

## SELECTED TITLES FOR TRANSLATION



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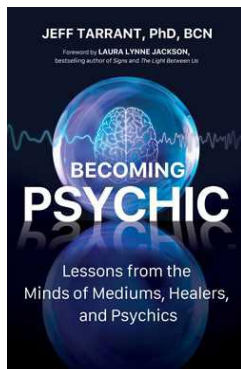
# *NEW FROM HCI*



**Jeff Tarrant**

**November 2023**

***BECOMING PSYCHIC: Lessons From The Minds Of Mediums,  
Healers, And Psychics***



A scientific, brain-based approach to understanding psychic abilities based on the author's extensive years of research and practice. For 25 years, Jeff Tarrant has used neurofeedback, audio visual entrainment, transcranial direct current stimulation and many other technologies that shift the brain and nervous system toward balance and wellness. In this book, he shows how we can use these same technologies to quiet internal chatter, support empathy, and enhance creativity—all the mental skills necessary to move from balance and wellness to the extraordinary!

Jeff Tarrant, Ph.D., BCN is the founder and director of the NeuroMeditation Institute in Eugene, OR. He is a licensed psychologist and board certified in neurofeedback. Dr. Tarrant is also the chief science officer for Healium, XR, creating biometrically controlled virtual and augmented reality experiences. In addition, Dr. Tarrant is a scientific advisor to both Divergence Neuro and Neuphony, creators of cloud-based neurofeedback software and wireless EEG headsets.

Dr. Tarrant specializes in teaching, clinical applications, and research combining technology-based interventions with meditative states for improved mental health. His research focuses on exploring brainwave changes that occur as a result of contemplative practices, technological interventions, and non-ordinary states of consciousness. Dr. Tarrant is the author of *Meditation Interventions to Rewire the Brain*, as well as several book chapters and a dozen peer-reviewed journal articles on the topics of technology-based meditation for mental health.

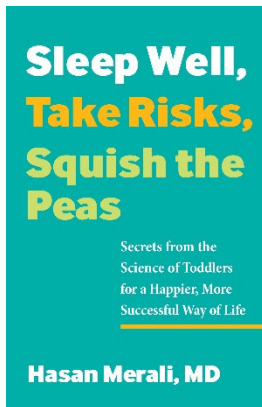
In addition to his clinical background, Dr. Tarrant has also trained extensively in a variety of spiritual and meditative practices, including Zen, Vipassana, Taoism/Qigong, Arhatic Yoga, and MindfulnessBased Stress Reduction (MBSR). In his spare time, Dr. Tarrant enjoys playing the drums, attending concerts, and spending time in nature.

**456 pages**

**Dr. Hasan Merali**

**March 2024**

***SLEEP WELL, TAKE RISKS, SQUISH THE PEAS***



Harvard-trained pediatrician Hasan Merali, MD, presents the first book to explore what toddlers have to teach us about living our best lives, based on important studies from the fields of child psychology and child development for the past twenty years.

These extraordinary youngsters can be impulsive, yes, but with this comes a remarkable ability to take risks and ask questions—two qualities that can help us enjoy life more. Toddlers act kindly toward strangers, are eager to work with others to solve problems, and demonstrate extraordinary dedication and perseverance. These are all traits that many of us aspire to have in order to improve both our personal and professional lives.

To unpack this behavior, Dr. Merali includes many humorous examples from his experience as a pediatrician and father, but the core lessons are drawn from two decades worth of fascinating and surprising studies in child psychology and development. Merali connects these studies to research about adults to create the first book to offer adults important lessons that can be gleaned from toddlers. Toddlers can teach you many things, including how to:

- Lose weight naturally
- Sleep better
- Build stronger friendships
- Improve teamwork
- Be more productive
- Have more fun, and
- Live a more fulfilling life

Hasan Merali, MD, MPH is an associate professor in the Department of Pediatrics, Division of Pediatric Emergency Medicine at McMaster's Children's Hospital in Hamilton, Ontario. He has published more than twenty-five peer-reviewed journal articles and his writing has been featured in Science, The Boston Globe, NBC, CBC, and Popular Science.

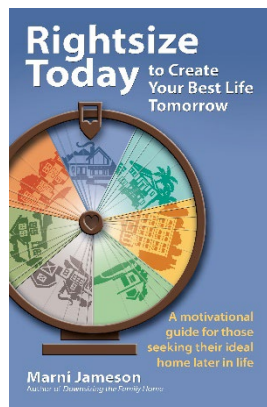
***160 pages.***

German: Droemer

**Marni Jameson**

**January 2024**

***RIGHTSIZE TODAY TO CREATE YOUR BEST LIFE TOMORROW***



A gentle guide for helping readers “over a certain age” discover their best life by finding the right-sized home in the best location.

Moving is no fun. Neither is getting rid of stuff. And both jobs get harder as we get older. So, when those over a certain age — say, in the last third of life — are looking to downsize and move all at the same time, many will conclude, “I’ll just stay put, thank you very much.” It’s not just the acquired possessions holding them back, but also the intangibles

*Rightsize Today to Create Your Best Life Tomorrow* will help this group of root-bound home dwellers cross the bridge between stuck in the past and a lighter, better future. It will encourage them to embrace the fact that now, when they’re no longer tethered to a school system or to a job they need to be near, is their chance to live where they want to live. Every section contains checklists: some soul-searching (should you or shouldn’t you move?), some practical (what every kitchen must have), and some logistical (where’s your happy place?), to help readers on their journey.

Included are enlightening profiles of those who proactively changed their housing in the last third of their life. Whether they moved to a smaller place, remodeled their existing home, or even moved to a larger home. They all reimagined their lives, re-evaluated their belongings and made a move toward a better and possibly their best life yet.

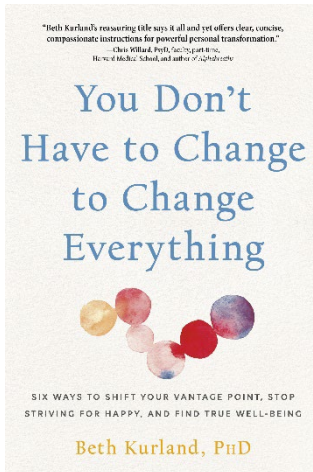
Marni Jameson is a nationally syndicated home-design columnist, award-winning journalist, speaker, and frequent TV guest. Her humorous and helpful column, “At Home with Marni Jameson,” appears weekly in two dozen papers nationwide, reaching several million readers and more through social media and her blog. She is the author of seven books, including *Downsizing the Family Home: What to Save, What to Let Go*, a #1 Amazon bestseller that won numerous awards.

***256 pages.***

**Beth Kurland**

**March 2024**

***YOU DON'T HAVE TO CHANGE TO CHANGE EVERYTHING***



A unique approach to healing that emphasizes changing our perspectives instead of changing ourselves. Instead of struggling to change our inner experiences, we transform the container in which they are held. From here, wholeness and healing are possible; this is where actual change lives.

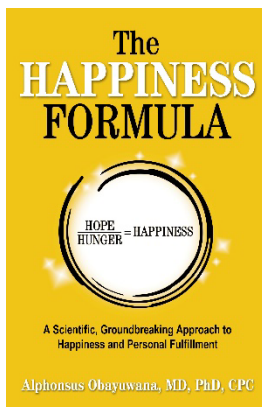
One of the most significant sources of suffering comes from our human tendency to avoid difficult emotions. We are not taught how to face these unpleasant, often daily inner experiences (mind-body energies) and so we tend to push them away, ignore them, or become unwittingly overwhelmed by them. Yet how we meet and greet these difficult emotions has everything to do with our well-being, resilience, and ability to connect with ourselves and others. Instinctually, we fight against our uncomfortable emotions; in doing so, we reinforce messages of “not good enough” or “something is wrong with me that I am feeling this way.”

In *You Don't Have to Change to Change Everything*, readers learn that instead of forcing themselves to feel “happy” and pushing away what is unpleasant, or instead of getting hooked by intense emotions, another path can lead to more profound well-being. Rather than trying to change one’s inner experiences, this book offers six ways to shift one’s vantage point when difficult emotions arise. Being aware from each of these six vantage points allows readers to cultivate inner stability, willingness to turn toward rather than away from themselves, greater perspective, internal strengths and inner resources, self-compassion, connection with the “Whole Self” versus identification with “hole self,” and interconnection with the world around them.

Dr. Beth Kurland, PhD, is a clinical psychologist practicing in the field for nearly 30 years, an author, and a public and TEDx speaker. In addition, Beth is a mind-body wellness coach and creator of the online program The Well-Being Toolkit Program. She is the author of three award-winning books: *Dancing on the Tightrope: Transcending the Habits of Your Mind and Awakening to Your Fullest Life*, *The Transformative Power of Ten Minutes: An Eight Week Guide to Reducing Stress and Cultivating Well Being*, and *Gifts of the Rain Puddle: Poems, Meditations and Reflections for the Mindful Soul*.

**336 pages.**





A scientific, groundbreaking approach to happiness and personal fulfillment.

In 1979, Dr. Alphonsus Obayuwana was awarded a national research grant and Smith-Kline Medical Perspective Fellowship to develop an instrument for measuring human hope, with the purpose of detecting hopelessness early enough in troubled human individuals so assistance could be offered in time to prevent suicide. The Hope Index Scale (HIS) that resulted from this grant became very popular with Fortune 500 companies and other institutions both in the US and in other countries. This led to the foundation of decades of research that ultimately resulted in this cutting-edge book, *The Happiness Formula: Using Science to Understand Personal Satisfaction, Human Hope, and Subjective Well-Being*.

Unlike other books about happiness, which are too often filled with dos and don'ts, wishful thinking, and empty aphorisms, *The Happiness Formula* breaks new ground by introducing a universal unit of measure called the "Personal Happiness Index" or PHI. This makes it possible—for the first time ever—to calculate and assign numerical happiness scores to human individuals by plugging their unique hopes, hungers, assets, and aspirations into an equation.

Despite its title, *The Happiness Formula* is much more than a mathematical equation for measuring happiness. It is a book about life; the relationship between human hope and happiness; how to find, measure and boost them; and, most interestingly, how to confirm the happiest country in the world and even help identify the happiest living human, or HLH.

Alphonsus Obayuwana, MD, PhD, CPC, is a physician-scientist, a happiness coach, and the founder and CEO of Triple-H Project LLC—an entity that trains and certifies happiness coaches. He is a Literary Titan Gold Award-winning author who has published several peer-reviewed articles in the national medical journals about human hope and happiness, including *The Hope Index Scale* that became widely used at the Coca-Cola company, General Motors, Veterans Administration, and many academic institutions inside and outside the United States. He is also the author of *The Five Sources of Human Hope* and *How to Live a Life of Hope*.

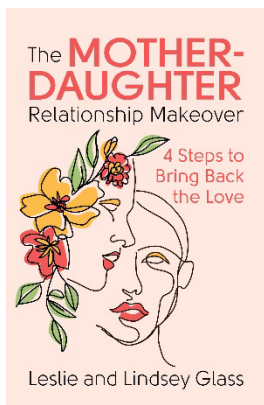
**224 pages.**



Leslie Glass and Lindsey Glass

April 2024

***MOTHER-DAUGHTER RELATIONSHIP MAKEOVER***



*The Mother-Daughter Relationship Makeover* combines a compelling mother and daughter memoir with self-help and a formula for readers to explore their own mother-daughter history, understand and ease their conflicts, and rediscover their appreciation and love.

Bestselling author Leslie Glass and her daughter, award-winning documentarian Lindsey Glass, offer a brand-new kind of interactive self-help book that combines actionable information, compelling storytelling, and writing prompts that are guaranteed to bring awareness, understanding, and compassion to mothers and daughters everywhere. It is a book that promises to heal your relationship and keep it strong, offering a positive pathway to

peace and serenity no matter how far apart you feel you are.

Leslie and Lindsey have lived through their own traumas and devastating ups and downs in their relationship. They've turned their experiences into a successful platform for helping others and share them here in this book. They use their own tumultuous story, told from their respective points of view, to help mothers and daughters understand that even if you go off track, go to war, part ways for years, you can still find your way back to friendship, understanding, and love. For the first time, Leslie and Lindsey will share their secret sauce for healing, broken down into four steps:

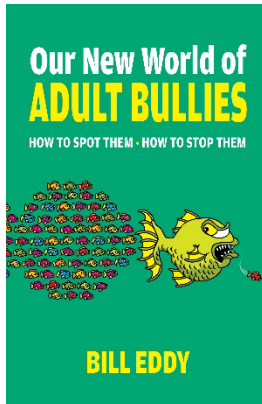
- Revealing Your Back Story
- Exploring Your Emotional and Personality Styles
- Understanding Your Conflicts and Triggers
- Learning the Tools to Restore the Love

Leslie Glass, with her daughter Lindsey, is editor of the popular online recovery and wellness magazine *Reach Out Recovery*. Together they produced the 2016 ASAM media award winning documentary, *The Secret World of Recovery* and the WEDU/PBS special *The Silent Majority*. Leslie Glass is a journalist and the author of twelve novels including nine *USA Today* and *New York Times* bestselling suspense novels featuring NYPD Det. Sgt. April Woo.

Lindsey Glass grew up in New York City and received her B.A. from Johns Hopkins University and her M.A. from New York University. She is an author, screenwriter, and cofounder of *Reach Out Recovery* where her articles about relationships and recovery reach millions of readers worldwide. Lindsey has written screenplays, TV shows, and co-produced award-winning documentaries, including *The Secret World of Recovery* and *The Silent Majority*, which premiered on PBS in 2014.

**456 pages.**

***OUR NEW WORLD OF ADULT BULLIES***



*Our New World of Adult Bullies* connects the dots to show how bullies at all levels of society follow the same predictable patterns of behavior.

Bullies exist everywhere: families, workplaces, neighborhoods and communities, politics and government, and organizations of all types and sizes. And in a media landscape where conflict, crisis, chaos, and fear reign supreme, every day we see the worst behavior of celebrities, politicians, and other public figures who serve as role models.

Bullies act in the same highly predictable patterns, regardless of their demographics and situation. By focusing on the ten hidden powers bullies employ—from their unrestrained nature and bully story to manipulating emotions and playing the victim—Bill Eddy unpacks the way bullies rely on primitive emotions and nonverbal behavior. He helps readers spot these behaviors and offers practical actions before they become immobilized by helplessness, blame, and shame.

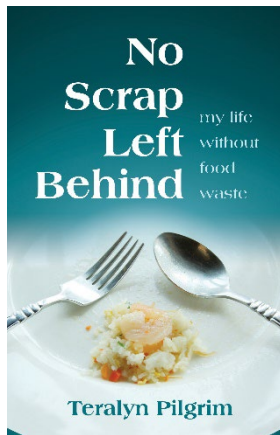
In today’s world, we all may have an adult bully in our lives sooner or later. For anyone who has a bully in their life now, for professionals who counsel victims of bullying, and for anyone who is concerned about the fraying of our culture and society, this book gives effective strategies to prevent bullies from taking over.

Bill Eddy is an attorney, therapist, mediator, and the Chief Innovation Officer of the High Conflict Institute based in San Diego, California. He develops methods to help resolve high conflict family, workplace, and legal disputes, including EAR Statements™, BIFF Response® emails, New Ways for Families® skills training methods for potentially high conflict parents in divorce and New Ways for Work™ coaching for potentially high conflict employees. He has trained lawyers, judges, mediators, and therapists in 38 states and 13 countries in managing high conflict personalities. He is the author of over 20 books and manuals for managing high conflict disputes.

***256 pages.***

**Teralyn Pilgrim**  
***NO SCRAP LEFT BEHIND***

**September 2024**



The story of a mother’s quest to end her family’s food waste—and all the blunders that came with it.

Teralyn Pilgrim had no idea the environmental and economic impact of food waste, or that she could save \$100 a month by being waste free. But when a story of hungry children fills her with unbearable guilt, she decides to make a change to the way her family approached mealtime. Despite finicky kids and a skeptical husband, Pilgrim turned her feelings of guilt into action and created a zero-food waste kitchen.

Pilgrim began her journey by defining food waste with Rule #1: the Hungry Kid Test—would you throw something edible away with a hungry child watching? If the answer is yes, it can go in the compost. If the answer is no, then it’s time to get creative.

Narrating her trials and errors—emphasis on errors—Pilgrim invites readers to her table where leftover food is a personal challenge to reduce waste, save money, and guard against squandering natural resources. Things get tricky when she discovers a five-year-old fish in her freezer, accidentally buys the grossest fat-free cookies in the world, and finds her dog is as picky as the kids. Addressing myths about how being waste-free is too hard (it’s not) and whether expiration dates mean anything (they don’t), Pilgrim teaches readers clever ways to be resourceful while also offering a broader look at why food waste matters and the global effects of this massive problem.

Teralyn Pilgrim is the author of *Don’t Dance on the Toilet and Other Things I Never Thought I’d Say to My Kids* and *The Heart Project Challenge Book*.

