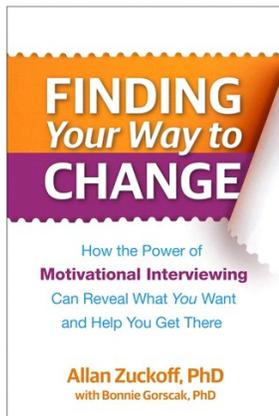
- From the author of the successful *Taking Charge of Anger, Second Edition* (9781462502424).
- When someone you love has an anger management problem: written expressly for partners.
- Realistic, doable advice and tons of examples illustrating the many faces of anger set this book apart.
- Author sales support: Nay is a frequent workshop presenter.

\$16.95 | Trade
6in • 9in
Paperback / softback
9781606232835
2010
259 pages

Also in Cloth:
\$52.00 | Professional
9781606236420



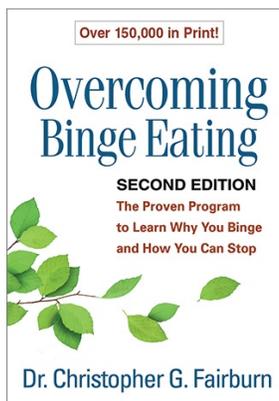
Translations: Korean, Polish



\$16.95 | Trade
6in • 9in
Paperback / softback
9781462520404
2015
264 pages

Also in Cloth:
\$52.00 | Professional
9781609180645

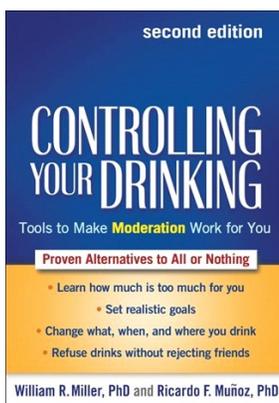
Translations: Dutch, Italian



\$16.95 | Trade
6in • 9in
Paperback / softback
9781572305618
2013
243 pages

Also in Cloth:
\$52.00 | Professional
9781462510443

Translations: Bulgarian, Dutch, German, Italian, Japanese, Norwegian, Polish



\$16.95 | Trade
7in • 10in
Paperback / softback
9781462507597
2013
290 pages

Also in Cloth:
\$52.00 | Professional
9781462510450

Translation: Japanese

FINDING YOUR WAY TO CHANGE

How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There

Allan Zuckoff, PhD, University of Pittsburgh; Foreword by William R. Miller, PhD, University of New Mexico, Albuquerque, and Stephen Rollnick, PhD, Cardiff University, Wales

"One of the most empathetic books on the subject of altering behaviors. The authors allow for failures and offer alternatives. Recommended." —*Library Journal*

- The first book to bring the power of motivational interviewing (MI) directly into the hands of consumers. •MI is a proven, science-based method for enabling change that has been used in the mental health and medical fields for decades. •People can change, but get stuck—blocked by ambivalence, resistance to unwanted "advice," or uncertainty. MI cuts through these barriers to help people achieve what they want and need. •From dealing with minor to major challenges, MI techniques will be a lifelong aid. •In addition to off-the-shelf sales, strong cross-marketing to therapists and counselors will generate recommendations to clients. •Zuckoff is a prominent MI practitioner and trainer.

OVERCOMING BINGE EATING, SECOND EDITION

150,000
in Print

The Proven Program to Learn Why You Binge and How You Can Stop

Christopher G. Fairburn, DM, FMedSci, FRCPsych, University of Oxford

"This program is based on vast clinical experience, numerous clinical trials, and a breadth of perspective that few possess. You can trust this book. It is a landmark." —Kelly D. Brownell, PhD, coauthor of *Food Fight*

- The bestselling, breakthrough treatment guide (over 150,000 in print), now updated and including more tools for relapse prevention. •The only evidence-based self-help program. •A foremost scientific authority on the topic, Fairburn is well known around the world. •Binge eating affects up to 3% of men and women of all ages and sizes.

CONTROLLING YOUR DRINKING, SECOND EDITION

Tools to Make Moderation Work for You

William R. Miller, PhD, University of New Mexico, Albuquerque; Ricardo F. Muñoz, PhD, Palo Alto University, CA

"Clear, concise, nonjudgmental and practical, it lays out the facts that are often obscured in the heated debate over alcohol treatments." —*Publishers Weekly*

- An important work updated: includes current research, a new chapter on mindfulness, and additional interactive features. •Authoritative: provides strategies backed by clinical studies and refined through the authors' years of experience (Miller is also lead author of one of addictions' bestselling professional titles, *Motivational Interviewing*). •Realistic: helps readers identify triggers and handle potentially challenging situations, from hanging out with buddies at the local bar to evenings at home alone. •The program can be tailored to suit individual circumstances and needs. •Huge numbers of people are not "alcoholics," but do have a problem. This book will help them enjoy without abusing.

WINTER BLUES, FOURTH EDITION

Everything You Need to Know to Beat Seasonal Affective Disorder

Norman E. Rosenthal, MD, Georgetown University School of Medicine

"This book has helped me to recognize my own seasonality, and its practical advice has offered me hope for a happier, more productive future." —C.W.

- "The go-to resource" with over 100,000 in print, now thoroughly revised.
- Compassionate and informed advice: Dr. Rosenthal, a leading authority, is also a SAD sufferer.
- Includes a new chapter on meditation and the latest on light boxes and other treatments.
- Perennial demand: millions of people experience mild to severe depression each winter.
- Author's visibility has increased since the publication of his top-selling *Transcendence*.



\$17.95 | Trade
6in • 9in
Paperback / softback
9781609181857
2012
353 pages

Also in Cloth:
\$53.00 | Professional
9781462505708



WINTER BLUES SURVIVAL GUIDE

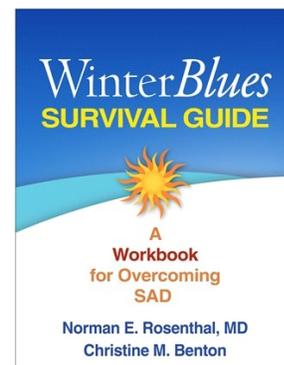
A Workbook for Overcoming SAD

Norman E. Rosenthal, MD, Georgetown University School of Medicine; with Christine M. Benton, Chicago

"This is a wonderfully written workbook for those dealing with SAD....It is not simply a self-help book, it is a self-empowerment workbook. *****" —*Doody's Review Service*

- From the foremost expert on SAD, this workbook is an ideal companion to the successful *Winter Blues* (over 100,000 in print).
- Puts a wealth of SAD treatment tools at the reader's fingertips.
- Easy to navigate and written in an empathic style: Dr. Rosenthal is a SAD sufferer himself and knows how to motivate others.
- Dr. Rosenthal has a robust website, blogs regularly, and maintains a media presence.
- Online supplement: purchasers will be able to download and print the forms from the book.

\$18.95 | Trade
8in • 10.5in
Paperback / softback
9781462512324
2013
275 pages



INSIDER'S GUIDE TO GRADUATE PROGRAMS IN CLINICAL AND COUNSELING PSYCHOLOGY

2016/2017 Edition

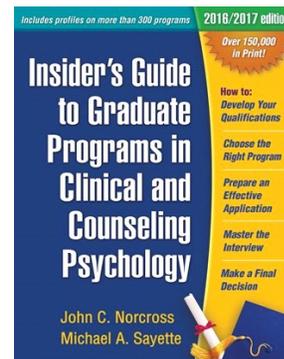
John C. Norcross, PhD, ABPP, University of Scranton, PA; Michael A. Sayette, PhD, University of Pittsburgh

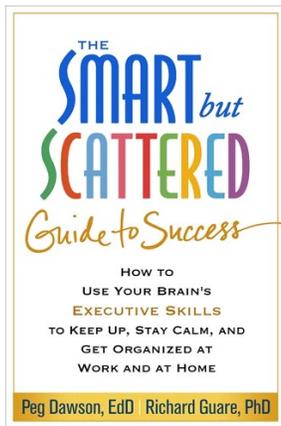
"This is one of the most informative guides on the market today....Anyone considering applying for graduate programs in psychology should read this book. *****!" —*Doody's Review Service*

- Updated edition of a steady bestseller: over 150,000 in print.
- Provides extensive information on each program in the U.S. and Canada.
- The most popular guide, with true insider tips unavailable elsewhere.
- Includes application advice.
- A student favorite, it garners high marks from reviewers.



\$29.95 | Trade
8.5in • 11in
Paperback / softback
9781462525720
2016
442 pages

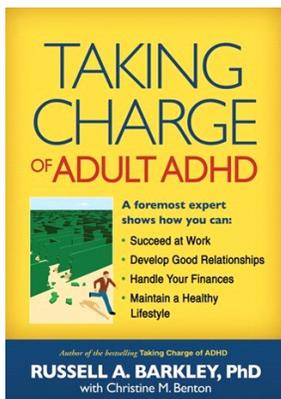




\$16.95 | Trade
7in • 10in
Paperback / softback
9781462516964
2016
294 pages

Also in Cloth:
\$52.00 | Professional
9781462522798

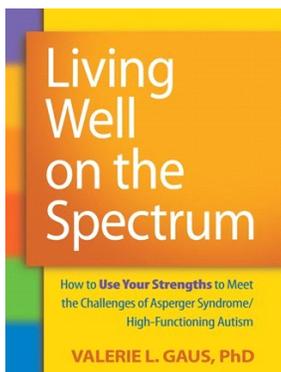
Translations: Chinese-world, Dutch



\$17.95 | Trade
7in • 10in
Paperback / softback
9781606233382
2010
294 pages

Also in Cloth:
\$52.00 | Professional
9781606237106

Translations: Dutch, German, Japanese, Portuguese, Spanish, Swedish, Turkish



\$23.95 | Trade
8in • 10.5in
Paperback / softback
9781606236345
2011
383 pages

Translation: Japanese

THE SMART BUT SCATTERED GUIDE TO SUCCESS

How to Use Your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home

Peg Dawson, EdD, Seacoast Mental Health Center, Portsmouth, NH;
Richard Guare, PhD, Seacoast Mental Health Center, Portsmouth, NH

"Dawson and Guare, masters of executive skills, have provided a user-friendly, practical, and immensely valuable guide. This book is an instant classic." —Edward Hallowell, MD, coauthor of *Delivered from Distraction*

- Finally, a book for adults from the authors of the bestselling *Smart but Scattered* and *Smart but Scattered Teens*.
- Readers identify with the concept; they know they could get further and feel better, "if I could just...."
- Plenty of books promise an orderly life, organized closets, or both; this book allows readers to harness their skills and adapt to life changes.
- 12 specific executive skills—such as planning, time management, and emotion regulation—are easy to identify and strengthen.
- For any overtaxed adult who needs help bolstering these crucial skills; of special interest to those with ADHD.
- Authors are experienced and empathic, even sharing their own shortcomings and their strategies for overcoming them.