**368 pages.**

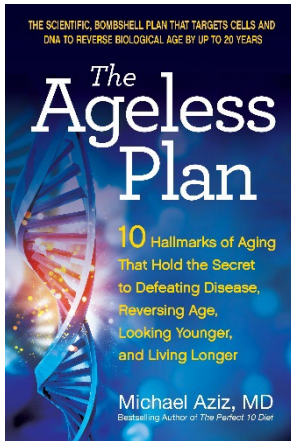


sneak  
preview



**Dr. Michael Aziz**  
***THE AGELESS PLAN***

**January 2025**



Described as a “tour de force in anti-aging” bestselling author Dr. Michael Aziz unlocks the secrets to longevity and disease prevention with a straightforward, doable plan to biohack your cells and reverse aging.

People in the Western world have higher morbidity and mortality than many poor countries. Even young people are truly old on the inside, and most Americans spend half of their adult lives with two to three age-related diseases such as hypertension and diabetes. To get back our health, we need a better way to age. We need to fight aging head-on by targeting cellular aging.

*The Ageless Plan* unlocks the secrets to prevention by losing weight, reversing disease, slowing the aging process, and extending lifespans. Renowned internist and anti-aging and regenerative physician Dr. Michael Aziz offers professional insight into lifestyle changes, hormone replacement, weight loss tips, supplements, medications, peptides, treatments, and procedures that can fight aging. His approachable but informed guidance gives readers an innovative yet practical and easy-to-follow plan for how to look younger, live longer, and feel their best along the way.

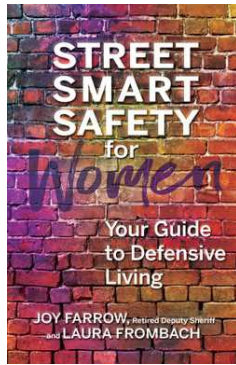
Michael Aziz, MD, is a bestselling author and a member of the American Academy of Anti-Aging Medicine. He has a medical practice that focuses on traditional, alternative, and complementary medicine. He wrote the bestselling book, *The Perfect 10 Diet*.

**320 pages.**

**Manuscript available.**

*AVAILABLE NOW  
FROM HCI*





In a book written by women for women, *Street Smart Safety for Women* offers tips on defensive living that will increase readers' reliance on the one thing that can protect them most: their safety intuition.

Violence against women is a global health issue. The threats women face today are unparalleled and more dangerous than ever before. And, for the first time in history, the toxic cocktail of technology and social media has weaponized misogyny and virtualized violence against women. There's an even more serious challenge that faces women today. Social conditioning—the way our systems of family life, education, employment, entertainment and pop culture, spirituality and religion influence us—leaves many of us ill-equipped to deal not only with this escalating surge of attacks, but also the unrelenting prevalence of sexual assault, domestic violence, and scams.

Women have been trained to discount one of their greatest protections – safety intuition. As a result, women are left generally defenseless to recognize predators who manipulate our natural compassion, to our own detriment. This inability to listen to ourselves and be persuasion-proof directly affects our personal safety and data shows that attacks on women continue to escalate daily across the world, inside and outside of the home.

In *Street Smart Safety for Women*, retired Deputy Sheriff Joy Farrow and technologist Laura Frombach, herself a survivor of a violent household, draw on their experiences both personal and professional to provide those answers. Dedicated to educating women in personal safety and showing them a defensive living strategy and trusting in themselves can reduce their probability of becoming a victim of a crime.

Joy Farrow is a retired Sheriff's Deputy with twenty-eight years of experience, working road patrol and facing every situation imaginable. Joy was one of the featured speakers at the TEDx Eustis conference and speaks on women's safety.

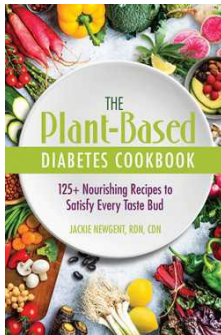
Laura Frombach was introduced to technology in the U.S. Army working on Pershing nuclear missiles. Having spent much of her career as a technologist and engineer with IBM, HP, FedEx, Coca Cola Enterprises. Lenovo and others.

**336 pages.**



**Jackie Newgent, RDN, CDN**  
***THE PLANT-BASED DIABETES COOKBOOK***

**October 2023**



A delectable plant-based cookbook and eating guide for preventing and managing diabetes and pre-diabetes from award-winning cookbook author and registered dietitian Jackie Newgent.

Diabetes can lead to heart disease, stroke, kidney failure, blindness, and lower-limb amputation. Recent research has also shown a connection between diabetes and dementia, hearing loss, and some forms of cancer. Experts point to diet as a key component in preventing and treating diabetes and prediabetes—particularly one featuring fruits and vegetables. That’s where *The Plant-Based Diabetes Cookbook* comes in, helping people with diabetes—or at risk for developing it—enjoy more plants. The key word is “enjoy.”

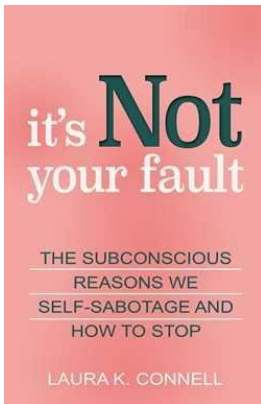
Jackie Newgent, RDN, CDN, an award-winning cookbook author and classically-trained chef, offers 100 percent plant-based recipes that are full of flavor with fresh, modern appeal. At the same time, the dishes appeal to all eaters, not just vegetarians. The book is packed with more than 125 recipes, plenty of hearty main dishes, tasty menus, and hundreds of helpful tips.

**The book includes a 16-page four-color photo insert; 23 photos. 304 pages.**

**Laura K. Connell**

**September 2023**

***IT'S NOT YOUR FAULT***



A guide to help readers uncover the subconscious reasons they hold themselves back along with an exploration of the ways negative childhood experiences have impacted their lives and fed into the problem.

We are sometimes our own worst enemies, sabotaging our success and with it our chance for lasting happiness and opportunities for personal and professional fulfillment. *It's Not Your Fault* helps readers uncover the subconscious reasons they hold themselves back. These blind spots were often created in childhood as coping mechanisms in response to trauma. Rather than teaching tactics that ignore or give surface attention to adverse childhood events, the book lovingly guides readers to explore the ways these events have impacted their lives and how this knowledge will help them access true transformation. Readers will be relieved to discover that it's not a lack of willpower that has held them back, but a lack of self-knowledge instead.

Those who have been let down by traditional therapeutic techniques know that behavior modification doesn't work for everyone. Simply doing things differently while staying the same on the inside might help for the short term, but before long old patterns emerge. Once they decide to get serious about change, however, and stop tweaking habits in the hope it will result in lasting transformation, they can create a life by design instead of default. It takes work, an internal excavation, and Laura comes alongside the reader as a trusted guide who has been where they are now. She provides the tools and anecdotal evidence to show them how to overcome the pain of self-sabotage and create the life they desire.

Laura K. Connell is a trauma-informed author and coach who helps women who struggle to understand why they hold themselves back in life and relationships. She shows them how to uncover blind spots that lead to broken relationships, and the subconscious reasons they sabotage their own success. Her personal development website, [laurakconnell.com](http://laurakconnell.com), where she writes about healing selfsabotage and attachment issues, has amassed 10,000 email subscribers (and growing).

**224 pages.**

Greek: Key Books

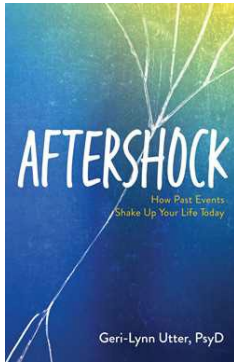
Portuguese (B): VR Editora

Serbian: Publik Praktikum

Vietnamese: First News

**Geri-Lynn Utter, PsyD.**  
***AFTERSHOCK***

**September 2023**



Aftershock helps people identify and heal from the often-delayed emotional responses to seemingly ordinary life events like the death of a partner, a chronic illness diagnosis, or getting a new job that can have significant impact on our emotions and overall mental health.

You may be at a point in your life where you realize that you have been edgy, a bit depressed, feeling unsettled. Yet everything in your life seems to be okay. You look for a cause, but you just can't put your finger on it. Perhaps you should examine your recent past—six months ago, a year ago—and ask yourself, "What did I go through that was stressful at the time, yet I was able to deal with by suppressing my stress until that situation was over?"

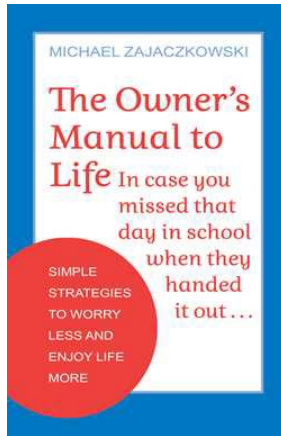
“Aftershock” is a term coined by clinical psychologist Dr. Geri-Lynn Utter, who came to recognize this largely ignored scenario in many of her patients. As a subclinical level of the more familiar post-traumatic stress disorder, “aftershock” may underlie your present emotional stress, a delayed emotional response that affects many of us after common, yet big deal, life events such as miscarriage, moving to a new city, divorce, or, for some people, the Covid-19 pandemic that has rocked much of the world. The “Aftershock” concept can be applied to many, inevitable (even universal) human experiences: changing jobs or careers, divorce, transitioning from “school life” to the real-world (aka: adulting), death of a parent, child, or spouse, etc.

The book helps readers understand this psychological trauma—what it is and what causes it, how to recognize the symptoms, and how to heal when life's stressors keep you in the center of the aftershock of a storm.

Dr. Geri-Lynn Utter is a frequent contributor on television (CBS News, Fox Business, OANN, MSN, etc.), Radio and Podcast and is a producer and is featured in an upcoming documentary *Utter Nonsense* (working title) about the opioid epidemic's effect on families.

***160 pages.***

Arabic: Jarir Bookstore  
Chinese (SI): Xinhua Publishing



In this practical self-help guide, author Michael Z. gives us all the "missing life" manual we need to live happier, less stressful lives.

The book provides readers with 100 practical, often lighthearted, and immediately useful tips, strategies, and techniques to help them reduce stress and anxiety, and to discover the sense of peace and happiness they've been looking for. Readers will learn to

- Trust yourself and live life more confidently
- Deal with feelings of resentment or anger toward others
- Set healthy boundaries around family members and in relationships
- Find the opportunities in unexpected setbacks
- Deal with difficult people
- Listen to your inner voice and make choices that are right for you
- Find the joy in the little things in life and live with more gratitude and serenity

Using the book's guidelines will help you live more gracefully, more mindfully, and with an increased awareness of and appreciation for the joy that is available to you whenever you slow down to see it.

Michael Zajaczkowski earned his master's degree in marriage and family counseling and after working with both couples and individuals, he resumed his career as a business and sales training coach. He currently runs an international business and inside sales training company and uses his experience from counseling and coaching to help his clients set and achieve financial goals while helping them identify and engage in activities that give their lives meaning alongside of their career success.

**456 pages**

**Lisa McCourt**  
***FREE YOUR JOY***

**August 2023**



Bestselling author and creator of Joy School Lisa McCourt outlines her unique formula for sustainable happiness, offering a year's worth of activities, prompts, and techniques that raise your “joy setpoint” so you can cultivate authentic, lasting peace and fulfillment in your daily life.

Unprecedented global events – the pandemic, inflation, politics, global economy -- have left many of us feeling depleted, depressed, isolated, and disconnected from many of the things that once made us happy. Lisa McCourt, host of the Do Joy! podcast and founder of Joy School, helps people raise their joy setpoints regardless of what is happening around them.

McCourt offers a unique approach to joy and emotional wellness, outlining a year-long adventure in happiness that can be started on any day of the year.

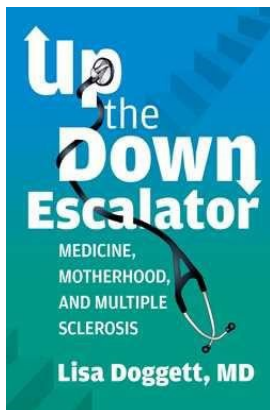
Joy is not an elusive fantasy to be chased; it is simply a skill to be learned, practiced, and mastered. McCourt takes readers, month by month, through the life-altering principles of vibration elevation that she has taught for 20 years through her Joy School.

Founder of Joy School, Lisa has penned over forty books for adults and children in addition to collaborating with industry leaders such as Jack Canfield, Mark Victor Hansen, and James Van Praagh. Combined, Lisa’s books have sold over 8.5 million copies and earned over 9,000 glowing Amazon reviews.

**320 pages.**

**Lisa Doggett, M.D.**  
***UP THE DOWN ESCALATOR***

**August 2023**



A memoir of triumph in the face of a terrifying diagnosis, *Up the Down Escalator* recounts Dr. Lisa Doggett’s startling shift from doctor to patient, as she learns to live with multiple sclerosis while running a clinic for uninsured patients in central Austin, Texas.

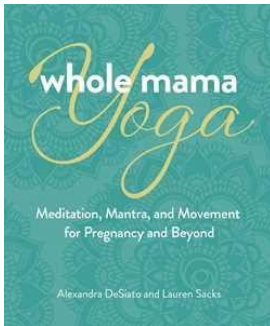
A self-described health nut, Lisa was shocked to become a patient herself when she was diagnosed with multiple sclerosis, a bizarre neurologic disease known to be a leading cause of disability in young adults. Since her MS diagnosis, she has battled frustrating symptoms and insurance companies. She has experienced relapses and has explored alternative treatments. But she has also run two marathons, traveled to five continents, raised two daughters, and embraced her job as a lead physician creating innovative programs for people with chronic disease around the country.

Facing the prospect of a career-ending disability as she adjusts to life with multiple sclerosis, the book chronicles how she is forced to deal with a new level of uncertainty and vulnerability, and the everyday fear that something new will go wrong. Taking off her white coat—becoming a patient herself—she confronts unimaginable fears, copes with her limitations, and sidesteps her skepticism of alternative medicine to seek help from unlikely sources. The disease pushes Doggett—a perfectionist at heart—to soften her inner drill sergeant and embrace self-compassion.

This hopeful and uplifting book will encourage those living with chronic disease, and those supporting them, to power forward with courage and grace. It will spark conversations to redefine perfect parenting and trigger uncomfortable discussions and outrage about the vicious inequalities of health care in the U.S. Most of all, it will inspire readers to embrace the gifts of an imperfect life and look for silver linings, despite life’s detours that sabotage plans and take them off their expected paths.

Lisa Doggett, M.D., is a family physician and co-founder of Texas Physicians for Social Responsibility. She previously directed a safety net clinic in Austin, Texas where she saw an eclectic mix of patients struggling with their own health challenges in a deeply dysfunctional system.

**325 pages.**



A unique way to see and process the motherhood experience through the lens of yoga, *Whole Mama Yoga* covers all phases and stages of becoming and being a mother or birth parent—offering a way to extend yoga’s gifts and tools for all who parent.

Accessible to new yoga students, advanced yoga practitioners, and yoga teachers alike, *Whole Mama Yoga* is for parents with children of all ages. It is for those just thinking about beginning a family, those in the early stages of pregnancy, those getting close to labor and delivery, and for those new moms, who often feel harried and overwhelmed. This is a book to reference as children grow, change, and become little (and big) people.

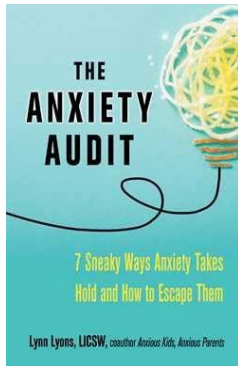
With yoga poses at the core of the text, yogi moms and instructors Alexandra DeSiato and Lauren Sacks offer helpful information in movement offerings that meet all moms and birth parents where they are. Organized into sections titled Relate, Move, Reflect, Wisdom, and Breathe, *Whole Mama Yoga* provides breathing techniques, suggestions for meditation and mantra, inspiring tidbits of yoga philosophy, funny and uplifting stories from yoga-moms, and journal prompts that allow readers to reflect on their own experience of parenthood.

Alexandra DeSiato, MA, is an expert in yoga for the prenatal and postpartum time periods. She is recognized internationally for her work on creating (and helping others create) powerful and resonant themes in yoga classes. Her workshops have been offered nationally, including at Yogaville Ashram in Virginia and Kripala Yoga and Healing Arts Center in the Berkshires. Together with Lauren, she cofounded and co-leads Whole Mama Yoga ([wholemamayoga.com](http://wholemamayoga.com)), where they, along with a collective of teachers, offer fertility, prenatal, postpartum, and motherhood yoga classes. Alexandra and Lauren also co-teach a highly-lauded prenatal and postpartum yoga teacher training and lead mothering and parenting retreats. Alexandra has co-authored two books with Sage Rountree, *Lifelong Yoga* and *Teaching Yoga Beyond the Poses*.

Lauren Sacks is a perinatal and hatha yoga instructor with over 20 years of teaching experience. She was a founding member of Carrboro Yoga Company and taught thousands of students during her 15 year tenure.

**175 line drawings of yoga poses and other decorative graphics**  
**320 pages.**





Anxiety expert Lynn Lyons, whose advice appears regularly in *Psychology Today* and the *New York Times*, offers an eye-opening look at the 7 sneaky ways that anxiety and worry weave their way into our families, our friendships, and our jobs, and provides actionable steps to reverse the cycle and reclaim our emotional well-being.

Ask people to describe anxiety and they'll start with the familiar physical symptoms: racing heart, sweaty palms, difficulty breathing and a frightening loss of control. Anxiety has become the new normal, constant and simmering, disguising itself in patterns and responses we don't even recognize as anxiety. These patterns include:

- Ruminating and worrying (and mistaking it for problem solving)
- Going global, or seeing the world through an overwhelming, all-or-nothing lens
- Isolating and disconnecting, all too common in our "new normal"
- Creating chaos and "busy-ness", for example, over-scheduling and multitasking
- Embracing your irritability
- Confusing self-medication with self-care

*The Anxiety Audit* is a time-tested practical guide to untangling yourself from the grips of worry and fear. Using stories, real-world examples, and helpful dialogues to retrain the way you think and react, Lynn Lyons helps you recognize the sneaky ways these anxious patterns and cycles of worry take hold in your life. By making small and consistent adjustments, you can reverse their negative impacts and move forward with renewed clarity and confidence. So if life keeps you up at nights and anxiety fills your days, *The Anxiety Audit* is the way to stop needless worry and focus on life's positive aspects.

Lynn Lyons, LICSW, is psychotherapist and has been in practice for 30 years specializing in the treatment of anxiety in adults and children. She travels internationally as a speaker and trainer on the subject of anxiety, its role in families, and the need for a preventative approach at home and in schools.

With a special interest in breaking the generational cycle of worry in families, she authored several books and articles on anxiety, including with co-author Reid Wilson *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children*, and the companion book for kids, *Playing with Anxiety: Casey's Guide for Teens and Kids*.

**256 pages.**

**Sold:**

Chinese (SI): China Machine Press

Polish: Wydawnictwo Kobiece

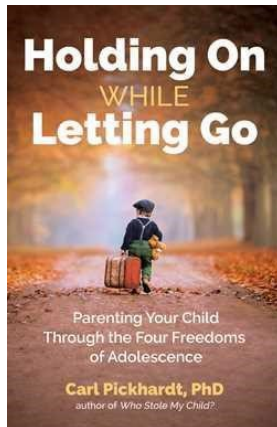
Portuguese (B): Citadel Editora

Romanian: Editura Trei

**Carl Pickhardt, Ph.D.**

**October 2022**

***HOLDING ON WHILE LETTING GO***



Harvard-trained psychologist and *Psychology Today* parenting expert Carl Pickhardt gives parents an eye-opening look at the rocky road to parenting a teenager, revealing the Four Freedoms that every child must master to become a healthy adult--and how parents can adapt, encourage, and grow themselves during these tumultuous times.

Parenting a teenager is not for the faint of heart. And there's a reason the road is rocky--it's supposed to be. Children must pass through "four unfolding freedoms" in order to become competent, independent, and confident adults. How easily parents can navigate these twists and turns directly correlates to how successful their children will be. The four unfolding freedoms are these:

1. freedom from rejection of childhood, around the late elementary school years, when they want to stop acting and being treated as children anymore.
2. freedom of association with peers, around the middle school years, when they want to form a second family of friends.
3. freedom for older experimentation, around the high school years, when they want to try more grown-up activities.
4. freedom to claim emancipation, around the college age years, when they decide to become their own ruling authority.

With each successive push for freedom, both parents and teens need to learn how to do less holding on to each other while doing more letting go

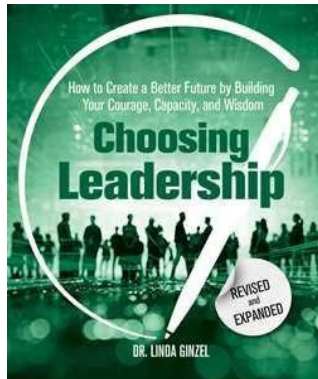
Carl Pickhardt, Ph.D., is a noted psychologist, speaker, and parenting expert, now retired from private counseling practice. He writes a popular parenting advice column for *Psychology Today* and is the author of several books including *The Connected Father*; *Stop the Screaming*, *The Future of Your Only Child* and *Why Good Kids Act Cruel*.

**336 pages.**

**Dr. Linda Ginzel**

**November 2022**

***CHOOSING LEADERSHIP, REVISED AND EXPANDED***



Award-winning leadership teacher, lifelong educator, University of Chicago professor, and consumer advocate Dr. Linda Ginzel offers a new and expanded version of *Choosing Leadership* based on her bestselling workbook. Useful to everyone, from high-level executives to high school students, teachers, and stay-at-home parents, Dr. Ginzel shows how you can choose to be a leader.

The book gives readers the tools to sharpen leadership skills, putting the responsibility for personal growth and professional development in their own hands. It counters stereotypes that it takes a fancy title, big budget, impressive credentials, charisma, or innate leadership traits to

be a

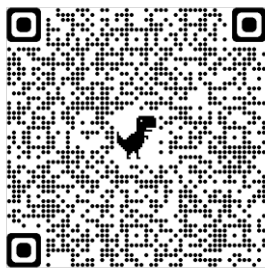
“leader.” Rather, leadership is a choice; you choose when to manage and when to lead. It provides an opportunity to answer tough questions of yourself, process your own life lessons, reflect on your unique experiences, and create your best future self. This process of self-discovery will help you develop individualized, customized wisdom and be your lifelong companion on the road to being wiser, younger.

Now revised, with the addition of Learning Modules for each chapter, *Choosing Leadership* provides step-by-step guidance to create group experiences designed to enable reflection, explore ideas, and enhance self-understanding. These group experiences create collective wisdom and encourage learners to make better and more thoughtful choices. Through peer discussions, readers learn how to coach themselves. While gaining self-understanding, they also gain confidence.

Dr. Linda Ginzel is a clinical professor of managerial psychology at the University of Chicago’s Booth School of Business and the founder of its customized executive education program. For three decades, she has developed and taught MBA and executive education courses in negotiation, leadership capital, managerial psychology, and more. She has also taught MBA and PhD students at Northwestern and Stanford, as well as designed customized educational programs for a number of Fortune 500 companies. Ginzel has received numerous teaching awards for excellence in MBA education, as well as the President’s Service Award for her work with the nonprofit Kids In Danger.

**Check out the “[ChoosingLeadershipBook.com](https://www.choosingleadershipbook.com/) introductory video”**

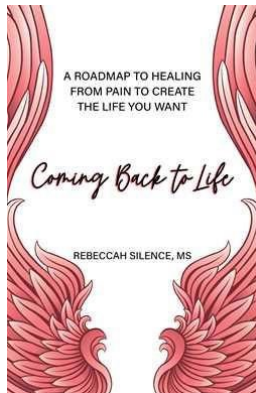
**<https://www.choosingleadershipbook.com/>**



**224 pages.**

**Rebecca Silence, MS**  
**COMING BACK TO LIFE**

**October 2022**



In a time when mental health hospitalization rates, substance abuse, divorce, suicide rates and depression are on the rise, an emotional healing expert demonstrates that when people believe that healing is possible, they can reinvent themselves and find freedom and happiness.

Now more than ever before, the world needs healing and people who never needed help now do. Rebecca Silence, a certified world-class emotional healing coach, knows this pain. A survivor of childhood sexual abuse, domestic abuse, and cancer while pregnant, she beat the odds. In *Coming Back to Life*, she has created a roadmap that offers real tools, strategies, and support that will allow readers to get to the root of their pain patterns while also giving them hope, encouragement, and access to the light at the end of the dark tunnel that they may be stuck in or living in.

Rebecca Silence offers a very different approach from the typical therapeutic models, which are built on people being dependent on therapists, coaches, and mentors. Instead, she shows how to navigate and trust your own internal guidance system with simple and practical ways to heal the pain and embrace life again. Her mission is healing. The cure is self-responsibility and the promise is that HEALING IS POSSIBLE. And it starts with you.

Rebecca Silence is a speaker, coach, and international media personality. She's impacted hundreds of thousands of listeners through her radio programs and appearances.

**288 pages.**



Don Kuhl, founder of The Change Companies®, shares the 10 big lessons he learned throughout life's little moments.

Don Kuhl has brought inspiration and transformation to millions by creating Interactive Journals that help people reflect on where they've been, where they are, and where they wish to go. Now it's Kuhl's turn to share his stories of growing older and the wisdom he has gained along the way. Before he founded The Change Companies, Kuhl managed motel properties, started several sports publications, worked in college and health care administrations, and launched about a dozen corporations. Some of them failed miserably, a few flourished.

Kuhl touches upon themes of gratitude, taking risks, appreciating the ordinary, and remaining open to all possibilities, giving readers a glimpse of living life to its fullest at every age. Some of his lessons include:

- Store happy memories in your brain and play them often
- Give love and hang on to your most meaningful relationships
- Gobble up knowledge
- Accept what is and have gratitude for where you are
- Focus on the positive- don't let bad things define you
- Be kind
- Celebrate small pleasures – everyday joys can last a lifetime
- Be courageous
- Listen to your animal pals – they can teach you a bunch

The book will include beautiful four-color photos (all cleared) in a large format.

The Change Companies is well known as a leader in creating products that foster positive growth and self-esteem. They will help market the book with an outreach to their international network (25 million strong).

**224 pages; four-color photographs throughout**

Arabic: Jarir Bookstores

Ric Keller

September 2022

***CHASE THE BEARS: Little Things to Achieve Big Dreams***



An inspiring, humorous, and original book of conventional and unconventional self-help ideas from former Congressman Ric Keller, who rose from humble beginnings to the U.S. House of Representatives.

“Chasing the bears” is a metaphor in life for chasing your dreams. Most people are content to stay inside, play it safe and look out their window as life passes them by. Eventually the clock runs out. On the other hand, a few people take a chance and chase their dreams.

Ric Keller grew up poor and was raised by a single mother. He didn’t meet his father until he was 14. At their first meeting, he handed Ric a copy of Napoleon Hill’s *Think and Grow Rich*. Ric would read it six times before his high school graduation. Putting the message into practice, he decided to try an experiment and set two big goals: to graduate from college first in his class and get elected to Congress (despite being a political novice with no connections, no money, and initially told to drop out of the race by his own party). Both of these things came true.

In *Chase the Bears*, Ric Keller reveals the five little things you can do to succeed and be happy—no matter where you start in life. They are encapsulated here and woven together with practical, actionable steps interspersed with fascinating anecdotes about others who have made their dreams come true by trusting their instincts, using their gifts, taking risks, and never quitting.

Rik Keller’s TED Talk on the subject has gotten 48,627 views since it posted on May 3, 2022.

<https://www.youtube.com/watch?v=xiX85UzI86Y>

272 pages.

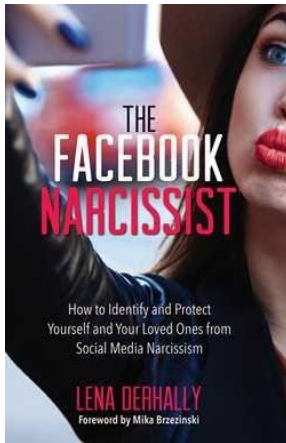
Arabic: Jarir Bookstores



**Lena Derhally; Foreword by Mika Brzezinski**

**May 2022**

***THE FACEBOOK NARCISSIST: How to Identify and Protect Yourself and Your Loved Ones from Social Media Narcissism***



A comprehensive guide for understanding how narcissism on social media impacts our mental health, how to protect ourselves and our children from those affects as well as from narcissists, and how to use social media more mindfully.

Lena Derhally, a licensed psychotherapist certified in Imago therapy, delves into how social media enhances individual and cultural narcissism and how it may create or exacerbate toxic narcissistic tendencies in people who use it. Using her clinical expertise, along with scientific research and interviews with other experts in the field, she thoroughly examines: how narcissism on social media contributes to false narratives and ruptures relationships; how to identify a narcissist on social media (including how to spot the more subtle sub-types of narcissist); how

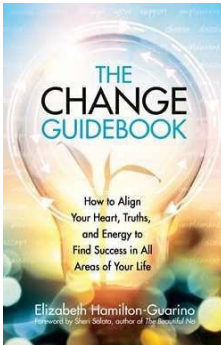
narcissism relates to the “influencer” and celebrity culture; narcissism and cyberbullying, cyberstalking, trolling, and victim blaming on social media; and how social media can create a problem of narcissism in children as they grow up.

Derhally’s expertise in cultivating healthy, fulfilling, and connected relationships helps guide readers to take a deeper look at their behaviors on social media and of those around them. At the end of each chapter, she gives practical tips and takeaways for navigating narcissism online. Derhally also instructs readers on how they may use social media for good, and as a tool for positive social change.

Lena Derhally is a licensed psychotherapist certified in Imago Relationship Therapy. She is the author of the bestselling true crime book, *My Daddy Is a Hero: How Chris Watts Went from Family Man to Family Killer*, and her work and expertise have been featured in *O*, *The Oprah Magazine*, *SELF*, *Glamour*, *The Washington Post*, *A&E*, *Hollywood Life*, *The Huffington Post*, *Law and Crime*, and more.

**240 pages.**





A proven, practical guide on initiating positive change in your life and set you on a path of happiness and self-fulfillment.

You can change the direction in your life and Elizabeth Hamilton-Guarino gives you the tools to do so. She offers ten points for making a change or adapting to unforeseen circumstances and allows you to become a change master by using the provided solutions to change, grow, and become your bravest and boldest self. These points are a process that you can engage in and turn to in times of need, crisis, or to alter your life's course.

*The Change Guidebook* is for anyone who is seeking change and wants to align to their highest purpose. Learn how to unlock the light within. Change is possible and the power is in your hands.

Elizabeth Hamilton-Guarino, the founder of The Best Ever You Network, has created a framework for crafting a new way to move through the world and inhabit our lives. By using the tools provided within this book, you will experience the joy of living life as someone firmly grounded in values, anchored by a consistent moment-to-moment practice of gratitude. She is the author of *Percolate*.

***“The Change Guidebook’s principles and practices are simple, easy to learn, and the results you will achieve with them are extraordinary. It is a must-read for anyone looking to be their best.” — Jack Canfield, Coauthor of the #1 New York Times bestselling Chicken Soup for the Soul® series and The Success***

***Principles™: How to Get from Where You Are to Where You Want to Be***

***“The Change Guidebook is an exceptional tool for creating positive change and adapting to life’s challenges.”***

***—former U.S. Senator Olympia J. Snowe***

***“This guidebook is both transformational and transcendental. By providing the steps and tools to self-identify the problems, Elizabeth is offering herself as a fearless guide to an ultimate understanding and acceptance. Encouraging, delightful, important, and life-altering, this book uncovers who you are, and welcomes the person you’re waiting to become.” —Dr. Margaret Paul, co-creator of Inner Bonding***

***“This book is the framework to help us craft a new way of moving through the world.” —Sheri Salata, former executive producer, The Oprah Winfrey Show, author of The Beautiful No: And Other Tales of Trial, Transcendence and Transformation***

***“We all aspire for growth, improvement, contentment—but we don’t know where to start. The Change Guidebook not only helps us start, but it leads us by the hand and by the heart through the entire process of change. We emerge from Elizabeth Hamilton-Guarino’s inspirational book renewed and recharged. We are different than we were, different and better. More whole, more self-confident, more resilient, and more of who we always hoped we’d become.” —Dr. Harley Rotbart, professor and Vice Chair Emeritus, University of Colorado School of Medicine, author of No Regrets Living and Miracles We Have Seen***

***“If there was ever a book needed in our present times, The Change Guidebook is it. Elizabeth Hamilton-Guarino provides a concise guidebook for managing change for personal and professional development. Elizabeth will challenge you to think comprehensively while providing the resources***

*necessary to help you effectively manage change.” —Dr. Ivan Misner, founder and chief visionary officer BNI (Business Network International)*

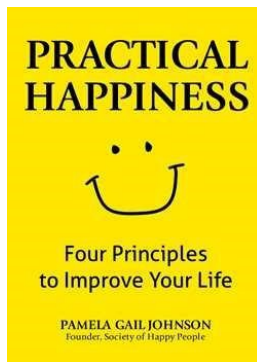
*“Change is challenging, especially when you didn’t choose it. Support and guidance make the journey so much easier, and Elizabeth Hamilton Guarino provides that and more! Elizabeth’s excitement, experience, and enthusiasm in The Change Guidebook burst on every page. If you want to start changing now, The Change Guidebook will move you toward the introspection needed to get there. I highly recommend this excellent book full of life experiences of the author and other experts who have successfully navigated the waters of change.”*

*—Dr. Nancy Mramor, award-winning author, psychologist, media expert*

*“This is a fabulous book to guide anyone who seeks a change in herself or himself to create a change for the better in their life. An effort must be made for that. The author offers a clear, step-by-step approach to guide anyone wanting to make such a change. Brilliant!” —Sally Huss, author of The Importance of Living Happy and 100 children’s books*

*“Allow Elizabeth Hamilton-Guarino to show you the way to make or adjust to change in your life. The Change Guidebook gives you everything at your fingertips to start today and create your best life. Change is up to you and this guidebook is the best place to start!” —Kris M. Fuller, certified Master Coach and chief creative officer of the Best Ever You Network*

**224 pages.**



Pamela Gail Johnson provides a blueprint to happiness with a book that is practical, easy-to-follow – and works!