TAKING CHARGE OF ADULT ADHD

Russell A. Barkley, PhD, ABPP, ABCN, Medical University of South Carolina; With Christine M. Benton, Chicago

50,000
in Print

"Barkley debunks common myths about medications and co-occurring disorders and offers straightforward advice on how to improve quality of life....This is a comprehensive and scientifically based yet comprehensible manual for understanding and managing adult ADHD." —*Library Journal*

- Prominent, bestselling author Russell A. Barkley provides the definitive guide to managing adult ADHD.
- Barkley's *Taking Charge of ADHD* is the bible for parents and a perennial child psych bestseller.
- The entire book—from writing style to organization and design—is geared to be optimally user-friendly for readers with ADHD.
- Presents information and advice based on the latest research, including two major studies conducted by the author.
- Hands-on, practical strategies for coping with the full range of symptoms and the specific challenges they pose.
- A soup-to-nuts book on how ADHD affects adults and what can be done about it.

LIVING WELL ON THE SPECTRUM

How to Use Your Strengths to Meet the Challenges of Asperger Syndrome/High-Functioning Autism

Valerie L. Gaus, PhD, private practice, Cold Spring Hills, NY

"As an Aspie, I found this an excellent and readable guide....Kudos to Dr. Gaus for creating this manual—I hope it will be much read." —Eric Schissel, Ithaca, New York

- Awareness of adult AS/HFA is growing exponentially; this book is written specifically for this underserved population.
- Strengths-based, can-do focus enhances the book's appeal.
- Pitch-perfect tone: The concrete writing style and problem-solving strategies are ideal for the intended audience.
- Tons of practical tips and examples cover everything from day-to-day tasks to long-term goals.
- From an expert author with 15+ years' experience, whose involvement with the AS/HFA community will support sales.

SMART BUT SCATTERED

The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential

Peg Dawson, EdD, Seacoast Mental Health Center, Portsmouth, NH;
Richard Guare, PhD, Seacoast Mental Health Center, Portsmouth, NH

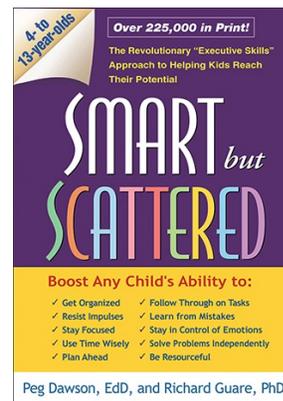
225,000
in Print

"Groundbreaking...Compassionate and parent friendly...Dawson and Guare's work should be considered essential." (* starred review) —*Library Journal*

- Executive skills are a hot topic: the authors' professional book has over 80,000 in print.
- Practical, doable, and concise: arms parents and teachers with needed information and easy-to-use tools.
- Positive approach shows parents why children (ages 4–13) fail in areas where they "should" succeed—and exactly how to help.
- Research-based, real-world interventions from two recognized experts in the field.

\$17.95 | Trade
 7in • 10in
 Paperback / softback
9781593854454
 2009
 314 pages

Also in Cloth:
 \$53.00 | Professional
 9781593859879



Translations: Bulgarian, Chinese-world, Dutch, German, Greek, Hebrew, Korean, Polish, Romanian, Russian, Vietnamese

SMART BUT SCATTERED TEENS

The "Executive Skills" Program for Helping Teens Reach Their Potential

Richard Guare, PhD, Seacoast Mental Health Center, Portsmouth, NH;
Peg Dawson, EdD, Seacoast Mental Health Center, Portsmouth, NH;
Colin Guare, Boston

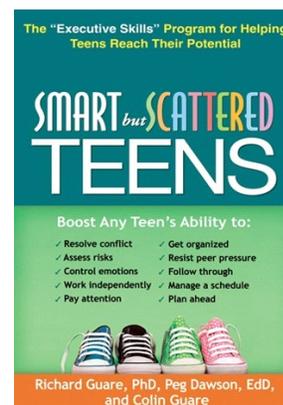
75,000
in Print

"I was hooked from the first chapter...I'm thrilled to have a specific plan of action for targeting the skills my son needs to do better in school and become more focused and responsible." —Kim L.

- For parents of 13- to 19-year-olds, this is the "older sibling" to the bestselling *Smart but Scattered* (9781593854454; over 225,000 in print).
- Tremendous potential: adolescence brings crucial new challenges for kids with executive skills deficits.
- Contributions from Dr. Guare's son lend unparalleled authenticity and realism.
- No other title combines this level of scientific expertise, empathic support, and practical, teen-specific strategies.
- Crucial "failure-to-launch" chapter problem-solves the transition to college and independent living.
- Authoritative advice from experts in the hot, growing field of executive skills.

\$17.95 | Trade
 7in • 10in
 Paperback / softback
9781609182298
 2012
 293 pages

Also in Cloth:
 \$53.00 | Professional
 9781462506996



Translations: Bulgarian, Chinese-simplified, Dutch, Korean, Vietnamese

BRIGHT KIDS WHO CAN'T KEEP UP

Help Your Child Overcome Slow Processing Speed and Succeed in a Fast-Paced World

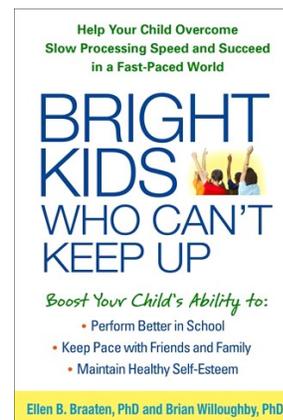
Ellen Braaten, PhD, Mass General Hospital, and Harvard Medical School;
Brian Willoughby, PhD, Mass General Hospital, and Harvard Medical School

"Child psychologists Braaten and Willoughby here offer a first-of-a-kind book on processing speeds in this aptly named title for parents....An encouraging look at a problem to which many parents will relate." (* starred review) —*Library Journal*

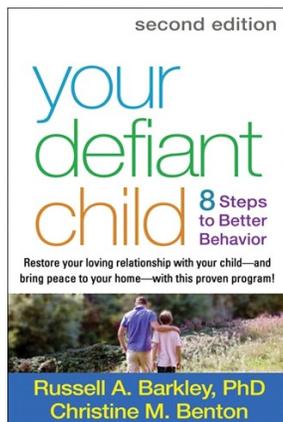
- Terrific potential: processing speed deficits are increasingly recognized, and this is the first book on the topic for parents.
- Filled with anecdotes, advice, and warmth from authors who have worked with thousands of kids and families.
- Problems in this area affect kids' functioning in many crucial areas—from school performance to making friends.
- Gives harried parents practical strategies to support their 5- to 18-year-old at home and school.
- For all kids with processing speed issues, including those with ADHD and learning disabilities, where these issues often play a role.

\$14.95 | Trade
 6in • 9in
 Paperback / softback
9781609184728
 2014
 207 pages

Also in Cloth:
 \$50.00 | Professional
 9781462515493



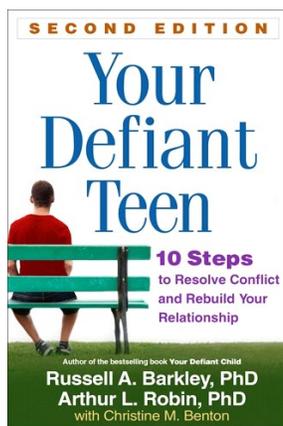
Translations: Dutch, Korean



\$16.95 | Trade
6in • 9in
Paperback / softback
9781462510078
2013
257 pages

Also in Cloth:
\$52.00 | Professional
9781462510436

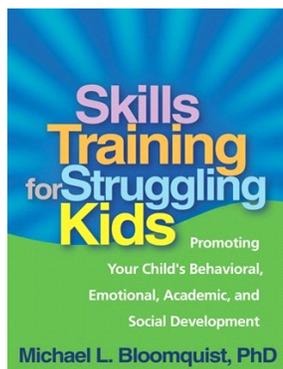
Translation: Italian



\$16.95 | Trade
6in • 9in
Paperback / softback
9781462511662
2013
372 pages

Also in Cloth:
\$52.00 | Professional
9781462512300

Translation: Portuguese



\$18.95 | Trade
8in • 10.5in
Paperback / softback
9781609181703
2012
275 pages

Translation: Chinese-Simplified

YOUR DEFIANT CHILD, SECOND EDITION

Eight Steps to Better Behavior

Russell A. Barkley, PhD, ABPP, ABCN, Medical University of South Carolina; Christine M. Benton, Chicago

100,000
in Print

"The book is written in clear and coherent language that is easy to follow. The authors do an excellent job of breaking down the steps and discussing each in detail." —*Science Books and Films*

- A bestseller since its 1998 release (available in more than 10 languages), now with updated research and more tips, including uses of new technology.
- The world-renowned author has counseled thousands of families in this effective, widely used approach, and has trained 10,000+ therapists via workshops, webinars, and webcasts.
- The second edition's upbeat tone and focus on the positive will resonate with parents.
- Based on decades of research, the eight easy steps help kids (ages 5–12) become more agreeable, cooperative, well adjusted, and successful.
- Up to 8% of kids have severe defiant behavior problems, and many more are considered "difficult" by their frustrated parents.

YOUR DEFIANT TEEN, SECOND EDITION

10 Steps to Resolve Conflict and Rebuild Your Relationship

Russell A. Barkley, PhD, ABPP, ABCN, Medical University of South Carolina; Arthur L. Robin, PhD, Wayne State University School of Medicine; With Christine M. Benton, Chicago

"Extremely thorough and readable." —*Library Journal*

- The authoritative work, now with updated research and a positive, affirming tone that will appeal to frazzled parents.
- Sales support: Barkley is an internationally known, bestselling author who presents his work widely and is frequently cited in the media.
- Coaches parents to build their own problem-solving skills, plus provides practical, doable strategies and tips for improving teen behavior.
- In addition to off-the-shelf sales, professionals will recommend this book to parents.
- Online supplement: purchasers will be able to download and print the worksheets and checklists.

SKILLS TRAINING FOR STRUGGLING KIDS

Promoting Your Child's Behavioral, Emotional, Academic, and Social Development

Michael L. Bloomquist, PhD, University of Minnesota, Minneapolis

"Dr. Bloomquist's positive skills-building program is powerful! Practicing the skills and making them part of our everyday life has helped us grow closer as a family."—Margaret N.

- An empowering guide for parents of 5- to 17-year-olds (based on the bestselling *Skills Training for Children with Behavior Problems*, with over 70,000 in print).
- Ready-to-use, practical strategies are illustrated with concrete examples and role-play ideas.
- Troubleshooting tips help parents navigate the rough spots.
- Presents methods that are proven to work.
- Counselor recommendations and the author's training workshops bolster demand.