The real way to feel happier is to expand your definition of happiness and manage your Happiness Zappers. Pamela Gail Johnson, founder of the Society of Happy People, identified the four practical happiness principles that have helped thousands of people shift their mindsets so they naturally notice more happiness, whether it feels sparse, abundant, or somewhere in between. Pamela shares real stories from real people who put the four practical happiness principles into action. With thought-provoking workbook-style questions, you can immediately apply these principles to

your life. You'll discover:

- How happiness is unique to you and your circumstances
- How to manage common experiences that zap your happiness
- How happiness changes
- Thirty-One Types of Happiness

If you're tired of positive thinking, to-do lists, or science-based books about happiness, you'll love the simple and realistic approach *Practical Happiness* takes for you to improve your life. It should come with a warning label—**CAUTION: You will feel happier.**

*"Practical Happiness is a valuable guide to help you raise your happiness 'set point.' Pamela Gail Johnson offers four powerful principles along with transformational techniques you can easily apply in your life." - Marci Shimoff, #1 New York Times bestselling author of Happy for No Reason and Chicken Soup for the Woman's Soul*

*"As a tour guide on the journey to happiness, Pamela Gail Johnson is good company. And more importantly, she knows the way. Practical Happiness is warm and wise and worth your time." - David Niven, Ph.D., bestselling author of The 100 Simple Secrets of Happy People*

*"If happiness is a habit, practicing Pamela Gail Johnson's principles are the roadmap to more fulfillment and wellbeing. Her book is full of real stories about real people putting her strategies into practice for a happier work and home life." -- Nir Eyal, bestselling author of Indistractable: How to Control Your Attention and Choose Your Life*

*"I love the 4 principles of practical happiness in this book. Truly a fresh take on how to be happier. I can't recommend it highly enough!" - MJ Ryan, bestselling author of The Happiness Makeover, Attitudes of Gratitude, and 365 Health and Happiness Boosters among other titles*

*"Pamela has given us a way to be happy and to mean it. Practically. Realistically. Authentically. And while we will not always be happy in every moment, at least we can be happy consistently and with meaning. Give this book to someone as a gift and you could be giving them the gift of real happiness. Who knows? Maybe that person is yourself." -- Tim David, author of Magic Words, The Four Levels of Influencing People, and The 7-Day Digital Diet*

*“Practical Happiness is a well-researched, yet applicable method to taking charge of your own happiness and bettering your life. --- David Burkus, author of Leading from Anywhere, Friend of a Friend, and Myths of Creativity*

*“With her personal, easy-to-digest, highly readable tone, Johnson walks you through all the ways in which happiness is an inside job, and how you can get more happiness inside of yourself. This pageturner is packed with wisdom you can put to use right now.” -- - Elizabeth Scott, Ph.D., author of 8 Keys to Stress Management and founder of TranquilityTools.com*

*“Practical Happiness: Four Principles to Improve Your Life, is a wonderful book! It is filled with simple ways to increase your happiness. Read this book and be happier!” -- - Mike Duffy, author of The Happiness Book: A Positive Guide to Happiness and Founder of The Happiness Hall Of Fame*

*“The emotionally charged stories Pamela shares from interviewing dozens of people who chose 'to be happy no matter what' give all of us deeper understanding of 'real' happiness in practical terms that can be easily applied to every-day life.” -- - Dennis Yu, host of the Coach Yu Show*

*“Pamela Johnson walks her talk. This book is packed with actionable items that anyone can easily implement. The stress of the pandemic has made this book more necessary now than ever.” - Jeff Crilley, former Emmy Award Winning reporter and CEO of Real News PR*

*“A great read for anyone who is looking for practical tips and strategies to create more happiness in their lives. Pamela allows you to take a different approach to creating your happiness, and shares stories that are relatable and inspiring.”--- Michelle Wax, founder, American Happiness Project*

*“The four principles taught in Practical Happiness are so simple to apply. I love that it has a fill-in-the-blank workbook style so you can take action while you read. Read this with a pen if you're ready to smile again.”--- Jeff J. Hunter, founder of VAStaffer.com and Creator of the CORE Branding Method*

*“Pursuing happiness is the most basic of human objectives but yet one that can remain elusive. In a time where languishing seems more the norm than flourishing, what could be more timely than a pragmatic perspective on how to cultivate happiness! Pamela has created a practical guide to build a skill that is crucial to enhance our individual life experience and our collective energy of gratitude and optimism.”- Susan Sobott, board member, senior advisor, & former American Express President of OPEN, GCP, GCS*

240 pages.

Sold to:

Czech: Grada Publishing

Lithuanian: Briedis

Portuguese (B): VR Editora

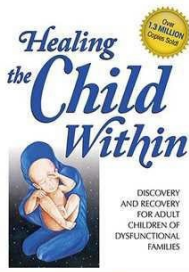
## *BACKLIST GEMS*





**Charles Whitfield, M.D.**  
**HEALING THE CHILD WITHIN**

**April 1987**



International bestselling author  
**CHARLES L. WHITFIELD, M.D.**  
Foreword by Carlwell C. Nichols, Ph.D.  
Expanded and Updated Edition

In this classic bestseller – over 1 million copies sold in the U.S. -- Dr. Whitfield provides a clear and effective introduction to the basic principles of recovery.

Estimates show that over 50% of the population have experienced childhood trauma. In some cultures, that number is as high as 90%. When trauma occurs in childhood, the core aspect of human consciousness - our true self - goes into hiding and is, typically, replaced with an egotistical false self.

As fresh and useful today as it was more than a decade ago when first published, the book describes the process of wounding that the Child Within (True Self) experiences. It then shows how to differentiate the True Self from the false self. Dr. Whitfield also describes the core issues of recovery and more. He guides us through four steps to rediscovering our true self:

1. Learn to be 'real' by practicing being 'real' with safe others.
2. Identify your healthy human needs.
3. Grieve your ungrieved hurts, traumas and losses.
4. Work through your core recovery, relationship and life issues.

Charles L. Whitfield, M.D., is a physician, psychotherapist, and internationally recognized expert on mental illness, behavioral problems, and recovery. He has been voted by his peers as one of the Best Doctors in America every year since 1994.

**176 pages.**

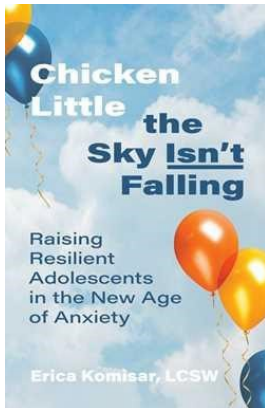
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- Turkish: Soia Unitas (via HCI)
- Vietnamese: Thaihabooks (via HCI)

**Erica Komisar, LCSW**

**November 2021**

***CHICKEN LITTLE THE SKY ISN'T FALLING***



A comprehensive guide for parents who want to raise emotionally healthy, resilient adolescents in a time of great stress when anxiety and mental health disorders are epidemic

In these times of great stress for our kids, resilience is not a given. The epidemic of mental health disorders in adolescents has made parenting even more challenging, but parents can still have an enormous impact on the health and well-being of their child. This book offers parents the tools they need to navigate this tumultuous time of change and create a continuous deep connection with their child.

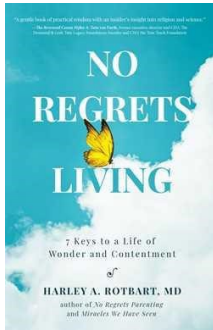
With covered topics such as anxiety, depression, ADHD, behavioral issues, and addiction, parents will learn how they can recognize mental health disorders as well as obtain compassionate and practical advice on how to address these issues if they occur.

Erica Komisar, is a clinical social worker, psychoanalyst, and parent guidance expert who has been in private practice in New York City for over 30 years. She is a contributor to *The Wall Street Journal*, *The Washington Post* and *The New York Daily News*. She is also a Contributing Editor to The Institute for Family Studies and appears regularly on Fox and Friends and Fox 5 News.



**Harley A. Rotbart, M.D.**  
***NO REGRETS LIVING***

**March 2021**



A prescription for a life filled with gratitude for what we have and appreciation for what we have done with our time on earth.

*No Regrets Living* is a proactive, 7-step plan to help us better appreciate what we have in our lives, and take greater pride in what we've done with our lives—without spending precious time and energy wishing things had turned out differently. All of us have had disappointments, lamentable moments. For some, those times have led to lasting unhappiness and a life that feels unfulfilled, even meaningless. Others have found ways to move past the downturns and find better ahead. *No Regrets Living* leads us to see the world

through a lens of appreciation

for the magnificence around us, which in turn helps us accommodate those not-so-magnificent moments in our lives.

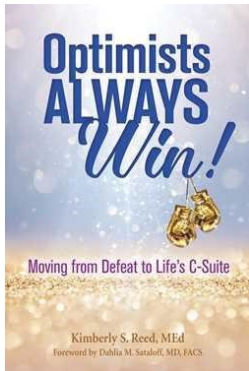
Dr. Rotbart brings his unique perspective as physician, scientist, child of a Holocaust survivor, and heart patient to *No Regrets Living*. Part self-help manual, part inspirational road map, part moving memoir, *No Regrets Living* is a blueprint for reaching greater satisfaction and fulfillment in life.

Harley Rotbart, M.D. is a nationally renowned infectious diseases specialist, pediatrician, parenting expert, speaker, and educator. He is professor and vice chair emeritus of pediatrics at the University of Colorado School of Medicine and Children's Hospital Colorado. He is the author of numerous medical and scientific publications, and books for lay audiences including *No Regrets Parenting*, *940 Saturdays*, and *Miracles We Have Seen*. Dr. Rotbart was named to Best Doctors in America for 18 consecutive years, as well as receiving numerous other national and local awards for research, teaching, and clinical work.

***272 pages.***

**Kimberly S. Reed, MEd, CDP**  
***OPTIMISTS ALWAYS WIN!***

**January 2021**



Eliminate discouragement and embrace an optimistic attitude in life with concrete tools to turn your life around by an award-winning international speaker, author, corporate trainer and diversity, equality and inclusion strategist.

Our brain's default setting is negativity. Ask anyone who has ever tried to lose weight, achieve a new skill, or incorporate a new habit and they can tell you that our natural tendency is to levitate toward mediocrity. However, optimism overpowers that negativity. In this book, Reed helps readers develop a process to stay optimistic all the time and obtain a level of happiness, peace, wisdom and growth in all areas of our lives. It's choosing optimism instead of anger, bitterness, or revenge.

The book challenges anyone facing what seems to be an impossible situation and shows that victory is absolutely possible. Relying on her own struggles in life and the optimism that she learned to cultivate, Kimberly Reed teaches her readers the ten discouragement eliminators she used, which helped her succeed not just in her fight against cancer but as she lives each day as her best self. The message of this book is simple: difficulties and struggles are unavoidable in life, but a person has complete control over one's personal response to the situation.

The author is donating all royalties to the book to a Premier Academic Research Institution for Integrated Breast Cancer Fund and Patient Care, and American Cancer Society.

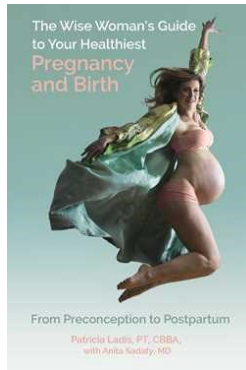
**176 pages.**

Arabic: Jarir Bookstores

**Patricia Ladis with Anita Sadaty, M.D.**

**January 2021**

***THE WISE WOMAN'S GUIDE TO YOUR HEALTHIEST  
PREGNANCY AND BIRTH***



A fresh, new pregnancy guide offering women and their partners a comprehensive approach to maintain and enhance health and wellness before, during, and after pregnancy.

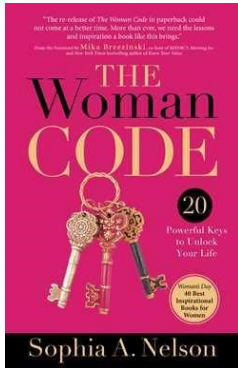
*The Wise Woman's Guide to Your Healthiest Pregnancy and Birth* combines the expertise of top-tier physical therapist Patricia Ladis—who works with superstar athletes, professional dancers, and celebrities—with Dr. Anita Sadaty, a highly regarded holistic ob-gyn with a celebrity clientele. Together, they have devised a six-step protocol beginning the six months before conception continuing forty days post-birth and beyond, incorporating holistic principles that encourage optimal wellness for mother,

partner, and baby.

Whether they are in their 20's, 30's or 40's, this book empowers readers to be in tune with their bodies during all stages of pregnancy, and is the first book by a functional medicine dream-team aligning medical and structural body issues to avoid such potential pregnancy outcomes as osteoporosis, sciatica, pelvic prolapse, structural weakness, and postpartum depression.

Patricia Ladis, PT, CBBA is highly regarded within functional medicine circles for her effective treatment protocols, specifically for perinatal and postpartum health. Her specialized skills include osteopathic spinal and joint mobilization, biomechanical analysis, behavioral breathing analysis, and manual therapy techniques (functional mobilization and myofascial release). Anita Sadaty, MD, is a holistic practitioner and founder of Redefining Health Medical, a women-focused medical practice that combines conventional medical training with an integrative functional medicine approach.

**488 pages.**



A powerful, no-nonsense guide for women that provides them the keys to unlock a fulfilling life.

Every woman lives by a code, whether she realizes it or not. It informs how she treats others and herself, how much she expects of herself, and how far she is willing to go in order to find success. But is the code we're living by truly helping us create the lives of purpose and fulfillment we desire? Or are we sacrificing the deeper things for mere achievement?

In this inspiring book—updated with new insights from the profound economic and societal shifts that have changed our world with the advent of the global pandemic—Sophia A. Nelson calls women to live out a powerful life code that will lead them to purposeful and successful lives. Nelson reveals to women:

- The true meaning of “having it all”
- How to take better care of their minds, bodies, and souls
- How to discover new reserves of strength
- The importance of having courageous conversations to build relationships
- How to achieve professional excellence without compromising their values
- How to find lasting love and purpose in life beyond their accomplishments
- How to navigate the sisterhood of women, to build collaboration rather than competition
- How to heal from past hurts, rejection, and life's inevitable storms

*The Woman Code* shows women that everything they need to lead the lives they want are already inside of them. Drawing from her personal faith and her experience in the business world, Sophia Nelson explores 20 keys to unlocking the life you want.

Sophia Nelson is a sought-after motivational speaker and leadership trainer in Fortune 500 companies and at universities. The trade paperback version of this book provides younger women, and those who are trying to rebuild their careers after the pandemic, an affordable option.

Mika Brzezinski is the co-host of the popular MSNBC show “Morning Joe.”

***"Nelson explains how women can recognize the codes they operate by and use them to reshape aspects of their lives, using what she calls the "Personal Codes," the "Emotional Codes," the "Spiritual Codes," and the "Professional Codes." Unlike many of today's self-help authors, Nelson doesn't indulge in an us-against-them mentality. Rather, she says that women should be strong, assured, and responsible for their own actions and choices. This refreshing approach is both empowering and enlightening and should appeal to women of all ages." -Publisher's Weekly***

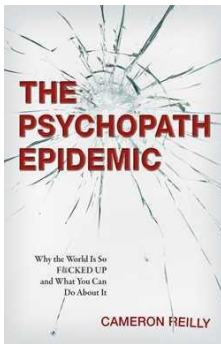
***"The Woman Code exposes the personal, emotional, spiritual, professional and social areas where the distortions lie, and shares principles for making genuine life transformation. The Codes challenge antiquated ideas on womanhood, including attitudes that women have toward one another. The Woman Code is a straightforward, comprehensive guide to liberate the true woman inside." -Huffington Post Book Review***

**272 pages.**

**Cameron Reilly**

**January 2020**

***THE PSYCHOPATH EPIDEMIC: Why the World Is So Fucked Up  
And What You Can Do About It***



For readers of the bestselling Sociopath Next Door comes a unique look at the psychopaths among us and how our society--from businesses and governments to religions--encourages and rewards psychopathic behavior, and what average citizens can do to survive and thrive when we must live with, learn from, or be led by psychopaths.

Every day in the news we hear about people in positions of power doing deplorable things--in business, politics, and government, from sexual harassment to polluting the environment to covering up crimes. And it's no wonder considering a small percentage of people wield a large amount of power, and that these very same people fit the definition of a "psychopath."

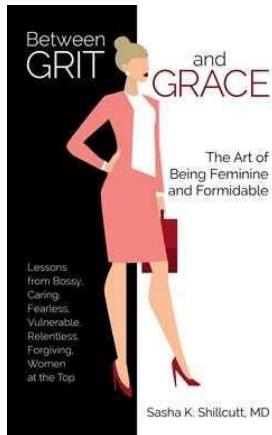
A highly engaging and gripping read, Cameron Reilly's book adds to our growing understanding of sociopaths with a detailed analysis of how our society encourages and rewards psychopathic tendencies, and how, because of this, psychopaths the world over have risen to power. Using historical references to pop culture examples, Reilly offers a field guide to psychopaths--how to spot them and how to outmaneuver them so you can keep your sanity intact. This is the first-of-its-kind book to examine the shocking evidence and then suggest practical solutions for saving us all.

Cameron Reilly is a marketer, film maker, and podcast pioneer who has spent fifteen years producing content about some of history's most famous political and military leaders. After a career in marketing with Microsoft, he co-founded one of the world's first podcast businesses, The Podcast Network, and created one of Australia's leading marketing strategy firms, Motherlode Marketing.

**336 pages.**

**Dr. Sasha K. Shillcutt, M.D.**  
***BETWEEN GRIT AND GRACE***

**February 2020**



Lessons from bossy, caring, fearless, vulnerable, relentless, forgiving, smart, humble women at the top show readers how to be both kind and assertive and not allow others to assign a role to you that you are not comfortable with.

The book tells women that success comes when you are comfortable living in the space between grit and grace—grit meaning being resilient and taking charge of your life (socially-acceptable masculine attributes), and grace meaning showing others mercy (socially-acceptable feminine trait). Dr. Sasha Shillcutt, a nationally lauded, award-winning physician and speaker, will explain how to give yourself permission to disappoint nice people (and know that you are still a nice person anyway). You'll learn how to stop apologizing for showing your strength and grit, and

embrace your grace, too. This is where personal peace lives.

Using real-life stories—ranging from women in law and medicine to women in education—the book explains how women can be feminine and formidable. Leadership and lipstick are not mutually exclusive. You'll realize you can be bossy and caring, fearless and vulnerable, relentless and forgiving, smart and humble—and make it to the top. Across the space of ten chapters, you'll learn how to navigate the forces that have shaped the modern workplace while doing so with grit and grace. When a woman lives authentically—she succeeds.

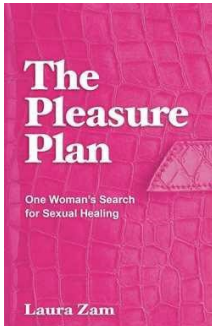
Sasha Shillcutt, MD, is an award-winning physician, clinical scientist, national educator, writer, and speaker. A board-certified cardiac anesthesiologist and tenured associate professor, she has published close to 30 peer-reviewed scientific articles in professional journals including the prestigious *New England Journal of Medicine* and the *Journal of the American Medical Association* and contributed chapters to four books. In 2016, Sasha was awarded the national American Medical Association's Women Physician's Inspiring Physician Award by her peers.

**240 pages.**

**Laura Zam**

**May 2020**

**THE PLEASURE PLAN**



Based on popular essays in *New York Times*' Modern Love column and on *Salon*, as well as an Off-Broadway one-person play, *The Pleasure Plan* is a sexual healing odyssey, a manifesto for women to claim pleasure as a priority, and a love story all at once

The World Health Organization reports that 50 percent of women suffer from sexual dysfunction at some point in their lives. Such was the case with Laura Zam, who suffered the blame, shame, and embarrassment of feeling bedroom broken. For her, delving between the sheets meant physical pain, zero desire, and emotional scars from being molested in her early years. However, in her

late

forties, after meeting and marrying the love of her life, Zam was determined to finally fix her sensual self. In partnership with her initially reluctant husband, she visited 15 healers and tried 30 pleasure-enhancing methods: from dilators and dildos, to hypnosis and hosting a sex brunch, to cleansing chakras, to making love to her husband in front of a geriatric Tantric goddess.

Packed with humor, heart, and a healthy dose of prescriptive advice, this book chronicles Zam's insights as she confronts many issues—from mismatched libidos to female erection enlightenment. Throughout this journey, she and her husband grow as individuals and as a couple, both in and out of the bedroom.

Laura Zam is a regular contributor to: *New York Times* (302 million visitors a month), Huffington Post (110 million visitors a month), *Salon* (12 million visitors a month) and other publications. In addition, she will offer online videos, a podcast and other events.

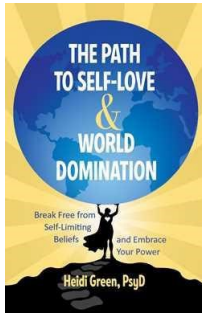
**288 pages.**



**Heidi Green, PsyD.**

**September 2020**

***THE PATH TO SELF-LOVE & WORLD DOMINATION***



A 7-step path to manifest and strengthen self-love, and quiet our inner critic.

Reading this book won't result in actual world domination. However, the author will set you on the path of dominating your own world, being the master of your destiny, and creating the life of your dreams. Written by a licensed psychologist and trauma therapist, the book shares Heidi Green's own journey from insecurity and self-loathing to emotional recovery and self-love. To help overcome the inner critic in all of us, Dr. Green will guide you through a 7-step path to manifest and strengthen self-love. She'll teach you to nurture and mature your inner child, reject unhelpful thoughts and behaviors, and restructure the way you respond to yourself and the world. Only then will you be prepared to engage in productive and meaningful life changes that will finally stick! Finally, you will be given your World Domination tool kit: 6 traits that must be cultivated for a truly awesome you.

This book will take you on a journey to discover what self-love is, what it isn't, how to find it, and why having it is the most important element to your life's happiness. You'll learn how to speak to yourself with kindness, reject unhelpful thoughts, and other powerful tools to let self-love reign supreme in your life.

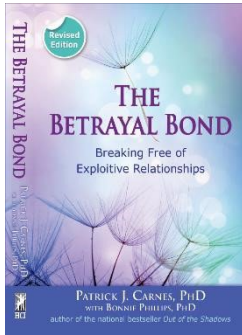
**456 pages.**

**Sold to**

Croatian: Petrine

**Patrick J. Carnes, Ph.D. with Bonnie Phillips, Ph.D.**  
***THE BETRAYAL BOND, REVISED***

**February 2019**



For seventeen years *The Betrayal Bond* has been the primary source for therapists and patients wrestling the effects of emotional pain and harm caused by exploitation from someone they trusted.

Divorce, litigation, incest and child abuse, domestic violence, kidnapping, professional exploitation and religious abuse are all areas of trauma bonding. These are situations and relationships of incredible intensity or importance lend themselves more easily to an exploitation of trust or power.

In *The Betrayal Bond*, Dr. Carnes presents an in-depth study of these relationships; why they form, who is most susceptible, and how they become so powerful. Dr. Carnes also gives a clear explanation of the bond that compels people to tolerate the intolerable, and for the first time, maps out the brain connection that makes being with hurtful people comparable to 'a drug of choice.' Most importantly, Carnes provides practical steps to identify compulsive attachment patterns and ultimately to change or end them for good.

This new edition includes:

- New science for understanding how our brains can make a prison of bad relationships
- New assessments and insights based on 50,000 research participants
- A new section utilizing the latest findings in attachment research and narrative therapy to concretely rewrite and rescript bad experiences
- A redefinition of the factors contributing to addictive relationships

Russian: AST

**Jack Canfield and Miriam Laundry**  
***THE BIG, BAD BULLY***

**October 2019**



Self-esteem expert Jack Canfield and noted educational speaker Miriam Laundry reveal that the biggest bully in a child's world is not lurking around the corner but living inside her head.

Words have power. The words others say to us can either lift us as high as the clouds, or drop us down like a crashing plane. But what about the words we tell ourselves? What about that constantly running inner voice? In truth, what we say to ourselves impacts us even more than what others say to us.

*"Pigtails are for babies!" she snarled at me. Her words hurt more than the time I broke my arm. I quickly untied my hair. I wore my hair down for the rest of the school year.*

*That was the first time I met the Big Bad Bully. . . . She called me names like "fatty," "piglet" and "ugly." Things are worse now that I am in the 6th grade. Even when I don't see her, I can always hear the whispers, the giggles, and the growls.*

So goes the mesmerizing story of a young girl who grows up with a voice that ridicules and demeans her. In the end, we discover that her tormentor is staring back at her every day in the mirror.

Featuring stunning artwork, this small yet profound book is a tool for engaging children, young adolescents, parents, and caring adults about the impressions they make on themselves with their thoughts and self-talk. Included are powerful workbook exercises and resources for implementing healthy self-esteem habits that can last a lifetime.

**48 pages; 4/c throughout**  
**Ages 9-12**

**Tian Daton, Ph.D.**

**November 2019**

***THE SOULFUL JOURNEY OF RECOVERY***

**THE  
Soulful  
Journey OF  
Recovery**



Tian Dayton, PhD  
A GUIDE TO HEALING FROM  
A TRAUMATIC PAST FOR ACES,  
CODEPENDENTS, OR THOSE  
WITH ADVERSE CHILDHOOD  
EXPERIENCES

A dynamic, interactive, and personalized journey of recovery for those impacted by adverse childhood experiences (ACES). Finally, they can put their past behind them where it belongs!

For those who have grown up in a family with addiction, mental illness, or other adverse childhood experiences (ACES), the heartache and pain doesn't end when they grow up and leave home. The legacy can last a lifetime and spread to generations unseen.

Simple, poignant, penetrating, and on point, Dr. Dayton moves through the confusion, pain, and anger you may carry in secrecy and silence. Through engaging and enlightening exercises, you will give voice to hidden wounds and space to your innermost emotions and thoughts. Online links will also offer guided meditations, film clips and other tools to enhance the work you do in the book.

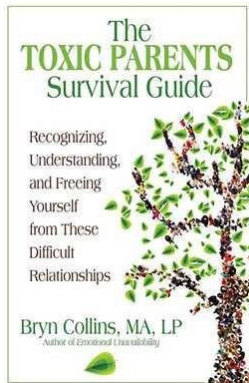
Tian Dayton, Ph.D., is a senior fellow at The Meadows. A creative arts therapist, she has an M.A. in educational psychology and a Ph.D. in clinical psychology and is a board-certified trainer in psychodrama. She is the author of 15 books including *Neuropsychodrama*, *The ACoA Trauma Syndrome*, *Emotional Sobriety*, *Trauma and Addiction*, *Forgiving and Moving On* and *The Living Stage*.

**272 pages.**

**Bryn Collins, MA., LP**

**October 2018**

**THE TOXIC PARENTS SURVIVAL GUIDE**



Psychologist Bryn Collins offers a guide on surviving toxic parents and moving past childhood pain into a healthier and happy adulthood.

Bryn Collins pulls back the layers to explore the very complicated relationship with an emotionally unavailable parent. Whether they were unavailable because of addiction, mental illness, or being overly controlling or an iceberg, this imminently practical book will help validate your frustration and emotional struggles, help you set clear boundaries, and learn how to un-mesh yourself and move forward to a place of strength and peace without any guilt. Using case studies, quizzes, and jargon-free concepts, Collins profiles the most common types of toxic parents and offers the tactics and tools you need to change and break free of these painful associations.

Your wounds can be healed and you can move forward. The Toxic Parents Survival Guide will help you find different ways of dealing with your parents' painful legacy so that you don't suffer and don't pass along emotional unavailability to the next generation or your current relationships.

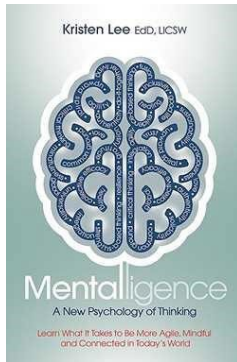
Bryn Collins, MA, LP, is a practicing psychologist and speaker on the issue of relationships.

**264 pages.**

German: Munchner Verlag

**Kristen Lee, EdD. LICSW**  
**MENTALLIGENCE**

**February 2018**



One of the greatest gifts we can give to ourselves is rethinking what we've been taught, because thoughts become behaviors. The same mind that gets us stuck is the same one that can set us free. We need a new organizing framework that allows more flexibility and moral grounding—one that lets science, emotion and spirit to fuse.

Too often, life's disorienting moments can leave us tumbling into messy, downward spirals. We lose clarity, and are held hostage by blind spots that keep us from thriving. In this uniquely liberating book, Dr. Kristen Lee teaches us how to apply a process of behavioral change using a series of different lenses, to steer our brains to overcome blind spots. We learn how to unlearn behaviors that no longer are relevant to our life and break free from society's expectations of what we should do to be perfect. Instead, she demonstrates how we can change our behavior and be more authentic in our life – resulting in our overall success and well-being.

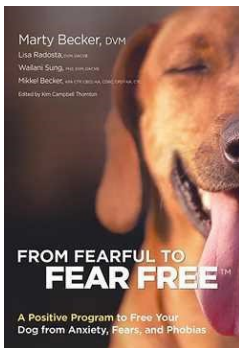
A leading expert on resilience and behavioral science, Dr. Kristen Lee developed this new psychology of thinking model from over twenty years of clinical practice, the latest neuroscience, and her own research findings. Rather than falling for predominant definitions of 'success' that leave us boxed in, depleted, and oblivious to ways we can work together, Mentalligence helps us find the thinking and behavioral agility to work towards better outcomes for all.

Dr. Kristen Lee is a recognized, award-winning clinician, author and Behavioral Science professor from Boston with more than twenty years in the field. Dr. Lee speaks around the globe with business leaders, educators, physical and mental health professionals and general audiences. Some of the venues she speaks at include Harvard University, Ted X, Virgin Pulse, and Johnson & Johnson.

**264 pages.**

**Marty Becker, DVM; Dr. Mikkei Becker; Dr. Lisa Radosta;  
and Dr. Wailiani Sung,  
FROM FEARFUL TO FEAR FREE**

**April 2018**



Almost every dog owner has a pet who suffers from fear, anxiety, and stress (FAS). They are the underlying cause of many concerning behaviors such as excessive barking, aggression, destructive behaviors, and house-soiling. They are also the source for deterioration of the human-animal bond. Left untreated, these negative experiences can lead to devastating consequences and permanent damage.

Finally, there's help. *From Fearful to Fear Free* is based on the groundbreaking Fear Free program embraced by tens of thousands of veterinary healthcare professionals and hundreds of thousands of pet owners (fearfreepets.com and fearfreehappyhomes.com). By knowing your dog's body language, vocalizations, and changes in normal habits, you can make an accurate diagnosis and take action to prevent triggers or treat the fallout if they do happen.

You'll learn:

- The most effective prescription sedatives for keeping dogs calm and happy during thunderstorms, fireworks, and other stressful events.
- The positive steps you can take to keep your pet occupied, calm, and content while you're away at work or play.
- Simple, practical tactics for helping your dog learn to love going to the veterinarian's office—literally pulling you into the practice instead of avoiding it!
- How to easily groom your dog and give him medication.
- Tips to tame the chaos when guests arrive in your home or when your dog encounters other dogs and people on walks.
- Ways to tackle some of the common behavior issues that often have a root cause of FAS, while also improving your communication and bond with your pet.

Dr. Marty Becker, is the founder of the Fear Free<sup>SM</sup> initiative, an educational certification program to train veterinarians and pet professionals to ease the fear, anxiety, and stress of the pets in their care.

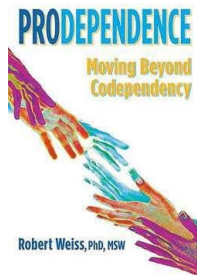
Mikkel Becker is the lead trainer for *FearFreePets.com* and specializes in reward-based training with a focus on helping animals (and their people) learn to calmly their fears and gain greater confidence, freedom and peace on the other side.

Dr. Lisa Radosta is a board-certified veterinary behaviorist and serves on the Fear Free<sup>TM</sup> Executive Committee and the AAHA Behavior Management Task Force. Dr. Wailiani Sung is a board-certified veterinary behaviorist and owner of All Creatures Behavior Counseling in Kirkland, Washington, where she focuses exclusively on treating behavior problems in dogs, cats, and birds.

**224 pages.**

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- Hungarian: Jaffa
- Polish: Galaktyka



With *Prodependence*, Dr. Robert Weiss offers readers the first fully new paradigm in over 35 years for helping those who love and care for addicts. An attachment-focused model, prodependence recognizes that no one can ever love too much, nor should anyone be pathologized for whomever they choose to love as is often the case. Prodependence informs caregivers how to love more effectively, but without having to bear a negative label for the valuable support they give. When treating loved ones of addicts and other troubled people using prodependence, we need not find something "wrong" with them. Instead, we acknowledge the trauma and inherent dysfunction that occurs when living in

relationship with someone whose

life is failing and keep moving forward. Validating a caregiver's painful journey for what it is opens the door to support them in useful, non-shaming ways. Helping people take incremental, positive steps toward intimate healing is what *Prodependence* is all about!

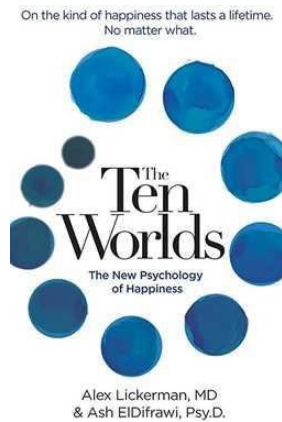
Robert Weiss is Senior Vice President of Clinical Development with Elements Behavioral Health. He founded the Sexual Recovery Institute in Los Angeles and has developed clinical programs for The Ranch in Nunnally, Tennessee, Promises Treatment Centers in Malibu, and the Sexual Recovery Institute in Los Angeles.