STRAIGHT TALK ABOUT PSYCHIATRIC MEDICATIONS FOR KIDS, FOURTH EDITION

75,000
in Print

Timothy E. Wilens, MD, Harvard Medical School, and Massachusetts General Hospital, Boston, MA; Paul G. Hammerness, MD, Harvard Medical School, and Boston Children's Hospital, MA

"This is the book I've turned to for the past 15 years to share with parents, and the fourth edition makes a great resource even better....It tells you exactly what you need to know about the benefits, potential downsides, and what to expect."—Ellen Braaten, PhD, coauthor of *Bright Kids Who Can't Keep Up*

- A top-selling, authoritative guide provides the best current science has to offer, with over 30% updated content.
- Balanced: also discusses when to consider nonmedication treatments.
- Harvard psychiatrists give parents the answers they need to make the best choices—without hyperbole or scare tactics.
- Covers potential side effects and drug interactions.
- User-friendly format features new pullouts, boxes, and lists for even easier reference.

TAKING CHARGE OF ADHD, THIRD EDITION

350,000
in Print

The Complete, Authoritative Guide for Parents

Russell A. Barkley, PhD, ABPP, ABCN, Medical University of South Carolina

"This is not just another book. This is a great book." —*Pediatric News*

- With over 350,000 in print, this is the best ADHD guide for parents. Period.
- Based on Dr. Barkley's decades of experience, and fully updated with the most recent research.
- Provides effective parenting strategies and tips—and also explains why kids with ADHD struggle.
- Retains must-have material on home and school behavior management, plus adds critical new information on executive functions, medications, and more.
- For nearly 20 years, this work has helped children (ages 6–18) thrive.
- Professionals worldwide recommend this book to parents.

HIPERACTIVO, IMPULSIVO, DISTRAÍDO ¿ME CONOCES?, TERCERA EDICIÓN

Guía Acerca del Déficit Atencional (TDAH) Para Padres, Maestros y Profesionales

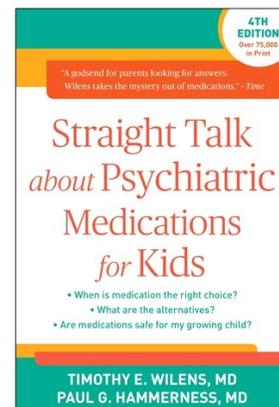
José J. Bauermeister, PhD, University of Puerto Rico; Foreword by Russell A. Barkley, PhD, ABPP, ABCN, Medical University of South Carolina

"An accessible guide for parents and teachers....Highly recommended." —*Criticas*

- A Spanish-language original on a perennial topic for parents.
- Revision includes current research and treatment advances, and is updated for DSM-5.
- Compassionate, science based, and culturally informed.
- Broad appeal beyond parents: includes valuable content for teachers and therapists.
- Dr. Bauermeister is a renowned therapist/researcher with over 30 years of experience working with Hispanic children and families.

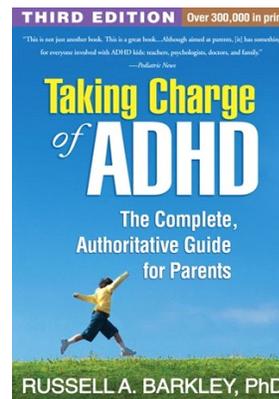
\$17.95 | Trade
6in • 9in
Paperback / softback
9781462519859
2016
342 pages

Also in Cloth:
\$53.00 | Professional
9781462525874



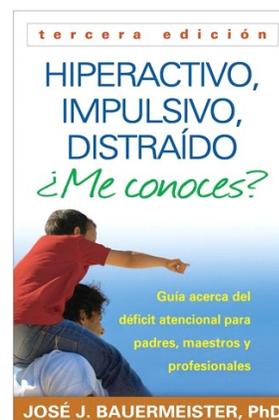
\$19.95 | Trade
7in • 10in
Paperback / softback
9781462507894
2013
363 pages

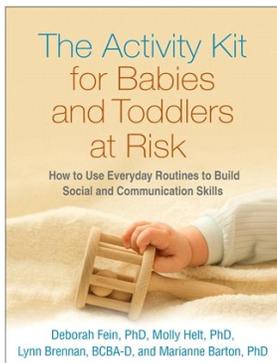
Also in Cloth:
\$55.00 | Professional
9781462508518



Translations: Chinese-world, Dutch, Swedish

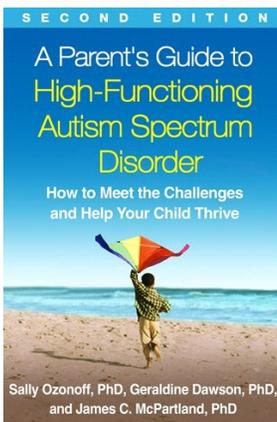
\$16.95 | Trade
6in • 9in
Paperback / softback
9781462512362
2014
323 pages





\$16.95 | Trade
8in • 10.5in
Paperback / softback
9781462520916
2015
240 pages

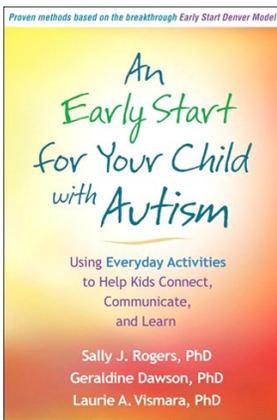
Translations: Chinese-simplified, Korean



\$18.95 | Trade
6in • 9in
Paperback / softback
9781462517473
2014
308 pages

Also in Cloth:
\$54.00 | Professional
9781462517954

Translation: Polish



\$16.95 | Trade
7in • 10in
Paperback / softback
9781609184704
2012
342 pages

Also in Cloth:
\$52.00 | Professional
9781462503896

Translations: Chinese-world, Dutch, French, Korean, German, Italian, Japanese, Korean, Polish, Portuguese, Romanian, Russian

THE ACTIVITY KIT FOR BABIES AND TODDLERS AT RISK

How to Use Everyday Routines to Build Social and Communication Skills

Deborah Fein, PhD, University of Connecticut, Storrs; Molly Helt, PhD, Trinity College, Hartford, CT; Lynn Brennan, EdD, BCBA-D, private practice, MA; Marianne Barton, PhD, University of Connecticut, Storrs

"Parents will find encouragement for implementing activities that cost nothing yet emulate clinical practice." (* starred review) —*Library Journal*

- 100+ simple yet effective ideas help parents strengthen social and communication skills in their 0- to 3-year-olds.
- Underserved need: though parents may suspect a developmental delay, diagnoses are not typically made until age 3. When awaiting a formal evaluation, parents can take action.
- Can be used in tandem with professional interventions for at-risk kids, from children with milder delays to those with autism.
- Activities are incorporated into existing routines, lessening the strain on parents.
- Covers a range of skills—parents can continually find what they need as their infant grows.
- From experienced researchers and clinicians who have successfully shared the techniques with their clients.

A PARENT'S GUIDE TO HIGH-FUNCTIONING AUTISM SPECTRUM DISORDER, SECOND EDITION

75,000
in Print

How to Meet the Challenges and Help Your Child Thrive

Sally Ozonoff, PhD, MIND Institute, University of California, Davis; Geraldine Dawson, PhD, Director, Duke Center for Autism and Brain Development; James C. McPartland, PhD, Director, Yale Child Study Center

"Parents and clinicians alike will be hard-pressed to find a finer guide and resource. *****"
—*Doody's Review Service*

- The bestselling, authoritative, compassionate guide for parents, thoroughly revised: 30% new material includes updates throughout.
- Rapidly expanding ASD research is distilled to inform and guide parents' decisions.
- Shows how to work with these kids' unique combination of deficits and strengths in concrete, practical ways.
- Explains what to expect (and demand!) from health care professionals and schools, especially given the major diagnostic changes in DSM-5.
- Outlines key interventions and practical approaches for helping children (ages 2 to 15) thrive at home, in school, and in social interactions.

AN EARLY START FOR YOUR CHILD WITH AUTISM

Using Everyday Activities to Help Kids Connect, Communicate, and Learn

Sally J. Rogers, PhD, MIND Institute, University of California, Davis; Geraldine Dawson, PhD, Director, Duke Center for Autism and Brain Development; Laurie A. Vismara, PhD, MIND Institute, University of California, Davis

"I was so overwhelmed when my child was diagnosed. This book is the roadmap I needed, written by experts I trust." —Laura Shumaker, author, *San Francisco Chronicle autism blog*

- Strong potential: early intervention is critically important for children with autism.
- Provides easy-to-learn, playful ways for parents to help their toddlers and preschoolers.
- Based on the authors' headline-making Early Start program, shown in published research to improve kids' communication, behavior, and IQ.
- Early Start is one of the few validated programs for young children with ASD—and the only one for toddlers.
- Doable strategies fit easily into family routines and are compatible with any type of treatment.

HELP YOUR TEENAGER BEAT AN EATING DISORDER, SECOND EDITION

50,000
in Print

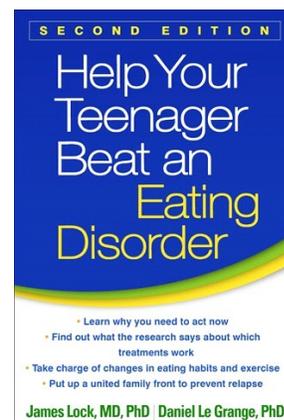
James Lock, MD, PhD, Stanford University School of Medicine;
Daniel Le Grange, PhD, Joint Director of the Eating Disorders Program,
University of California, San Francisco

"There are many red flags that parents should recognize when it comes to their adolescent daughter or son's eating habits, and this intelligent book points them out clearly and concisely."
—*Publishers Weekly*

- A steady-selling, well-regarded resource, now updated throughout to include the latest research and DSM-5 classifications.
- A proven family-based approach—based on the Maudsley method—is now directly available to parents.
- Crucial guidance: anorexia has the highest mortality rate of all psychiatric illnesses, but if caught within the first 2 years, chances for survival greatly increase.
- Eating disorders are insidious and relapses are frequent: parents need to be armed with this information.
- Lock and Le Grange are respected experts whose profiles have grown since the first edition was published.

\$18.95 | Trade
6in • 9in
Paperback / softback
9781462517480
2015
310 pages

Also in Cloth:
\$54.00 | Professional
9781462517961



Translation: Italian

TALKING BACK TO OCD

50,000
in Print

The Program That Helps Kids and Teens Say "No Way"—
and Parents Say "Way to Go"

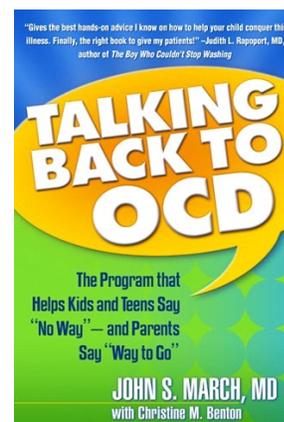
John S. March, MD, MPH, Duke Clinical Research Institute;
With Christine M. Benton, Chicago

"There are other books on OCD for parents...but this is the only title aimed at both the sufferer and the parents....Highly recommended." (* starred review) —*Library Journal*

- Everything going for it: hot topic and the leading authority's groundbreaking program.
- Unique format: Each chapter includes a "just-for-kids" self-help section that puts them in charge, plus tips for parents to help them succeed.
- March's program is scientifically validated, his professional title is a bestseller, and he's constantly quoted in the media.
- Large audience: OCD affects up to 3% of youth, and parents are eager for options other than medication.
- Friendly advice from a true expert: personable and warm, March has years of experience helping kids beat OCD.