**176 pages.**



**Alex Lickerman, M.D. and Ash EIDifrawi, Psy.D.**  
***THE TEN WORLDS: The New Psychology of Happiness***

**October 2018**



What exactly is happiness that we spend our lives pursuing it more fiercely than anything else? The answer, Drs. Lickerman and EIDifrawi argue, is that happiness isn't just a good feeling but a *special* good feeling—in fact, the *best* good feeling we're capable of having.

Enduring happiness is something we all want yet many of us fail to achieve. In this highly engaging and eminently practical book—told in the form of a Platonic dialogue recounting real-life patient experiences—Drs. Lickerman and EIDifrawi assert that the reason genuine, long-lasting happiness is so difficult to achieve and maintain is that we're profoundly confused not only about how to go about it but also about what happiness *is*.

In identifying nine basic erroneous views we all have about what we need to be happy—views they term the core delusions—Lickerman and EIDifrawi show us that our happiness depends not on our external possessions or even on our experiences but rather on the beliefs we have that shape our most fundamental thinking. These beliefs, they argue, create ten internal life-conditions, or worlds, through which we continuously cycle and that determine how happy we're able to be.

Drawing on the latest scientific research as well as Buddhist philosophy, Lickerman and EIDifrawi argue that once we learn to embrace a correct understanding of happiness, we can free ourselves from the suffering the core delusions cause us and enjoy the kind of happiness we all want, the kind found in the highest of the Ten Worlds, the world of Enlightenment.

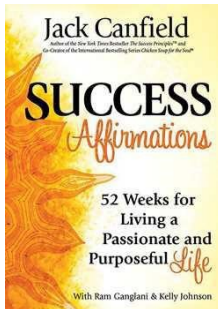
Alex Lickerman, MD, is a primary care physician, former assistant professor of medicine, former director of primary care, and former assistant vice president for Student Health and Counseling Services at the University of Chicago.

Ash EIDifrawi, MA, Psy.D., began his career as a practicing clinical psychologist before becoming a marketing executive for some of the most prestigious and innovative companies in the world. After transitioning to a career in marketing, Dr. EIDifrawi has held senior positions at companies including Google, McKinsey, Wrigley, Gogo, and currently Redbox.

**360 pages.**

**Jack Canfield; Kelly Johnson and Ram Ganglani**  
***SUCCESS AFFIRMATIONS***

**November 2017**



Jack Canfield is a master motivator, world-renowned teacher, and bestselling author of *The Success Principles*. In his book, *Success Affirmations*, he helps readers break through to new levels of passion, purpose, and prosperity with 52 affirmations and time-tested wisdom.

In our 24/7 world, where we move at warp speed, sometimes we let life happen to us instead of taking control of our direction. Other times, we suffer from information overload, and we fail to consciously control our positive thoughts, and we allow negativity to take over. For those who want to rise above, to get unstuck, or to catapult to a new level success, Jack Canfield will show you how positive affirmations can transform your life in extraordinary ways.

Canfield, with the help of esteemed co-authors Kelly Johnson and Ram Ganglani, explains what positive affirmations are (and what they are not), why they are so effective, and how to effortlessly integrate their practice into your life. Pulling the most effective tenets from his bestselling book *The Success Principles*, Canfield covers all areas of life, from financial prosperity and creative pursuits to your career and positive relationships. *Success Affirmations* reveals:

- How to avoid letting life just happen to you, and how to proactively go after your dreams
- How to use the power of deliberate thought to create the reality you want
- How to identify your true passions and purpose to direct your affirmations to concrete goals, not nebulous ideas or someone else's vision
- How to harness positive energy to attract what you want in your life through the Law of Attraction
- How to unplug from technology and plug into your true source of energy

And much more!

**240 pages.**

**Active licenses sold by HCI:**

Arabic: Jarir Bookstore

Greek: Diotra

Hindi: Prabhat Prakashan

Italian: Gribaudo

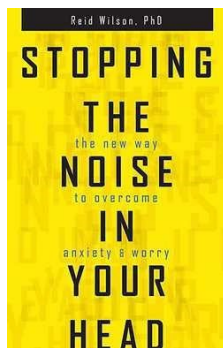
Japanese: Discover 21

Korean: Namu Books

Reid Wilson, Ph.D.

May 2016

***STOPPING THE NOISE IN YOUR HEAD***



Did you lock the door? Did you prepare enough? Will you get there on time? What if you forget? What if someone gets sick? Do you have enough money?

From the little daily naggings to the bigger life-impacting thoughts, worry can consume us. It's time to flip our perspective on this mental chatter and recognize that worry serves a purpose in our lives. In fact, worry can be healthy. In this groundbreaking book, anxiety expert Dr. Reid Wilson provides us with a step-by-step approach to overcoming anxiety and worry by moving *away* from comfort, confidence, and security...and willingly moving *toward* uncertainty, distress, and discomfort.

Drawing on a range of sources--from firefighters and fitness instructors to Sir Isaac Newton and Muhammad Ali--*Stopping the Noise in Your Head* demonstrates the importance of shifting our perspective and stepping toward our challenges in order to regain control of our lives. Learn to identify the difference between heart-racing, sweaty-palm Signals (I just missed the train!) and Noise (What if I miss the train?). Also use the power of perspective – this is hard and I can get through it”- to deal with anxiety.

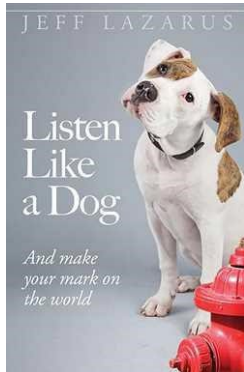
Reid Wilson, Ph.D., is an international expert in the treatment of anxiety disorders, with books published in nine languages. He is the author of *Don't Panic*, co-author of *Stop Obsessing!* and coauthor of *Anxious Kids*, *Anxious Parents*. Dr. Wilson is Director of the Anxiety Disorders Treatment Center in Chapel Hill, NC and is Adjunct Associate Professor of Psychiatry at the University of North Carolina School of Medicine.

**384 pages.**

Jeff Lazarus

**LISTEN LIKE A DOG**

April 2016



Listening is the key to true communication and Jeff Lazarus shows readers how to model communication skills on everyone's best friend – their dog.

When you talk to your dog, you feel free to say what you really feel about your struggles, fears, heartaches and joy. Talking to your dog makes you feel free to say whatever you want, without the burden of justifying your feelings, being witty or making a good impression. Even if you can't have a real discussion, when compared to conversations with humans you'd probably admit that dogs are the better communicators—paws down. Why? Because even though they don't speak our language, they *really* listen. *Listen Like a Dog* takes a fresh look at listening and we need go no further than the furry best friend at our feet. Dogs don't interrupt us, finish our sentences, offer advice, try to top our stories, or text us instead of talking to us. Dogs pay extremely close attention to us; they study our facial expressions, our body language, our eye movements, and our voice patterns. Dogs do not just listen with their ears, they listen with their *entire being*.

True listening can enhance every relationship in one's life, and can transform broken associations and inject new life into business and social interactions. It is the magic ingredient that forges real connections with others. People want good listeners in their inner circle, they want to do business with them, they trust them and will share critical information with them. That means the person who masters this skill has *enormous* advantages, both in business and in his or her personal life. By listening like a dog, readers will find renewed connection and a deeper sense of compassion, companionship and understanding with the people in their lives

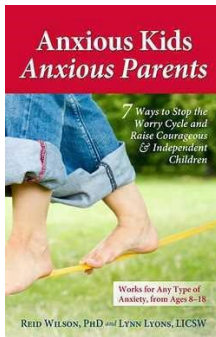
***"Listen Like a Dog offers a totally fresh perspective on attaining success in our personal and professional relationships. Jeff Lazarus gives you the tools to get out of your own way and experience the miracles that will come to you when you model the behavior of man's best friend. The witty and wise advice he offers will enable you to become a master communicator in almost any situation. Take the lead from your dog and reap the rewards." —Jack Canfield, co-creator of the Chicken Soup for the Soul series and creator of The Success Principles series***

Jeff Lazarus is a Health Science Consultant, serving as a scientific liaison to physicians, academicians, and health educators. As a five-time recipient of the Vice President's Award, he has earned "Hall of Fame" status. He has taught public speaking at the university level and conducted numerous workshops on listening, presentation skills, and customer engagement. His love for dogs is portrayed in the 2015 release, *Dogtology*, a whimsical exploration of humankind's fanatical devotion to dogs.

**264 pages.**

**Reid Wilson, Ph.D. and Lynn Lyons, LICSW**  
***ANXIOUS KIDS, ANXIOUS PARENTS***

**September 2013**



With anxiety at epidemic levels among children, *Anxious Kids, Anxious Parents* offers a contrarian yet effective approach to help children and teens push through their fears, worries, and phobias to ultimately become more resilient, independent, and happy.

How do you manage a child who gets stomachaches every school morning, who refuses after-school activities, or who is trapped in the bathroom with compulsive washing? Children like these put a palpable strain on frustrated, helpless parents and teachers.

Drawing on the latest research and on their success with hundreds of organizations, schools, and families, Reid Wilson, PhD, and Lynn Lyons, LICSW, share their unconventional approach to anxiety disorders of children. They provide a concrete 7-step program that will foster change in both the children's *and* the parental patterns of thinking and behaving.

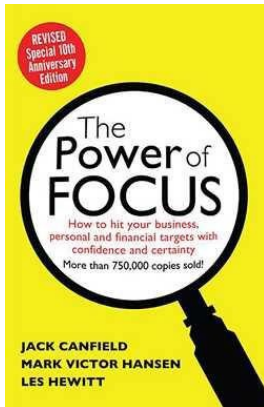
Lynn Lyons, LICSW, is a licensed clinical social worker and psychotherapist in private practice. She specializes in the treatment of anxiety disorders in adults and children, including generalized anxiety, phobias, social anxiety, obsessive compulsive disorder, and performance anxiety. Reid Wilson, PhD, is a licensed psychologist who directs the Anxiety Disorders Treatment Center and is the Clinical Associate Professor of Psychiatry at the University of North Carolina School of Medicine. Dr. Wilson has written two well-received publications in the field of anxiety, translated into nine languages and endorsed by the most highly esteemed professionals in the field. He is author of *Don't Panic: Taking Control of Anxiety Attacks* and the coauthor of *Stop Obsessing! How to Overcome Your Obsessions and Compulsions*.

**288 pages.**

German: Mankau Verlag

**Jack Canfield; Mark Victor Hansen; Les Hewitt**  
***THE POWER OF FOCUS, REVISED ANNIVERSARY EDITION***

**March 2012**



More than 600,000 people around the world have been captivated by the simple, practical, and profound strategies contained in the original bestseller, *The Power of Focus*. Now a decade later, authors Jack Canfield, Mark Victor Hansen, and Les Hewitt have joined forces to create a special 10th Anniversary Edition of this enduring classic.

Each of these masters of business and personal development provides a crystalclear picture of why your ability to focus is even more vital today in determining your future success. Readers will discover:

- The keys to prosperity in a turbulent economy
- A personal look at the last ten years through the experienced eyes of Jack Canfield, Mark Victor Hansen, and Les Hewitt: Insights on where to sharpen your focus, capitalizing on the new currency in business, and a Reality Check questionnaire to help you focus and follow through
- How to dramatically leverage your income using relationships and technology
- Inspiring success stories from readers who have implemented *The Power of Focus* strategies

The book also offers a free comprehensive workbook containing simple Action Steps to help you maximize *The Power of Focus* in your business and personal life.

**384 pages.**

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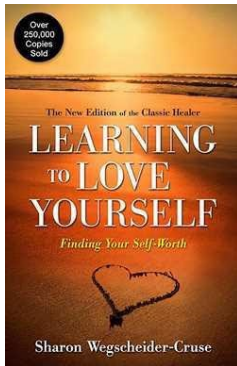
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Greek: Dioptra Publishing

**Sharon Wegscheider-Cruse**

**May 2012**

***LEARNING TO LOVE YOURSELF, Revised***



A blueprint for creating your own self-worth and healing from a dysfunctional upbringing by a renowned therapist.

We all come into this world full of promise and possibility. For some, when born into a healthy and highly functional family, the journey is quite easy, with guideposts and directions given freely. However, for the millions of people who grew up in painful families, whether by absent parents, abusive parents, or those who were ill-equipped, Sharon Wegscheider-Cruse shows that they do not have to follow a family tradition of compulsion or addiction.

In the revised edition of the classic *Learning to Love Yourself*, Wegscheider-Cruse explains that it is possible to create our own self-worth at any time in our lives, even as adults. She guides readers on a journey to greater self-worth, explaining how to eliminate toxic self-defeating messages, how to choose healthier, new perspectives, and how to reinvent yourself each day open to a world of possibilities

Sharon Wegscheider-Cruse is a family therapist, businesswoman, and founder of Onsite Training and Consulting. She is the author of twenty-three books, including five bestsellers, translated into thirteen languages, most notably *Another Chance: Hope and Health for the Alcoholic Family*, *Learning to Love Yourself*, and *Choicemaking*. She has developed programs in the United States, Europe, Canada, Australia, and New Zealand.

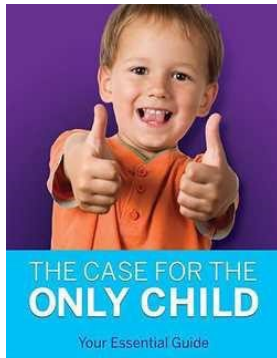
**146 pages.**



**Dr. Susan Newman, Ph.D.**

**June 2011**

***THE CASE FOR THE ONLY CHILD***



Susan Newman, Ph.D.,  
Author of Psychology Today's "Singletons" blog

In this classic book, Dr. Susan Newman examines the myths about having an only child and helps parents decide what is best for their family and circumstances.

Many parents wrestle with having a second child and wonder if their only child will be lonely, spoiled, bossy, or selfish? Despite the personal distress and pressure to have a second baby, the number of women having an only child has more than doubled in the last two decades. What most people don't realize is that one-child families outnumber families with two children and have for more than two decades.

In *The Case for the Only Child*, Newman walks parents (and future parents) through the long list of factors working for and against them as well as highlights the many positive aspects of raising and being a singleton. Although each situation is unique, the profound confusion surrounding having a second child is similar. It is one of the most difficult and life-altering choices parents face. Adding to one's family dramatically changes one's life and the life of one's firstborn forever. What will a person give up in time, money, freedom, intimacy, and job advancement with another child in the household? What will they gain? *The Case for the Only Child* helps explore and resolve these perplexing questions.

Susan Newman, Ph.D., is a social psychologist and the author of 15 non-fiction books about parenting and issues affecting family life. She taught at Rutgers University and is a featured speaker/workshop facilitator on family life and children's issues. Susan is the author of the classic book *Parenting the Only Child* and blogs for *Psychology Today* magazine.

**264 pages.**

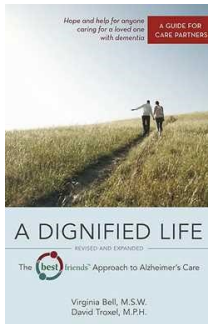
**Sold to:**

Romanian: Editural Trei



**Virginia Bell, M.S.W. and David Troxel, MPH**  
***A DIGNIFIED LIFE, Revised and Expanded Edition***

**October 2011**



A practical and essential guide for caretakers of more 44 million people worldwide who are living with Alzheimer's. By the year 2030, experts estimate that as many as 66 million people around the world will be faced with this lifealtering disease. These staggering statistics impact millions of caregivers, too. Compared with all types of caregivers, those who assist someone with dementia experience the highest levels of burnout, depression, poor health, and premature death. *A Dignified Life, Revised and Expanded* offers hope and help with a proven approach.

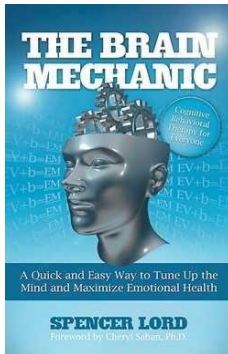
Ten years ago, the first edition of *A Dignified Life* changed the way the caregiving community approached Alzheimer's disease by showing caregivers how to act as a Best Friend to the person, finding positive ways to interact even as mental abilities declined. Firmly grounded in the latest knowledge about the progression and treatment of dementia, this expanded edition offers a wealth of immediately usable tips and new problem-solving advice. It incorporates practical ideas for therapeutic activities—including the latest brain-fitness exercises—stimulate the brain while adding structure, meaning, and context to daily routines. With new stories and examples as well as an updated resources section, *A Dignified Life, Revised and Expanded* gives caregivers the support and advice they need to be successful and inspired in their demanding roles.

Virginia Bell, MSW, is a pioneer in the dementia care field, having founded one of the first dementiaspecific adult day programs, the award-winning Helping Hand Adult Day Center, which for more than twenty-five years has been a model for other programs nationally. She has published numerous journal articles and book chapters and has coauthored five books with David Troxel. David Troxel, MPH, is a consultant on dementia care, staff development, and training for the long-term care industry. He served for a decade as President and CEO of the California Central Coast Alzheimer's Association (1994– 2004) and was previously Executive Director for the Lexington/Bluegrass Chapter (KY) of the Alzheimer's Association.

**336 pages.**

**Spencer Lord**  
***THE BRAIN MECHANIC***

**January 2011**



A fascinating look at how cognitive behavioral therapy (CBT) has the incredible power to change the way we think, perceive, and react to stress—for the better, by a leading expert.

You have the incredible power to change the way you think, perceive, and react to stress—for the better—through Cognitive Behavioral Therapy ("CBT"). CBT has been known to be widely successful in the treatment of problems associated with anxiety, anger, depression, mood, personality, addiction, weight, insomnia; and many other emotional disturbances. Until recently, access to CBT was only available through professional therapy. Now with *The Brain Mechanic*,

Spencer Lord delivers a concise, humorous, and easy-to-use handbook that demystifies cognitive behavioral therapy for the lay user. With simple exercises, clear explanations, and helpful insight, Lord makes it easy for people to fit this technique into their daily lives, improve their mood, broaden their communication skills, and enrich their relationships.

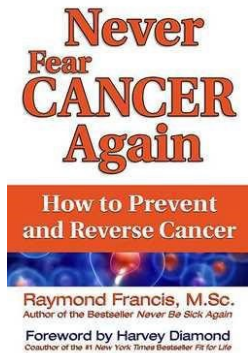
The book breaks down the science of cognitive behavioral therapy and turns it into actionable techniques that work immediately, including introducing "emotional algebra" for solving behavior issues in minutes. It also provides practical techniques which can simply and effectively combat anxiety, anger, and a number of other emotional problems. Finally, Spencer Lord provides customizable mental exercises for people of every age, background, and pace of lifestyle.

Spencer Lord traveled throughout Asia—teaching ESL, and working for Mother Teresa in Calcutta, India, before his interest was sparked in cognitive psychology.

**144 pages.**

Raymond Francis, M.Sc.  
*NEVER FEAR CANCER AGAIN*

August 2011



A proven guide to preventing and reversing cancer from an internationally recognized leader in the field of optimal-health maintenance.

Most cancer research dollars have been wasted by asking the wrong questions, looking in the wrong places, and recycling the same failed approaches while expecting different results. Conventional cancer treatments damage health, cause new cancers, lower the quality of life, and decrease the chances of survival. In fact, most people who die from cancer are not dying from cancer, but from their treatments!

The good news is that we can end the cancer epidemic. In *Never Fear Cancer Again*, readers will gain a revolutionary new understanding of health and disease and will come to understand that cancer is a *biological process* that can be turned on and off, not something that can be surgically removed or destroyed with radiation or toxic chemicals. So whether cancer has already been diagnosed or if prevention is the concern, it is possible to turn off the wayward production of these malfunctioning cells once and for all by reading this book and implementing its strategies.

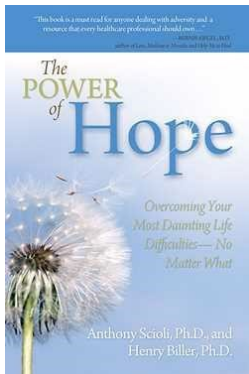
The key to any disease has one simple cause: malfunctioning cells that are created by either deficiency or toxicity. By switching off the malfunctioning cells, you switch off the cancer. *Never Fear Cancer Again* guides readers along six pathways that cause deficiency or toxicity at the cellular level: nutritional path, genetic path, medical path, toxin path, physical path, and the psychological path. By making key lifestyle changes, people truly have the power to take control of cancer and transform their health. This radically different, yet holistic approach restored author Raymond Francis back to health just as it has helped thousands of others, many of whom were told they had no other options or that their cancer was incurable. Take back your health with this book and never fear cancer again.

Raymond Francis is the author of the bestselling books *Never Be Fat Again* and *Never Be Sick Again*. Francis is also the creator of a revolutionary and simplified understanding of disease, the Beyond Health Model, which employs the concept of One Disease with Two Causes and Six Pathways. An in-demand speaker, Francis has been a guest on over 2,000 radio and television shows. His books have been translated into Chinese, Polish, Romanian, French and Turkish.

**384 pages.**

**Anthony Scioli, Ph.D. and Henry Biller, Ph.D.**  
***THE POWER OF HOPE***

**April 2010**



This classic bestseller is an inspirational book designed to combat a global “hope shortage” and speaks to what we’re all going through during these tough times of political, social, economic and emotional upheaval – and then there’s this never-ending pandemic.

Following in the footsteps of successful inspirational books like *The Power of Positive Thinking* and *The Purpose Driven Life*, *The Power of Hope* is the definitive guide for understanding, developing, and strengthening our most important emotion: Hope. Anthony Scioli, Ph.D., and Henry Biller, Ph.D., two renowned clinical psychologists, offer thought-provoking insights, compelling case studies, and practical “hope” exercises rooted in spirituality, religion, psychology, and philosophy, as well as their own personal stories of resilience. The result: a deeper assimilation of hope in daily life.

In *The Power of Hope*, readers will encounter:

- Strategies for overcoming nine kinds of hopelessness as well as for combating depression and suicide
- Advice on utilizing hope to manage the “day-to-day”—from work and relationships to serious illness, grief, or loss
- Ways in which hope can impact overall health, exercise, and diet
- Hope self-assessments, including a hope provider and spiritual intelligence scale

Whether one is dealing with a serious health issue, a traumatic past, or just trying to thrive in a time of political and economic unrest, hope is the key to fostering success, love, and survival. *The Power of Hope* will inspire readers with renewed faith and possibility.

Anthony Scioli, Ph.D., is professor of clinical psychology at Keene State College as well as a member of the graduate faculty at the University of Rhode Island. Dr. Scioli completed Harvard fellowships in human motivation and behavioral medicine, and is listed in *Who's Who in America*. He co-authored the chapter on emotion for the *Encyclopedia of Mental Health* and has served on the editorial boards of the *Journal of Positive Psychology* and the *Psychology of Religion and Spirituality*. Considered to be one of the world's leading researchers of hope, Dr. Scioli has consulted to various NBC and CNN affiliates as well as WebMD on matters such as depression, coping, and trauma, and psychological adjustment in the aftermath of 9/11.

Henry Biller, Ph.D., is professor of clinical psychology at the University of Rhode Island and has been involved in training mental health professionals for more than forty years. He has written eleven books, including *Father Power*, *Stature and Stigma*, and *Creative Fitness*.

**408 pages.**

**Sold to:**

Hebrew: Oram

ADULT CHILDREN OF ALCOHOLICS SERIES

**Lifeskills  
for  
Adult  
Children**



From the author of the *New York Times* bestseller *Adult Children of Alcoholics* – a practical book that affirms and encourages adults by developing skills for living.

Adult children of alcoholics come from profoundly troubled families and never learned the skills they need to navigate life. In this book, Dr. Woititz and Alan Garner provide those missing skills needed to make life work including how to:

- meet people and make friends
- identify your feelings and express them
- set up boundaries and defend them
- work out your problems with others
- handle criticism
- learn to say NO
- end visits, conversations or relationships when they threaten your well-being.

Drawing on real-life examples, the book offers lessons and exercises to help you practice your new skills. Examples are provided to help clarify the lessons and exercises are given to help you practice your new skills.

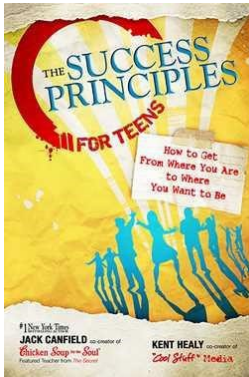
Janet Woititz is the author of *Adult Children of Alcoholics*, which was on the *New York Times* bestseller list for over a year. She wrote several other books, including *The Self-Sabotage Syndrome*; *The Struggle for Intimacy*; *Marriage on the Rocks*; *Healing Your Sexual Self* and many others.

Alan Garner, M.A. is a nationally-known relationship-skills trainer and the author of several books including the million-copy selling *It's OK To Say No To Drugs*, a parent/child manual.

**120 pages.**

**Jack Canfield and Kent Healy**  
***THE SUCCESS PRINCIPLES FOR TEENS***

**April 2008**



For readers of *7 Habits of Highly Effective Teens*, and following the mega success of *The Success Principles*, Jack Canfield and Kent Healy offer success strategies for teens.

Many teens feel lost when it comes to setting powerful goals and creating the life they really want. Jack Canfield, co-creator of the famed *Chicken Soup for the Soul* series has teamed up with successful author and young entrepreneur Kent Healy to design a fun and engaging teen-friendly book that offers the timeless information and inspiration to get from where you are to where you really want to be.

*The Success Principles for Teens* is a roadmap for every young person. It doesn't matter if your goal is to become a better student or athlete, start a business, make millions of dollars, or simply find guidance and direction, the principles in this book always work, if you work the principles. This is not merely a collection of 'good ideas.' This book includes twenty-three of the most important success strategies used by thousands of exceptional young people throughout history.

With the right tools, anyone can be successful. This book will give teens the courage and the heart to get started and get ahead.

Jack Canfield is an award-winning speaker and an internationally recognized leader in personal development and peak performance strategies. As the co-creator of the *Chicken Soup for the Soul*® series, he's taught millions of individuals his formulas for success. He is the author and co-author of more than 150 books (including 66 bestsellers) with more than 100 million copies in print in 47 languages around the world. His bestselling book, *The Success Principles* has been hailed as the new self-improvement classic.

This book has been selling steadily since its initial 2008 pub date and still ranks in the top 100 on Amazon – over a decade after publication,

**272 pages.**

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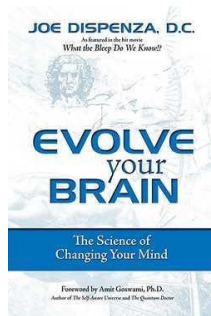
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- Hindi: MyMirror Publishing
- Marathi: MyMirror Publishing

**Joe Dispenza, D.C**

**October 2008**

***EVOLVE YOUR BRAIN: The Science of Changing Your Mind***



If we modify our thoughts, does our reality change?

Joe Dispenza, D.C., has spent decades studying the human mind---how it works, how it stores information, and why it perpetuates the same behavioral patterns over and over. *Evolve Your Brain* presents this information in depth, while helping you take control of your mind, explaining how thoughts can create chemical reactions that keep you addicted to patterns and feelings----including ones that make you unhappy. And when you do know how these bad habits are created, it's possible not to only break these patters, but also reprogram and evolve your brain, so that new, positive, and beneficial habits can take over. And when we truly change our mind, we change our life.

Dr Joe Dispenza is an international lecturer, researcher, corporate consultant, author, and educator who has been invited to speak in more than 33 countries on six continents. As a lecturer and educator, he is driven by the conviction that each of us has the potential for greatness and unlimited abilities. In his easy-to-understand, encouraging, and compassionate style, he has educated thousands of people, detailing how they can rewire their brains and recondition their bodies to make lasting changes. He is the *New York Times* bestselling author of *Becoming Supernatural* and *Breaking the Habit of Being Yourself*.

***Over 100,000 copies in print.***

***528 pages.***

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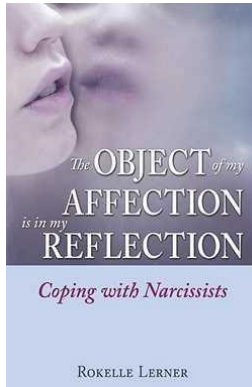
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- Lithuanian: Mijalba
- Portuguese (B): Citadel



**Rokelle Lerner**

**October 2008**

***THE OBJECT OF MY AFFECTION IS IN MY REFLECTION***



In her latest book, relationship expert Rokelle Lerner, tackles the innerworkings of narcissism and offers compassionate and realistic advice for surviving a relationship with those afflicted with this personality disorder.

A narcissist can make life exhilaratingly exciting one minute, and sheer hell the next. A narcissist has no qualms about taking another's money, love, admiration, body or soul to satisfy their unquenchable hunger. They are not inherently evil, but unfortunately their wounds compel them to act in ways that are sometimes unconscionable, damaging, and ultimately tragic. Whether a mother-in-law, friend, co-worker or boss, sometimes it's impossible to avoid narcissists, so instead of being miserable or taken

advantage of, Rokelle Lerner shares her insights on the dynamics behind this personality disorder to give

readers the tools to cope with narcissists, including:

- Learning to see narcissists as they see themselves
- Creating defense factors to ward them off
- Maintaining a balanced relationship based on mutual love, not one-sided narcissism

Rokelle Lerner is a psychotherapist, international consultant and lecturer on relationships, women's issues and family systems. Ms. Lerner is the co-creator and facilitator of the InnerPath Programs for Cottonwood de Tucson. Over the last fifteen years Rokelle has worked as a consultant in London for Spring Workshops Ltd and has created seminars for men and women in recovery from trauma, addiction and relationship issues.

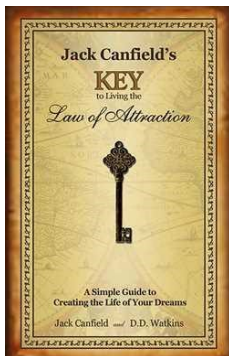
**456 pages**



**Jack Canfield**

**December 2007**

***JACK CANFIELD'S KEY TO LIVING THE LAW  
OF ATTRACTION***



Long before he was the co-creator of the *Chicken Soup for the Soul* series, Jack Canfield was a master motivator, teacher, and a self-esteem trainer. In this book, Jack Canfield helps readers apply the principles of the famed Law of Attraction to their lives.

Canfield covers all areas of life -- from career and creative pursuits to health, financial prosperity and winning relationships -- and guides readers to understand how the Law of Attraction works in their lives through reprogrammed, interactive prescription. In addition, Canfield discusses:

- How not to let life 'happen' to you, but to be a pro-active agent in your destiny
- Orchestrating positive changes to make yourself a magnet to the Law of Attraction
- Connecting your bundle of intelligent energy for optimum, life-changing results. and much more

**144 pages.**

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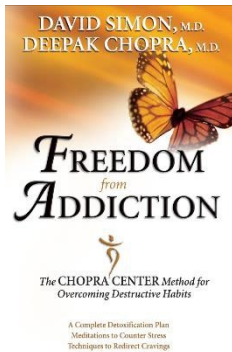
Vietnamese: Thaihabooks

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Thai: Read It

**David Simon, M.D. and Deepak Chopra, M.D.**  
***FREEDOM FROM ADDICTION: The Chopra Center Method***  
***for Overcoming Destructive Habits***

**November 2007**



Millions of people have embarked on a Twelve-Step Program, whether it's Alcoholics Anonymous, Nicotine Anonymous, or Alateen. However, there are millions of others who are unable or unwilling to accept these programs because of religious overtones or a rigid approach to recovery.

Deepak Chopra and David Simon contend that Twelve-Step methods don't work for everyone because they emphasize personal powerlessness; it's this admission of powerlessness that keeps many people from ever truly healing. In *Freedom from Addiction*, Chopra and Simon offer a new way—a *proven* method based on the program at the renowned Chopra Center in Carlsbad, California. Combining the best of eastern and western medicine, they teach readers how to cleanse their bodies and minds through nutrition, supplements, and meditations, and they walk readers through their 7-Step Framework:

1. Commit to transformation
2. Commit to ending repeat mistakes
3. Face the harsh reality of the past
4. See the infinite possibilities available in the present moment
5. Envision where you want to be
6. Ask yourself what choices need to be made to actualize vision
7. Create an action plan

Through his creation of the Chopra Center for Well Being in California in 1995, Deepak Chopra established a vehicle for the expansion of his healing approach using the integration of the best of western medicine with natural healing traditions. Chopra is known as the prolific author of more than forty-two books. As cofounder (with Deepak Chopra) and medical director of the Chopra Center, Dr. David Simon is the driving force behind the Center's development, training, and implementation of programs and seminars in mind-body medicine, emotional healing, and spirituality.

**256 pages.**

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**William Arntz**

**April 2007**

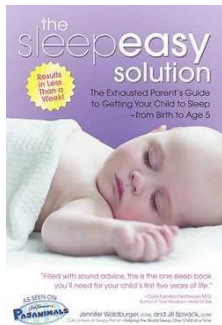
***WHAT THE BLEEP DO WE KNOW***

*What the Bleep Do We Know!?* is a book of amazing science that takes the reader through the looking glass of quantum physics into a universe that is more bizarre and alive than ever imagined.

Hundreds of years ago, science and religion split apart; they became antagonists in the great game of explanation and discovery. But science and religion are two sides of the same coin. They both help explain the universe, our place in the great plan and the meaning of our lives. In fact, they can only begin to do that adequately when they work *together*. With researchers and theoretical scientists leading the way, the book leads us to ask great questions like:

- What is a thought made of? What is reality made of? And most important, how does a thought change the nature of reality?
- A higher power exists, but is it truly out there? Where is the dividing line between out there and in here?
- If thoughts are more than random neural firings, then is consciousness more than an anatomical accident?