\$16.95 | Trade
7in • 10in
Paperback / softback
9781593853556
2006
276 pages

Also in Cloth:
\$52.00 | Professional
9781593853563



Translations: Greek, Japanese

SCREEN-SMART PARENTING

How to Find Balance and Benefit in Your Child's Use of Social Media, Apps, and Digital Devices

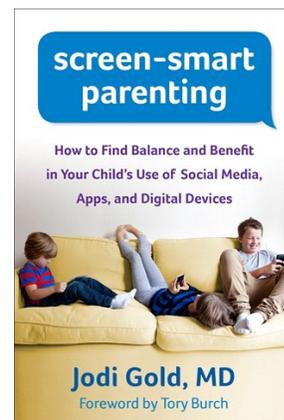
Jodi Gold, MD, private practice, New York, NY; Foreword by Tory Burch

"Gold...has a proactive approach to the topic and helps parents contextualize technology as both an appropriate and a positive part of growing up. Recommended." —*Library Journal*

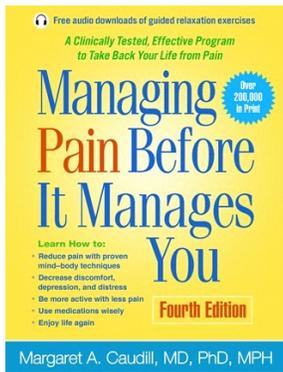
- Developmental expert, therapist, and media-savvy mom of three delivers informed advice.
- For all ages: Gold offers developmentally appropriate tips on everything from tablets for preschoolers to teens' digital footprints.
- A pragmatic antidote to scare headlines and an eminently usable guide parents will return to repeatedly.
- Provides peace-of-mind safeguards while underscoring and promoting the potential cognitive, emotional, and social benefits of technology.
- An insider's guide to raising responsible, creative, and secure digital citizens.

\$14.95 | Trade
6in • 9in
Paperback / softback
9781462515530
2014
314 pages

Also in Cloth:
\$50.00 | Professional
9781462517947

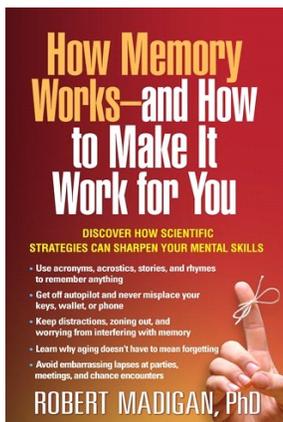


Translations: Chinese-Simplified, Dutch, Korean, Romanian, Slovene



\$24.95 | Trade
8in • 10.5in
Paperback / softback
9781462522774
2016
281 pages

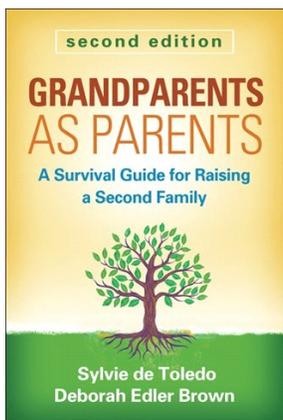
Translation: Chinese-Simplified



\$14.95 | Trade
6in • 9in
Paperback / softback
9781462520374
2015
278 pages

Also in Cloth:
\$50.00 | Professional
9781462520381

Translation: Korean



\$17.95 | Trade
6in • 9in
Paperback / softback
9781462509157
2013
331 pages

Also in Cloth:
\$53.00 | Professional
9781462509195

MANAGING PAIN BEFORE IT MANAGES YOU, FOURTH EDITION

200,000
in Print

Margaret A. Caudill, MD, PhD, MPH, Pain Management Center, Dartmouth Hitchcock Medical Center, and Dartmouth Medical School

"I was suffering from migraine headaches that left me incapacitated—barely able to care for my family or myself. The program alleviated my anxiety and emotional stress and taught me ways to decrease my symptoms and function better. I continue to use the skills to this day."
—Gerry R., Massachusetts

- A bestseller that's helped 200,000+ readers; includes free audio downloads and updates throughout with the latest science, discussions of mindfulness, downloadable worksheets, and current resources (including smart phone apps).
- Presents a 10-step program that is scientifically supported—unlike most competing titles.
- Used in pain clinics and hospitals.
- New "Quick Skill" feature in every chapter provides at least one "something to try right now" suggestion.
- Mind-body approach addresses both medical and psychological aspects of pain.
- From a respected, experienced authority who is board certified in pain medicine.
- Honored as a book of the year by the *American Journal of Nursing*.

HOW MEMORY WORKS—AND HOW TO MAKE IT WORK FOR YOU

Robert Madigan, PhD, University of Alaska Anchorage

"Madigan provides skills and techniques for improving memory function, using information gleaned from contemporary research as well as from ancient practices in oral tradition....He presents a compelling case for the utility of memory techniques in keeping the mind sharp."
—*Publisher's Weekly*

- Research-based approach: Dr. Madigan is an award-winning professor who has dedicated his career to the study of memory.
- Explains the brain science behind memory and provides surefire ways to improve it.
- Highly engaging: accessible writing and vivid examples will instantly motivate readers.
- Practical and user-friendly: helpful charts and illustrations highlight key concepts so they can be put to use immediately for remembering different types of information.

GRANDPARENTS AS PARENTS, SECOND EDITION

A Survival Guide for Raising a Second Family
Sylvie de Toledo, LCSW, BCD, founder and clinical director, Grandparents As Parents, Los Angeles; Deborah Edler Brown, Los Angeles

"This is a reference book, a character-builder, a challenge, and a friend." —*Seniors Today*

- The complete resource from the founder of the nonprofit Grandparents As Parents, Inc., now updated throughout.
- Once uncommon, kinship care has become mainstream since the book's initial release.
- Updates include additional practical parenting tips, guidance for raising kids in a high-tech world, and how to help grandkids with an incarcerated parent.
- Numerous shared stories—including the personal story of author de Toledo's family—create a virtual support group for readers.
- Provides compassionate, informed advice on everything from daily dilemmas to family crises.

GETTING OVER OCD

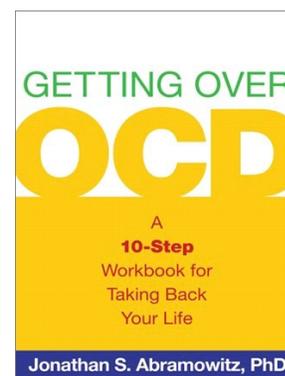
A 10-Step Workbook for Taking Back Your Life

Jonathan S. Abramowitz, PhD, University of North Carolina at Chapel Hill

"Offers a 10-step plan to recovery, including analyzing OCD symptoms, customizing an action plan, and defeating obsessions/compulsions....Serves readers seeking to manage their disorder with limited professional assistance." —*Library Journal*

•A self-help approach based on the most effective treatment for OCD. •Strong sales potential: several OCD books are top sellers. •Abramowitz—founder of the OCD program at the world-renowned Mayo Clinic—has unparalleled expertise. •Designed for the 1 in 40 adults with the disorder plus millions of others who struggle with less severe symptoms. •The book's organized, step-by-step structure will be especially helpful and appealing for these readers.

\$21.95 | Trade
8in • 10.5in
Paperback / softback
9781593859992
2009
307 pages



Translations: Korean, Portuguese

I LOVE A COP, REVISED EDITION

What Police Families Need to Know

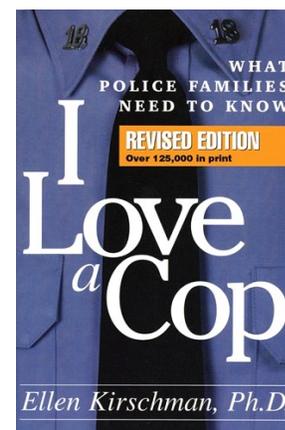
Ellen Kirschman, PhD, private practice, Redwood City, CA

125,000
in Print

"Police families can, in fact, thrive, and [Kirschman's] got the success stories to prove it. Preparedness is one of the keys to that state, and this book...shows how to get there." —*Library Journal*

•A bestseller with more than 125,000 in print: the book has been used by the forces of more than 75 U.S. and Canadian cities. •Post-9/11 and post-Katrina perspective: the strain on police and their families is even greater than before. •A true support clearinghouse: expanded and reorganized resource section. •Reflects current research on PTSD, depression, alcoholism, and other key issues. •Hope and help for cops and loved ones: from dealing with critical incident stress to the daily grind of shift work.

\$16.95 | Trade
6in • 9in
Paperback / softback
9781593853532
2006
340 pages



Also in Cloth:
\$52.00 | Professional
9781593853549

Translation: Czech

WITHOUT CONSCIENCE

The Disturbing World of the Psychopaths Among Us

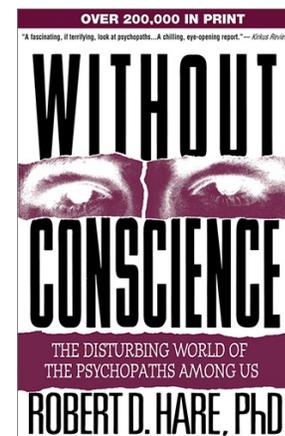
Robert D. Hare, PhD, University of British Columbia

200,000
in Print

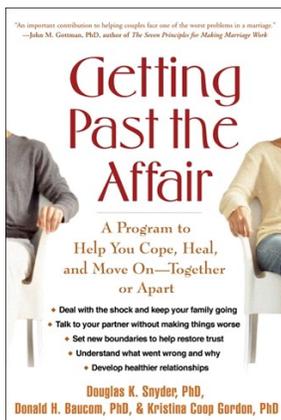
"A fascinating, if terrifying, look at psychopaths...Hare makes a strong case for the view that psychopaths are born, not made....A chilling, eye-opening report—and a call to action." —*Kirkus Reviews*

•Fascinating, disturbing, and informative bestseller with over 200,000 in print. •From an award-winning, world-renowned expert. •A compelling read for the general public, this classic is also used in psychopathology, forensic psychology, and law courses.

\$17.95 | Trade
5.31in • 8.19in
Paperback / softback
9781572304512
1999
236 pages

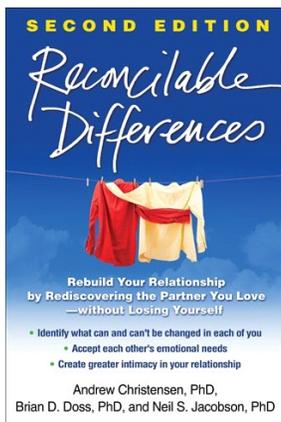


Translations: Chinese-world, Czech, Danish, Finnish, German, Hungarian, Indonesian, Italian, Korean, Polish, Portuguese, Serbian, Spanish



\$16.95 | Trade
6in • 9in
Paperback / softback
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2007
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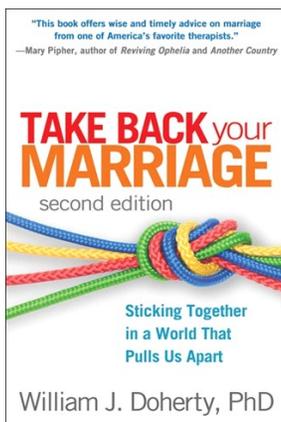
Translations: Czech, Korean, Russian, Slovak



\$15.95 | Trade
6in • 9in
Paperback / softback
9781462502431
2014
348 pages

Also in Cloth:
\$51.00 | Professional
9781462512317

Translations: Italian, Polish



\$16.95 | Trade
6in • 9in
Paperback / softback
9781462503674
2013
199 pages

Also in Cloth:
\$52.00 | Professional
9781462510467

GETTING PAST THE AFFAIR

*A Program to Help You Cope, Heal, and Move On—
Together or Apart*

Douglas K. Snyder, PhD, Texas A&M University; Donald H. Baucom, PhD, University of North Carolina at Chapel Hill; Kristina Coop Gordon, PhD, University of Tennessee–Knoxville

50,000
in Print

"[The authors] have designed a program to help couples overcome an affair, understand why it happened, and consider their best options....Recommended." —*Library Journal*

- Proven method: two-thirds of people who follow this program report improvement.
- Reduces the depression and emotional distress that both partners face after an affair.
- Gets you through the day: helps the injured partner cope with feelings of betrayal.
- Practical, realistic advice for today's couples.
- Affairs don't have to mean the end: helps those who stay together rebuild a strong relationship.

RECONCILABLE DIFFERENCES, SECOND EDITION

*Rebuild Your Relationship by Rediscovering the Partner You Love—
without Losing Yourself*

Andrew Christensen, PhD, University of California, Los Angeles; Brian D. Doss, PhD, University of Miami; Neil S. Jacobson, PhD, deceased

50,000
in Print

"One virtue of the book is its utter realism....Offers a slew of tools that couples can use to reconcile their differences without the help of a therapist." —Jane Brody, *The New York Times*

- Steady-selling book on a perennial topic, with updates throughout and a new chapter on mindfulness.
- Translates the authors' evidence-based Integrative Behavioral Couple Therapy into a format readers can use on their own.
- Empathic, realistic advice from trusted experts.
- Sells "off the shelf" and is recommended by counselors and therapists—due to IBCT's impressive evidence base, VA professionals are now being trained in the approach.

TAKE BACK YOUR MARRIAGE, SECOND EDITION

Sticking Together in a World That Pulls Us Apart

William J. Doherty, PhD, University of Minnesota, St. Paul

"Dr. Doherty's practical suggestions for rituals that restore love and commitment are immediately applicable and alone are worth the price of admission." —Harriet Lerner, PhD, author of *Marriage Rules*

- Successful, perennial seller, updated to reflect the impact of new technology on relationships.
- From a highly visible author with many workshops and media appearances.
- Needed now more than ever, as social media and smart phones further erode family time.
- Provides realistic, easy-to-follow advice about how to keep the couple relationship a priority despite life's pressures and obligations.

THE THINKING GIRL'S GUIDE TO THE RIGHT GUY

How Knowing Yourself Can Help You Navigate Dating, Hookups, and Love

Joanne Davila, PhD, Stony Brook University, NY;
Kaycee Lashman, Vancouver

"This book puts women in the driver's seat on the bumpy road to the right man." —Wendy L. Walsh, PhD, author of *The 30-Day Love Detox*

- "Stop trying to be what he wants" frees women from a pervasive trap.
- Unique focus on teaching young women to uncover their innermost needs sets this apart from "get-your-man" books.
- Builds the skills necessary for women to see themselves and their partners clearly and make smart choices.
- Women can pursue sex and romance freely, but solid, science-based advice can help them build the healthy relationships they deserve.
- Will find an eager audience in those women who need to understand why their Mr. Rights consistently turn out wrong.

THE LOST ART OF LISTENING, SECOND EDITION

How Learning to Listen Can Improve Relationships

Michael P. Nichols, PhD, The College of William and Mary

125,000
in Print

"Nichols shows how to utilize this [art] to improve and repair relationships....Humor, true life examples, and simple exercises make this a practical and even entertaining self-help guide."
—*Publishers Weekly*

- A terrific, steady seller—125,000 in print—now with new vignettes.
- Prior edition received enthusiastic reviews and was translated into more than a dozen languages.
- Broad appeal: beyond general readers, it is also a favorite among counselors and other professional listeners.
- New features include exercises and tip boxes, plus a new chapter on listening to kids and teens.
- Readable and witty, the book explains the five steps of responsive listening and offers many practical dos and don'ts.

INVISIBLE CHAINS

Overcoming Coercive Control in Your Intimate Relationship

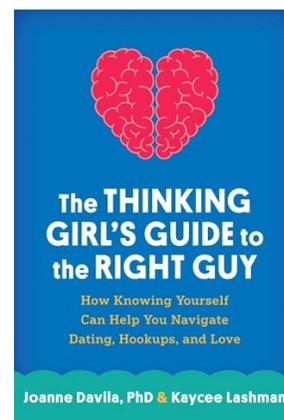
Lisa Aronson Fontes, PhD, University of Massachusetts, Amherst

"[A] comprehensive, exceptionally helpful guide....Expertise comes out in every page....Readers who want to check their own relationships or keep an eye out for their loved ones will find this to be a fascinating, disturbing read." —*Publisher's Weekly*

- Hard-won wisdom: the author has not only counseled many women and men, but also survived a controlling relationship herself.
- Authoritative: Dr. Fontes has years of experience with diverse populations, is the author of professional titles, and conducts workshops in the U.S. and internationally.
- Concise, yet packed with information and sound advice.
- Broad audience: specific advice is also included for LGBT relationships, military couples, male victims, and teens.
- Reveals the subtle, insidious ways people become entangled in these destructive relationships.

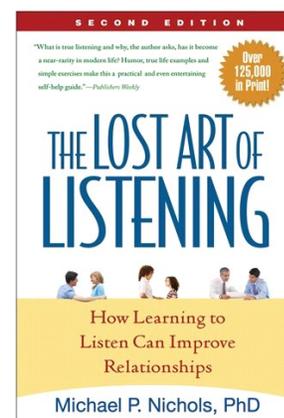
\$14.95 | Trade
6in • 9in
Paperback / softback
9781462516957
2016
322 pages

Also in Cloth:
\$50.00 | Professional
9781462522767



\$16.95 | Trade
6in • 9in
Paperback / softback
9781593859862
2009
314 pages

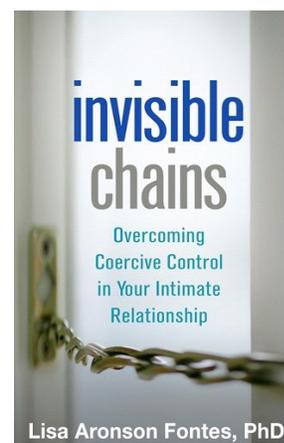
Also in Cloth:
\$52.00 | Professional
9781606230640

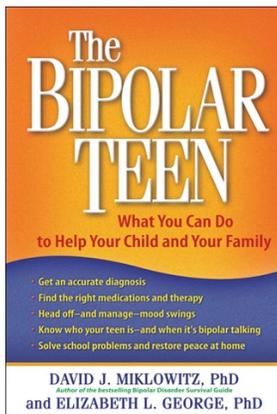


Translations: Arabic, Chinese-world, Hungarian, Korean, Portuguese (Brazil), Romanian, Russian, Turkish

\$14.95 | Trade
5.5in • 8.25in
Paperback / softback
9781462520244
2015
220 pages

Also in Cloth:
\$50.00 | Professional
9781462520350

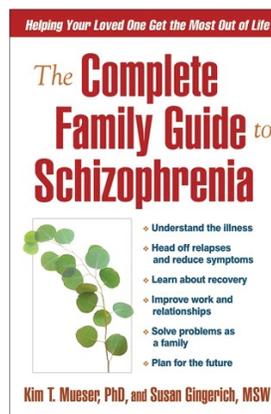




The Bipolar Teen

What You Can Do to Help Your Child and Your Family
David J. Miklowitz, PhD, UCLA School of Medicine;
Elizabeth L. George, PhD, University of Colorado Boulder

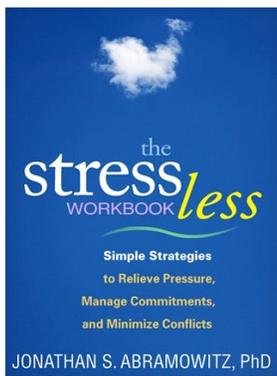
•From a leading authority and bestselling author of *The Bipolar Disorder Survival Guide* (9781606235423). •The bible for parents: helps with every area, including keeping the family stable. •Practical guidance that really works: based on a program that's been refined for over 10 years. •Growing demand: bipolar is being increasingly diagnosed in teens. •One of few books just on teens—a challenging group to diagnose and help.
 \$17.95 | 2007 | **9781593853181** | Paperback / softback
 356 pages | 6in • 9in
 Translations: Chinese-complex, Portuguese



The Complete Family Guide to Schizophrenia

Helping Your Loved One Get the Most Out of Life
Kim T. Mueser, PhD, Boston University; Susan Gingerich, MSW, private practice, Philadelphia

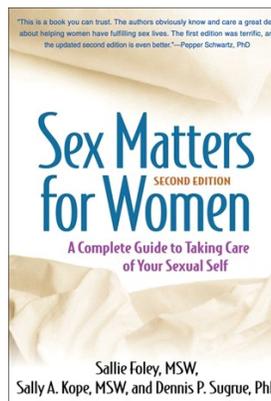
•Doctors prescribe medicine, therapists manage problems—but it's up to families to pull it all together. A comprehensive resource they can't live without. •Guidance for life: as the number—and severity—of symptoms ebb and flow, families will turn to this book again and again to find targeted advice and resources unavailable elsewhere. •Realistic ways to keep yourself—and your family—together under the strain of providing vigilant care for your loved one. •Trusted, empathic guides: from authors who know the disorder and its impact on families inside and out.
 \$18.95 | 2006 | **9781593851804** | Paperback / softback
 480 pages | 7in • 10in
 Translations: Arabic, Chinese-simplified



The Stress Less Workbook

Simple Strategies to Relieve Pressure, Manage Commitments, and Minimize Conflicts
Jonathan S. Abramowitz, PhD, University of North Carolina at Chapel Hill

•Presents powerful problem-solving ideas designed to motivate and encourage. •Unlike competing titles, shows how to combine science-based anti-stress techniques into a personalized plan. •From a well-known authority whose expertise shines through. •Practical: features helpful worksheets, exercises, and detailed examples. •In addition to off-the-shelf sales, will also be recommended by therapists.
 \$21.95 | 2012 | **9781609184711** | Paperback / softback
 326 pages | 8in • 10.5in
 Translation: Japanese



Sex Matters for Women, Second Edition

A Complete Guide to Taking Care of Your Sexual Self
Sallie Foley, MSW, University of Michigan; Sally A. Kope, MSW, private practice, Ann Arbor, MI; Dennis P. Sgrue, PhD, University of Michigan

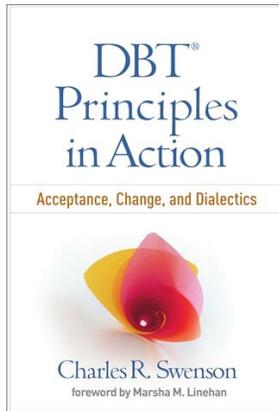
•The indispensable guide for women, now fully updated—includes over 30% new material and reflects 10 years of new research and societal changes. •Reorganized around a positive psychology focus and revised for even greater relevance to readers of all ages and orientations. •Medically sound, sensitive advice from high-profile therapists with decades of experience. •A truly comprehensive resource for attaining a satisfying sex life and overcoming common problems.
 \$17.95 | 2011 | **9781609184698** | Paperback / softback
 449 pages | 7in • 10in

PROFESSIONAL

FRONTLIST



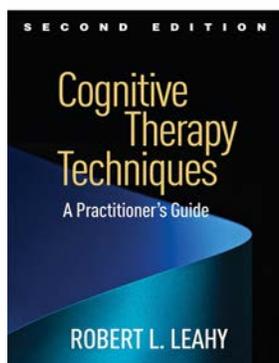
PSYCHOLOGY



DBT® Principles in Action :
*Acceptance, Change,
 and Dialectics*
**Charles Swenson, MD, University
 of Massachusetts School of
 Medicine, Worcester; Foreword by
 Marsha M. Linehan, PhD, ABPP,
 University of Washington, Seattle**

•Enormous potential: helps clinicians navigate the complex waters of DBT, which is highly in demand. •Drawing on 25 years of DBT clinical experience, Swenson illustrates application of principles with a wide array of case examples. •By adhering to the core principles, practitioners can respond flexibly, dynamically, and skillfully in difficult situations, without losing momentum. •Filled with advice on dealing with roadblocks, preventing burnout, and staying on track in individual and group work. •Author speaks internationally, including in Sweden, Norway, Denmark, The Netherlands, Germany, Italy, Israel, Australia, and New Zealand. \$45.00 | July 2016 | **9781462526727** | Hardback 412 pages | 6in • 9in

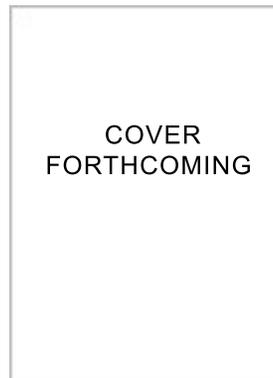
PSYCHOLOGY



**Cognitive Therapy
 Techniques, Second Edition :**
A Practitioner's Guide
**Robert L. Leahy, PhD, Weill
 Cornell Medical College, and
 American Institute for Cognitive
 Therapy, New York**

•Bestseller with 50,000 in print, revised and expanded: 50% new material includes two new chapters. •For clinicians versed in the basics, the full range of techniques are clearly articulated in a user-friendly format. •Unique content includes techniques focused on decision making to help clients make choices that better serve their goals. •Award-winning, respected author is one of the best-known CBT practitioners. •Includes over 100 reproducibles and handouts for clients, helpful case examples, and more. \$54.00 | December 2016 | **9781462528226** | Hardback 400 pages | 8.5in • 11in

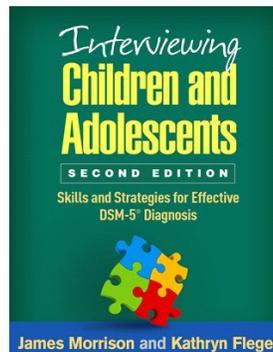
PSYCHOLOGY



**Doing CBT : A Comprehensive
 Guide to Working with
 Behaviors, Thoughts,
 and Emotions**
**David F. Tolin, PhD, ABPP, Yale
 University School of Medicine, and
 the Institute of Living, Hartford
 Hospital, CT**

•Great potential: perfect main text for an introductory CBT course, excellent primer for new-to-CBT therapists. •Conversational, friendly tone will appeal to all learning this widely in-demand therapy. •Complete: delves into the thinking behind CBT, how it works, and how to do it effectively. •From an award-winning, highly visible authority. •Teaching tools include worksheets to help readers practice CBT on themselves, sidebars, key terms, and more. •Features 38 reproducible/downloadable handouts and worksheets. \$65.00 | August 2016 | **9781462527076** | Hardback 558 pages | 7in • 10in

PSYCHOLOGY



**Interviewing Children and
 Adolescents, Second
 Edition : Skills and
 Strategies for Effective
 DSM-5® Diagnosis**
**James Morrison, MD, Oregon
 Health and Science University,
 Portland; Kathryn Flegel, MD,
 Oregon Health and Science
 University, Portland**

•Top reference and text, revised for DSM-5: 60% new material includes ICD-10 codes as well. •From the bestselling author of *DSM-5 Made Easy*, this is the essential work on conducting effective child interviews. •Blends astute advice on the interview process with rich cases and crucial information on mental and behavioral disorders. •Shows how to communicate at an age-appropriate level and elicit information from kids with varying verbal and cognitive abilities. •Now includes additional disorders (such as hoarding and binge eating), a new questionnaire for parents, and practical "Essential Features" sections. \$55.00 | August 2016 | **9781462526932** | Hardback 506 pages | 7.38in • 9.25in

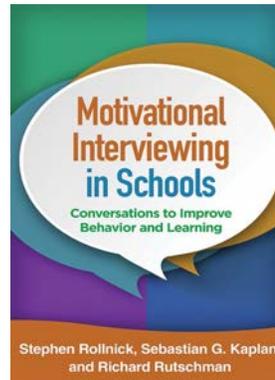
PSYCHOLOGY

COVER
FORTHCOMING

Parent–Teen Therapy for Executive Function Deficits and ADHD :
Building Skills and Motivation
Margaret H. Sibley, PhD, Florida International University, Miami

•Research-backed solutions for a challenging group: 11- to 17-year-olds with EF and motivation problems. •Uses hot motivational interviewing techniques to bring real help to kids with ADHD, learning disabilities, autism spectrum disorder, and other problems. •Innovative treatment tackles core skills for school success and reduced family conflict, regardless of diagnosis, and gets both kids and parents involved. •Practical features include many case examples and downloadable/reproducible handouts.
\$35.00 | September 2016 | 9781462527694 | Paperback / softback
234 pages | 8in • 10.5in

EDUCATION



Motivational Interviewing in Schools : *Conversations to Improve Behavior and Learning*
Stephen Rollnick, PhD, Cardiff University, Wales; Sebastian G. Kaplan, PhD, Wake Forest University School of Medicine; Richard Rutschman, EdD, Northeastern Illinois University

•Finally, the hot MI method to promote change is tailored to the needs of K–12 teachers and other education professionals. •Authoritative and authentic: written by the renowned cofounder of MI plus two educators and MI specialists. •User-friendly writing style with vivid examples, sample student dialogues with commentary, and more. •Designed for teachers and administrators, it will be recommended by school psychologists, counselors, and social workers.
\$28.00 | September 2016 | 9781462527274 | Paperback / softback
216 pages | 6in • 9in

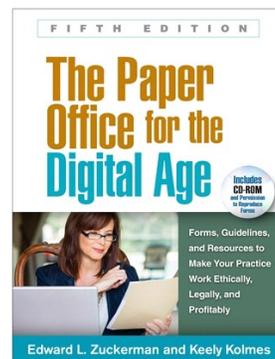
PSYCHOLOGY

COVER
FORTHCOMING

Parent–Led CBT for Child Anxiety : *Helping Parents Help Their Kids*
Cathy Creswell, DCLinPsy, PhD, University of Reading, UK; Monika Parkinson, DCLinPsy, University of Reading, Berkshire, UK; Kerstin Thirlwall, DCLinPsy, University of Reading, Berkshire, UK; Lucy Willetts, PhD, University of Reading, Berkshire, UK; Foreword by Thomas H. Ollendick, PhD, ABPP, Virginia Tech, Blacksburg

•New CBT approach, backed by research, that trains parents to take the lead in their 5- to 12-year-old's treatment. •Parents learn how to be part of the cure by reacting differently to anxiety symptoms. •Accessible therapist guide filled with practical tips and realistic ways to help parents problem solve. •Flexible—clinicians can combine face-to-face sessions with telephone support.
\$35.00 | October 2016 | 9781462527786 | Hardback
208 pages | 6in • 9in

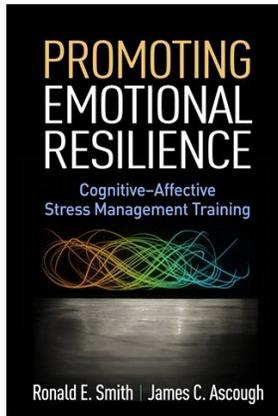
PSYCHOLOGY



The Paper Office for the Digital Age, Fifth Edition : *Forms, Guidelines, and Resources to Make Your Practice Work Ethically, Legally, and Profitably*
Edward L. Zuckerman, PhD, private practice, Armbrust, PA; Keely Kolmes, PsyD, private practice, San Francisco

•A steady-selling "practice basics," thoroughly revised; 40% new material includes a new chapter on insurance, plus sections on developing an electronic communications policy, digital marketing ethics, telemental health, when to use paper versus electronic records, and more. •Perennial audience as new mental health clinicians in all disciplines set up their practices. •Unique: offers all the forms a small practice needs and tackles the legal, ethical, and practical aspects of using them. •The 54 ready-to-use forms and handouts can be copied from the book or printed from the included CD-ROM.
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552 pages | 8in • 10.5in

PSYCHOLOGY

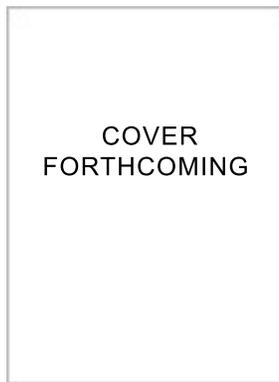


Promoting Emotional Resilience : *Cognitive-Affective Stress Management Training*
 Ronald E. Smith, PhD, University of Washington, Seattle; James C. Ascough, PhD, private practice, West Lafayette, IN

- Empirically supported CBT-based approach targeting the emotional responses to stress that are central to depression, anxiety, panic, OCD, and many other common problems.
- Efficient and flexible: a six-session treatment for individuals or groups that can stand alone or easily be combined with other therapies.
- Helps patients learn key emotion regulation skills to make them more resilient when stressors arise.
- Uses the powerful "induced affect" technique to reduce emotional arousal, combined with relaxation training and cognitive, mindfulness, and acceptance-based strategies.
- Online resources: 16 handouts and forms plus a downloadable audio recording for client use.

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 340 pages | 6in • 9in

PSYCHOLOGY

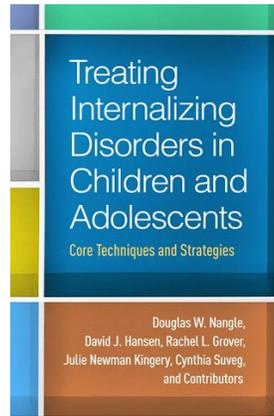


Psychological Interventions for Children with Sensory Dysregulation
 Ruth Goldfinger Golomb, LCPC, Behavior Therapy Center of Greater Washington, Silver Spring, MD; Suzanne Mouton-Odum, PhD, Baylor College of Medicine, and private practice, Houston

- Rarely recognized: Sensory dysregulation is often overlooked by clinicians.
- Kids with sensory dysregulation show symptoms that can lead to misdiagnosis or make psychological disorders harder to treat. Those who can't filter normal background sounds may seem anxious; those oversensitive to touch may seem to have OCD.
- Therapists who can distinguish physiological from psychological issues can provide the most effective treatment, without exacerbating the problem.
- From respected researcher-clinicians, the work is filled with case examples.

\$30.00 | August 2016 | **9781462527021** | Hardback
 176 pages | 6in • 9in

PSYCHOLOGY

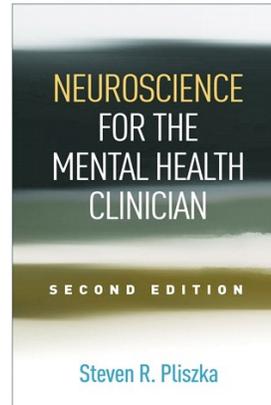


Treating Internalizing Disorders in Children and Adolescents : *Core Techniques and Strategies*
 Douglas W. Nangle, PhD, University of Maine; David J. Hansen, PhD, University of Nebraska–Lincoln; Rachel L. Grover, PhD, Loyola University Maryland; Julie Newman Kingery, PhD, Hobart and William Smith Colleges; Cynthia Suveg, PhD, University of Georgia

- First work to identify the techniques that cut across all evidence-based therapies for anxiety and mood disorders.
- A clinical guide for a key population; the transdiagnostic perspective is the wave of the future.
- A great companion to treatment manuals; chapters on each core technique provide step-by-step guidance.
- Top authorities provide rich case examples showing how to use and adapt the interventions.
- Covers exposure tasks, cognitive strategies, psychoeducation, social skills training, and more.

\$45.00 | June 2016 | **9781462526260** | Hardback
 358 pages | 6in • 9in

PSYCHOLOGY

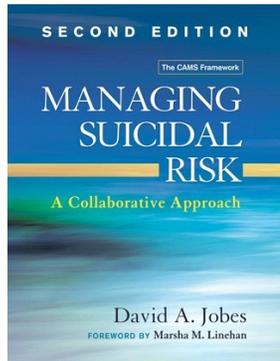


Neuroscience for the Mental Health Clinician, Second Edition
 Steven R. Pliszka, MD, University of Texas Health Science Center at San Antonio

- Strong seller, with substantial revisions based on the latest brain science, including 25% new material.
- Succinct, accessible work on the critical yet challenging topic of brain-behavior fundamentals.
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- Illustrated with 14 color plates and 93 black-and-white figures.

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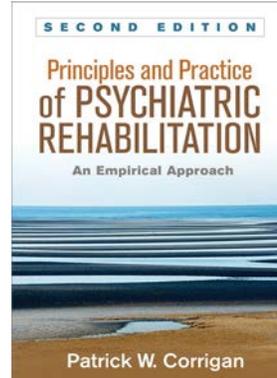
PSYCHOLOGY



Managing Suicidal Risk, Second Edition : A Collaborative Approach
 David A. Jobes, PhD, The Catholic University of America, Washington, DC; Foreword by Marsha M. Linehan, PhD, ABPP, University of Washington, Seattle

•An in-demand approach to handling a critical issue: 70% new material reflects the greatly expanded evidence base plus patient and clinician feedback. •The CAMS approach has grown in stature and recognition, is used by the VA, and is an adjunct to any type of therapy. •Novice to experienced therapists appreciate this easy-to-use yet effective set of tools. •Award-winning author actively consults with the U.S. Military and other institutions and maintains a busy speaking schedule.
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 254 pages | 8in • 10.5in

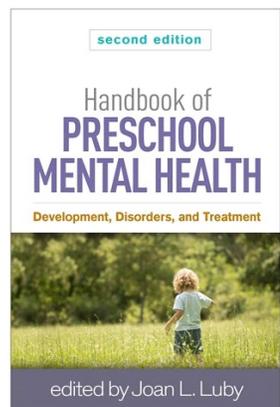
PSYCHOLOGY



Principles and Practice of Psychiatric Rehabilitation, Second Edition : An Empirical Approach
 Patrick W. Corrigan, PsyD, Illinois Institute of Technology, Chicago; Foreword by Kim T. Mueser, PhD, Boston University

•The authoritative text, fully updated; 50% new material includes the latest concepts and evidence-based practices in the field. •Competing titles are outdated or pitched toward undergraduates. •New edition highlights include emphasis on early treatment, strategies that promote self-determination, and wellness promotion. •A blueprint for clinical psychologists, clinical social workers, and psychiatrists to ensure that a severe psychiatric diagnosis is no longer a "kiss of death."
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PSYCHOLOGY



Handbook of Preschool Mental Health, Second Edition : Development, Disorders, and Treatment
 Edited by Joan L. Luby, MD, Washington University School of Medicine, St. Louis

•Major revision of an important work without competition; 85% new material includes numerous new authors and chapters. •Reflects a decade's worth of advances in such areas as brain development, early caregiving, CBT, and attachment-based therapies. •Early intervention gets kids back on developmental track; with an expanded treatment section, this edition describes the best approaches. •Luby—founder and director of Washington University's first-of-its-kind Early Emotional Development Program—has brought together distinguished contributors.
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 416 pages | 6.13in • 9.25in

PSYCHOLOGY



Nonverbal Learning Disabilities
 Cesare Cornoldi, University of Padua, Italy; Irene C. Mammarella, PhD, University of Padua, Italy; Jodene Goldenring Fine, PhD, Michigan State University, East Lansing

•Comprehensive review of a controversial topic from respected clinical researchers. •Clinicians and K–12 educators increasingly diagnose NLD, although it is not included in the DSM or ICD systems. •Practical features include detailed recommendations for assessment, diagnosis, and intervention. •Illustrated with useful case material. •International interest will include Italy and The Netherlands.
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PSYCHOLOGY



Invitation to the Psychology of Religion, Third Edition

Raymond F. Paloutzian, PhD,
Westmont College (Emeritus),
Santa Barbara, CA

•The leading introductory text, back in print and completely updated; 75% new material includes three new chapter topics. •No competition at the undergraduate level: used copies of the 20-year-old prior edition are still sought after. •Concise and conversational; includes "take-home messages," suggestions for further reading, and other user-friendly features. •From a leading scholar and successful author and lecturer.

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PSYCHOLOGY



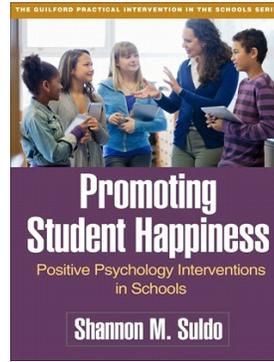
Interventions for Disruptive Behaviors :
Reducing Problems and Building Skills

Gregory A. Fabiano, PhD,
University at Buffalo, SUNY

•Addresses a pervasive issue; teachers rate classroom management as one of their biggest challenges, yet feel ill prepared to tackle it. •A functional approach; enables targeted, data-based support for students. Most books focus on diagnosis, which excludes kids who don't meet all the criteria for a disorder—but still need help. •Practical and realistic; focuses on strategies that can be implemented consistently and effectively. •Crucial emphasis on evidence-based practices, from an expert author.

\$35.00 | July 2016 | **9781462526611** | Paperback / softback
164 pages | 8in • 10.5in

PSYCHOLOGY

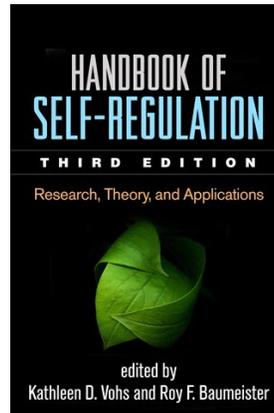


Promoting Student Happiness :
Positive Psychology Interventions in Schools

Shannon M. Suldo, PhD, University of South Florida, Tampa

•First practical guide featuring innovative, research-based positive psychology strategies for grades 3–12. •Studies show the program's promise for promoting gratitude, goal-directed thinking, and positive relationships in kids. •Comprehensive: includes foundational information, step-by-step guidance, and all needed reproducibles. •Easily implemented by school mental health practitioners with individuals, small groups, or whole classes. •Recognized expert gets weekly international requests for her intervention guidelines, notably from the UK and Australia.
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PSYCHOLOGY

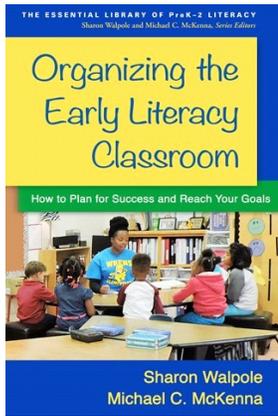


Handbook of Self-Regulation, Third Edition :
Research, Theory, and Applications

Edited by Kathleen D. Vohs, PhD, University of Minnesota, Twin Cities; **Roy F. Baumeister, PhD,** Florida State University, Tallahassee

•A solid seller, completely updated: 75% new material includes 21 new chapters. •Addresses a centrally important topic in psychology. •Looks at self-regulation from a range of perspectives, and covers special challenges in ADHD, crime, and addictions. •From prominent editors and contributors.
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EDUCATION



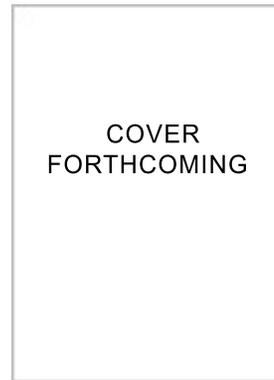
Organizing the Early Literacy Classroom : *How to Plan for Success and Reach Your Goals*

Sharon Walpole, PhD, University of Delaware, Newark; Michael C. McKenna, PhD, University of Virginia, Charlottesville

- Expert, bestselling literacy authors give PreK–2 teachers all the tools needed to organize and manage their classrooms.
- Exceedingly practical work includes clear explanations, doable strategies, vignettes, and reproducible forms.
- Unique topics include building a professional library and collaborating with other teachers and specialists.
- Balanced coverage of planning instruction and organizing the physical classroom.

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132 pages | 7in • 10in

EDUCATION



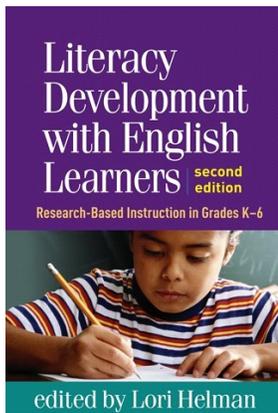
Teaching Emergent Bilingual Students : *Flexible Approaches in an Era of New Standards*

Edited by C. Patrick Proctor, EdD, Boston College; Alison Boardman, PhD, University of Colorado Boulder; Elfrieda H. Hiebert, PhD, TextProject, Santa Cruz, CA

- Redresses a gap: standards-based reforms don't offer explicit support for teaching ELLs.
- Unique focus on helping "emergent bilinguals" become literate in both English and a home language.
- Important topics include academic vocabulary, text selection, math and science instruction, and writing.
- Presents innovative approaches to policy, pedagogy, and teacher professional development.

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238 pages | 6in • 9in

EDUCATION



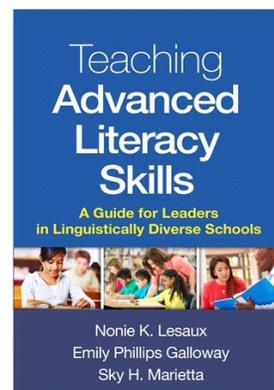
Literacy Development with English Learners, Second Edition : *Research-Based Instruction in Grades K–6*

Lori Helman, PhD, University of Minnesota, Minneapolis

- Respected text and teacher resource, updated with cutting-edge research: 30% new material includes two new chapters and coverage of key current topics.
- Explains effective instruction in grades K–6 for students with varying degrees of English proficiency.
- New chapters on vocabulary and on collaborative teaching in linguistically and culturally diverse classrooms.
- Expanded topics include bilingual assessment and Common Core standards.

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332 pages | 6in • 9in

EDUCATION



Teaching Advanced Literacy Skills : *A Guide for Leaders in Linguistically Diverse Schools*

Nonie K. Lesaux, PhD, Harvard Graduate School of Education; Emily Phillips Galloway, MEd, Harvard Graduate School of Education; Sky H. Marietta, EdD, Pine Mountain Settlement School, Bledsoe, KY, and Berea College

- Expert authors provide a blueprint for advanced literacy instruction in grades K–8.
- Explains how to design successful school initiatives for linguistically diverse students.
- Highlights staff development and provides 10 downloadable reproducibles for school leaders.
- Integrates recent educational reforms, including the Common Core and RTI.

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196 pages | 7in • 10in

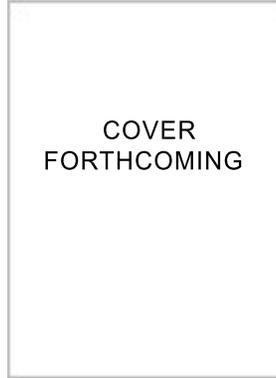
LANGUAGE ARTS & DISCIPLINES



Persuasive Communication, Third Edition
James B. Stiff, PhD, The Focal Point, Dallas; Paul A. Mongeau, PhD, Arizona State University, Tempe

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376 pages | 6in • 9in

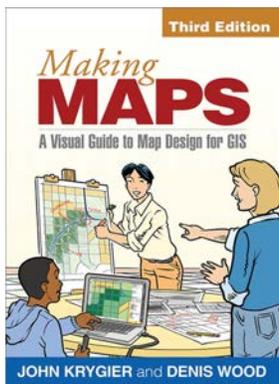
LANGUAGE ARTS & DISCIPLINES



Contemporary Rhetorical Theory, Second Edition : A Reader
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•Updated text: 40% new material includes 17 new articles. •Expanded coverage includes the influence of the Internet on rhetoric and how rhetoric shapes public responses to political and social issues. •Only work focused on current rhetorical theory from the 70s to date, from a broad range of voices. •Contemporary examples ("Black Lives Matter") show how linguistic usage evolves.
\$60.00 | August 2016 | 9781462526581 | Paperback / softback
692 pages | 7in • 10in

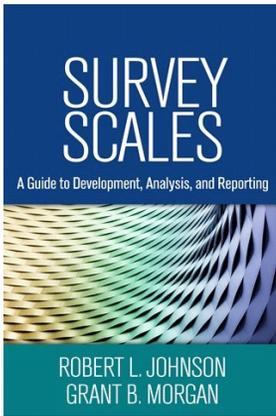
TECHNOLOGY & ENGINEERING



Making Maps, Third Edition : A Visual Guide to Map Design for GIS
John Krygier, PhD, Ohio Wesleyan University, Delaware; Denis Wood, PhD, Raleigh, NC

•An appealing, inspiring, and often humorous cartography and GIS text, revised and updated; over 35% new material and and 50% more color illustrations. •Includes the latest information on using smart phones and tablets for data collection and design, new case studies on topics like children's traffic fatalities based on race, and more. •The authors' unique and accessible graphic approach appeals to map designers and students. •Vital not only for GIS professionals, but also for others making maps to persuade, inform, or present data in print or online.
\$55.00 | July 2016 | 9781462509980 | Paperback / softback
293 pages | 7in • 10in

SOCIAL SCIENCE

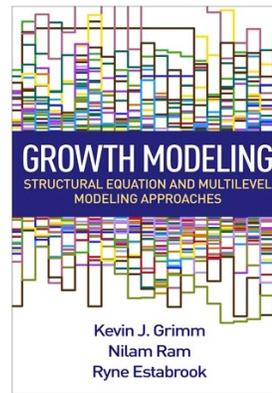


Survey Scales : *A Guide to Development, Analysis, and Reporting*
Robert L. Johnson, PhD, University of South Carolina, Columbia;
Grant B. Morgan, PhD, Baylor University

•By request: fills a gap for researchers and students in the data collection phase of studies, projects, or dissertations. •Clearly written how-to book on creating scales or selecting and/or successfully adapting them to provide high-quality data. •Helpful features include "Not This/But This" examples, chapter exercises, and an inferential statistics appendix to aid in analyzing differences between groups. •Ideal personal reference for graduate students and above; can also be used as a supplemental text in survey research and related courses.

\$40.00 | August 2016 | **9781462526963** | Paperback / softback
 278 pages | 6.13in • 9.25in

SOCIAL SCIENCE



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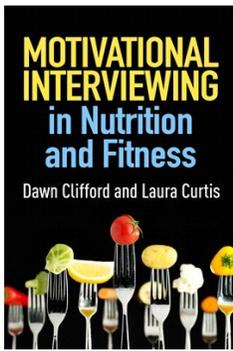
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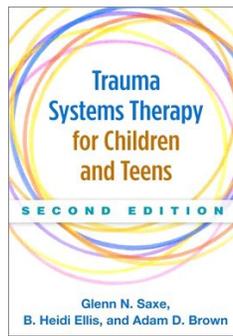
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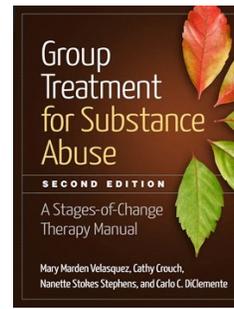
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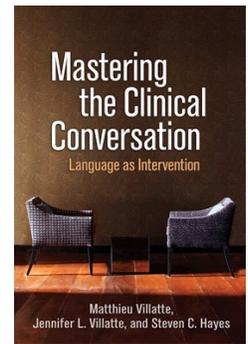
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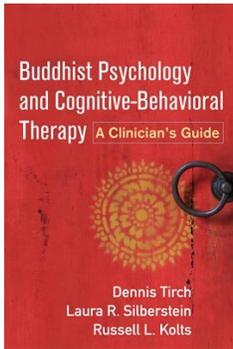
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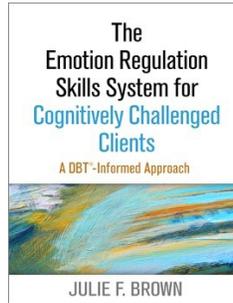
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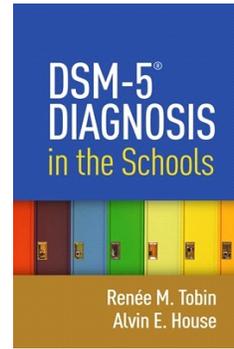
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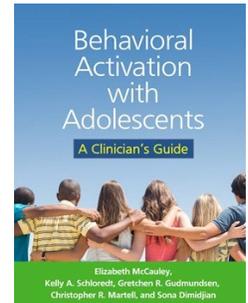
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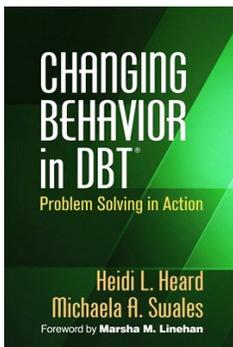
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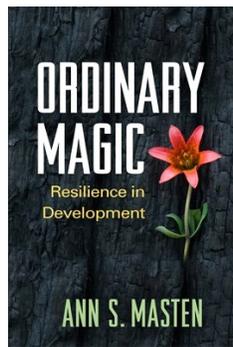
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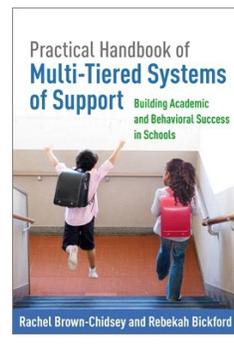
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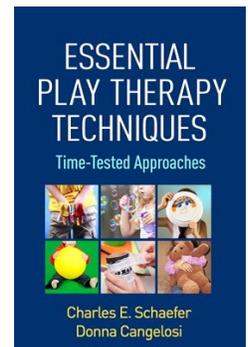
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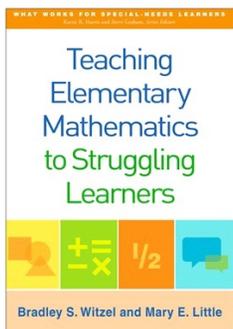
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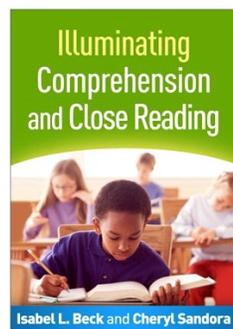
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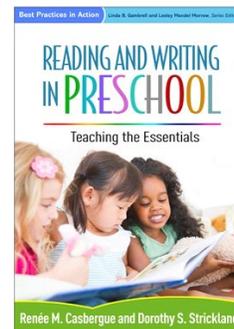
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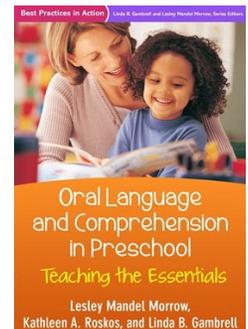
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