William Arntz, a research physicist and spiritual seeker, created one of the world's most widely used pieces of software. He retired and became interested in uniting his four great passions: leading edge science, spiritual inquiry, filmmaking and compute



Parents everywhere -- even Hollywood's biggest stars -- face the same dilemma: "How do I get my child to sleep?" The answer is *The Sleepeasy Solution*.

Psychotherapists and sleep specialists Jennifer and Jill, the dynamic "girlfriends" all of Hollywood calls on to solve their kids' sleep problems, have perfected their sleep technique that will get any child snoozing in no time—most often in fewer than three nights. The key to their method? It addresses the emotional needs of both the parent and child (yes, how to handle the crying!)—a critical component of why most other sleep methods fail.

In this much-needed, family-friendly guide, weary parents will learn to define their own individual sleep goals, those that work for their family's schedule and style. They'll create a customized "sleep planner" to ensure consistency with both parents as well as extended caregivers. With comprehensive sections devoted to each stage of Baby's and Toddler's development, plus solutions to special circumstances like traveling, daylight saving's time, moving to a "big kid bed" and multiples, *The Sleepeasy Solution* is a dream come true!

***"This approach was truly amazing in helping our family to thrive. . . . We are eternally grateful!"***

**—Ben Stiller and wife, Christine Taylor, actors**

***"With their gentle approach, Sleepeasy gave us the tools we needed to solve our daughter's sleep problems."*** —Conan O'Brien, host of NBC's Late Night with Conan O'Brien

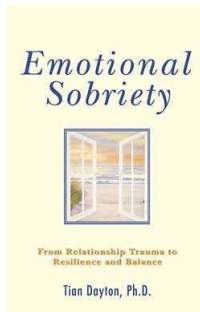
***"Sleepeasy gave us all the tools we needed to get our baby sleeping through the night. Now when we say good night to our daughter, we know it really will be a good night."*** —Greg Kinnear, actor

Jennifer Waldburger, LCSW, is a trained psychotherapist and partner of Sleepy Planet, the preeminent parenting/sleep company in Los Angeles. Jill Spivack, LMSW, is a psychotherapist who worked as a pediatric sleep consultant who co-founded Sleepy Planet, Inc.

**314 pages.**

**Sold to:**

- Turkish: Peta Kitap



Picking up right at the point where Janet Woititz's book *Adult Children of Alcoholics* left off, clinical psychologist Tian Dayton's latest contribution contains fresh perspectives and new analysis on how to gain back emotional stability after growing up with the trauma of addiction, abuse, and dysfunction.

Dr. Dayton accomplishes this by presenting and explaining the latest research in neuropsychology and the role trauma plays on chemically altering the brain. With compassion and clear explanations and her own personal journey, Dayton teaches readers how to undo the neuropsychological damage of trauma to rewire the brain and reverse the negative effects trauma has on our future relationships and behaviors to gain emotional sobriety.

In *Emotional Sobriety*, Dr. Dayton teaches readers:

- How to understand the mind/body relationship of addiction and relationship trauma
- How to rewire your brain to undo the negative effects trauma has on personal, career, and romantic relationships
- How changing the way one lives and perceives adult relationships can change the way one thinks and feels and vice versa

Tian Dayton, Ph.D., TEP, holds a doctorate in clinical psychology, a master's in educational psychology and is a certified trainer and practitioner of psychodrama, sociometry and group psychotherapy. A fellow of the American Society of Psychodrama, Sociometry and Group Psychotherapy, she is in private practice in New York City. She is the author of thirteen books.

**320 pages.**

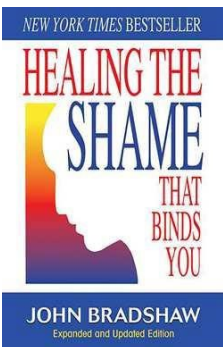
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**John Bradshaw**

**October 2005**

***HEALING THE SHAME THAT BINDS YOU***



A classic book on confronting and ending the toxic shame that prevents you from living a peaceful, joyful life by bestselling author John Bradshaw.

*Healing the Shame That Binds you* shows how shame is the motivator behind our toxic behaviors. Compulsion, co-dependency, addiction and drive to super achieve is what breaks down the family and destroys personal lives. John Bradshaw helps readers to identify their personal shame, understand the underlying reasons for it, address these root causes and release themselves from the shame that binds them to their past failures. This is the way to leave destructive behaviors behind and move towards a more fulfilling and happy

future.

John Bradshaw, now deceased, was the author of five *New York Times* bestsellers, *Bradshaw On: The Family*, *Healing the Shame That Binds You*, *Homecoming*, *Creating Love*, and *Family Secrets*. He created and hosted four nationally broadcast PBS television series based on his best-selling books. John pioneered the concept of the "Inner Child" and brought the term "dysfunctional family" into the mainstream. He has touched and changed millions of lives through his books, television series, and his lectures and workshops around the country.

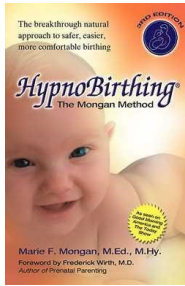
**336 pages**

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- Arabic: Afaq Publishing
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- Vietnamese: Tre Publishing

**Marie Mongan, M.Ed., M.Hy.**  
***HYNOBIRTHING***

**May 2005**



A groundbreaking and practical program that makes the birth experience pain free and joyful for mother, baby, and family.

Childbirth is not supposed to be a terrible, painful experience, so why is it such a traumatic event for so many women? The answer is simple: because mothers are fearful of the process and that fear causes three physical reactions in the body—tightening of the muscles, reduced blood flow, and the release of certain hormones— which increase the pain and discomfort of childbirth.

Hypnobirthing® is a tried and proven method that guides and prepares a woman in giving birth in a peaceful and beautiful manner. It is a program that considers the psychological, as well as the physical, well-being of the mother, her birth partner, and the newborn, independent of context, whether that be in the quiet of a home, a hospital, or a birth center. The Hypnobirthing® program includes special breathing, relaxation, visualization, meditative practice, attention to nutrition and positive body toning. Most importantly it fosters an air of mutual respect for the birthing family, as well as the health-care provider in a traditional health-care system or an alternative setting.

Hypnobirthing® drastically reduces the pain of labor and childbirth. It almost always eliminates the need for drugs. It reduces the need for caesarian or other doctor-controlled birth interventions. And it speeds recovery time, allowing for better and earlier bonding with the baby, which has been proven to be vital to the mother-child bond. The book provides a complete introduction to hypnobirthing, giving the science and history behind the technique with practical instruction for pregnancy, labor, and the birth itself. The book also includes an audio CD with guided relaxation exercises.

Marie Mongan, M.Ed., M.Hy., is a life-long educator, former college dean, clinical hypnotherapist, and Director of the Hypnobirthing Institute. She is the recipient of the 1995 National Guild of Hypnotists President's Award and received the coveted Charles Tebbetts Award in 2000 for the recognition she has brought to hypnotherapy.

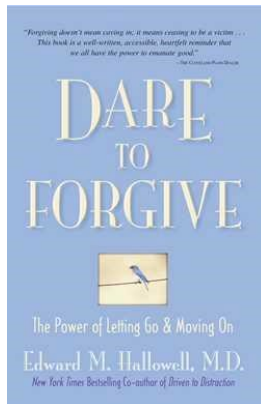
**328 pages.**

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- Korean: Shanti

**Edward M. Hallowell, M.D.**  
***DARE TO FORGIVE***

**March 2004**



A renowned psychologist illustrates the power of forgiveness in our lives and explains how it can change our lives for the better.

Forgiveness is not turning the other cheek, it is not running away and it does not mean that you condone what someone has done, nor does it invite him or her to do it again. Forgiveness doesn't mean that you don't want an offender to be punished, it doesn't mean that you'll forget the offense, or that by forgiving you tacitly invite bad things to happen again. And forgiving doesn't mean you won't defend yourself or that you must love (or stop disliking) the person you are forgiving.”

In other words, forgiveness is not a sign of weakness but of strength. It's also healthy, brave, contagious, and sets you free. In this book, Dr. Hallowell not only explains why forgiveness is one of the best things you can do to heal your body and mind; he also offers a practical, four part plan for achieving it. True stories illustrate the power of forgiveness in real lives, from a wife who forgives the hurtful words of her husband to a mother who forgives the man who kidnapped and murdered her daughter.

Dr. Hallowell's unique 4-step plan for conquering feelings of anger and resentment will result in allowing you to forgive and free yourself of negative, painful emotions.

Dr. Edward Hallowell is a psychologist and internationally recognized expert on ADD and other behavioral problems. He is an instructor at Harvard Medical School and director of The Hallowell Center for Cognitive and Emotional Health.

**272 pages.**

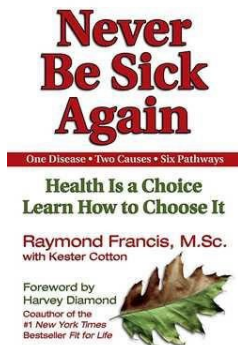
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**Raymond Francis, M.Sc. with Kester Cotton**  
**NEVER BE SICK AGAIN**

**September 2002**



A revolutionary approach to health that demonstrates that almost all disease can be both prevented and reversed.

One day Raymond Francis, a chemist and a graduate of MIT, found himself in a hospital, battling for his life. The diagnosis: acute chemical hepatitis, chronic fatigue, multiple chemical sensitivities, and several autoimmune syndromes, causing him to suffer fatigue, dizziness, impaired memory, heart palpitations, diarrhea, numbness, seizures and numerous other ailments. Knowing death was imminent unless he took action, Francis decided to research solutions for his disease himself.

In *Never Be Sick Again*, Francis presents a revolutionary theory of health and disease: there is only one disease (malfunctioning cells), only two causes of disease (deficiency and toxicity), and six pathways to health and disease (nutrition, toxins, psychological, physical, genetic, and medical). This remarkable book answers the questions: What is health? What is disease? Why do people get sick? How can disease be prevented? How can it be reversed? It will teach readers, in one easy lesson, an entirely new way to look at health and disease — an approach that is easy to understand, yet so powerful that they may, indeed, never have to be sick again.

Raymond Francis is an internationally recognized leader in the field of optimal-health maintenance. He is the author of the bestselling books *Never Be Fat Again* and *Never Fear Cancer Again*, a breakthrough book on how to prevent and reverse cancer. Francis is the creator of a revolutionary and simplified understanding of disease, the Beyond Health Model, which employs the concept of One Disease with Two Causes and Six Pathways. After a miraculous recovery from a terminal disease diagnosis in 1985, Francis devoted himself to improving the health of people everywhere.

An in-demand speaker, Francis has been a guest on over 2,000 radio and television shows. His books have been translated into Chinese, Polish, Romanian, French and Turkish.

**416 pages.**

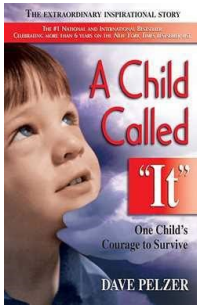
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**Dave Pelzer**

**September 1995**

***A CHILD CALLED "IT"***



The internationally bestselling book (that was nominated for a Pulitzer Prize) that chronicles the unforgettable account of one of the most severe child abuse cases in California history. It is the story of Dave Pelzer, who was brutally beaten and starved by his emotionally unstable, alcoholic mother: a mother who played tortuous, unpredictable games--games that left him nearly dead. He had to learn how to play his mother's games in order to survive because she no longer considered him a son, but a slave; and no longer a boy, but an "it."

Dave's bed was an old army cot in the basement, and his clothes were torn and raunchy. When his mother allowed him the luxury of food, it was nothing more than spoiled scraps that even the dogs refused to eat. The outside world knew nothing of his living nightmare. He had nothing or no one to turn to, but his dreams kept him alive--dreams of someone taking care of him, loving him and calling him their son.

Dave Pelzer travels throughout the nation promoting inspiration and resilience. His unique accomplishments have garnered personal commendations from Presidents Reagan and Bush. In 1993 Pelzer was chosen as one of the Ten Outstanding Young Americans (TOYA), and in 1994 was the only American to receive The Outstanding Young Persons of the World (TOYP) award. He was also a torchbearer for the Centennial Olympic Games.

*The book has sold over 6 million copies in the U.S. alone and the last reprint of the book was in November 2019 for 50,000 copies.*

**208 pages.**

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French Canada: Beliveau Editeur

German: Arkana

Polish: Proszynski

Swedish: Forum

Turkish: Koridor

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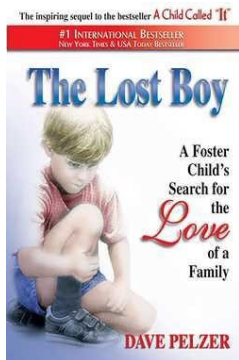
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**Dave Pelzer**  
***THE LOST CHILD***

**August 1997**



The sequel to Dave Pelzer's bestselling book *A Child Called "It"*

*The Lost Boy* is the story of a young boy who never had a loving home. His only possessions were the old, torn clothes he carried in a paper bag. The only world he knew was one of isolation and fear. Although others had rescued this boy from his abusive alcoholic mother, his real hurt was just beginning -- he has no place to call home.

The book chronicles how Dave was finally rescued by teachers, social workers and foster parents from one of the most severe cases of child abuse documented in the State of California. It follows Dave's life from the ages of 12 through 18 from his placement in foster care to his enlistment in the U.S. Air Force. It is a story of indomitable spirit, unyielding faith and courage. It is also a story of the professionals who serve children with their selflessness, dedication and love.

*The Lost Boy* is Pelzer's journey searching desperately for just one thing: the love of a family.

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German: Heyne

Polish: Proszynski

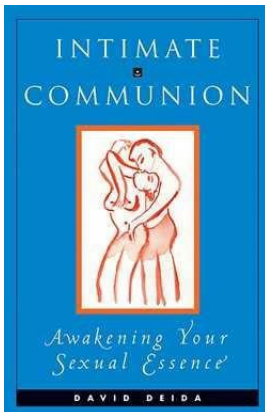
Turkish: Koridor

Vietnamese: Tri Viet/First News

**David Deida**

**November 1995**

***INTIMATE COMMUNION: Awakening Your Sexual Essence***



David Deida, internationally known for his work in personal growth and intimate relationships, shares the deep understandings and effective techniques that he has refined through his 20 years of consultation, research and spiritual practice.

Learn how to keep your relationships growing--beyond the sexually neutralized roles so typical of today--and create a relationship that is spiritually erotic, sexually deep and passionately committed to love.

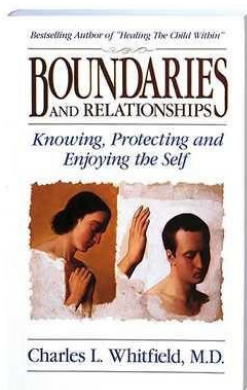
David Deida completed advanced graduate work in psychobiology, sexual evolution and theoretical neuroscience. He also has more than 20 years of training in hatha yoga, tai chi, meditation and tantra. He has taught and conducted research at the University of California Medical School, San Diego; University of California, Santa Cruz; San Jose State University; Lexington Institute, Boston; and Ecole Polytechnique, Paris, France.

**272 pages.**

**Charles L. Whitfield, M.D.**

**April 1994**

**BOUNDARIES AND RELATIONSHIPS**



Bestselling author and psychotherapist Charles Whitfield blends theories and dynamics from several disciplines into practical knowledge and actions that you can use in your relationships right now.

This comprehensive book opens with clear definitions and descriptions of boundaries, a self-assessment survey and a history of our accumulated knowledge. Going deeper, it describes the 10 essential areas of human interaction wherein you can improve your relationships. These include age regression, giving and receiving (projection and projective identification), triangles, core recovery issues, basic dynamics, unfinished business and spirituality. It shows in countless practical ways how knowledge of each of these is most useful in your recovery and everyday life.

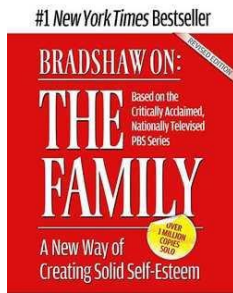
Charles L. Whitfield, M.D., is a physician, psychotherapist, and internationally recognized expert on mental illness, behavioral problems, and recovery.

**288 pages**

**John Bradshaw**

**April 1990**

***BRADSHAW ON: THE FAMILY***



**JOHN BRADSHAW**

The classic, #1 New York Times bestseller is John Bradshaw's seminal work on the dynamics of families that has sold more than one million copies and was the basis of the public television series of the same name.

Bradshaw discusses the cause of emotionally impaired families and how unhealthy rules of behavior are passed down from parents to children. Also, he shows the destructive effect this process has on our society.

Using the latest family research and recovery material, Bradshaw explores the individual in both a family and societal setting. He shows you ways to escape the tyranny of family-reinforced behavior traps -- from addiction and co-dependency to loss of will and denial -- and demonstrates how to make conscious choices that will transform your life and the lives of your loved ones. He helps you heal yourself and then, using what you have learned helps you heal your family.

Finally, Bradshaw extends this idea to our society: by returning yourself and your family to emotional health, you can heal the world in which you live. He helps you re-envision societal conflicts from the perspective of a global family, and shares with you the power of democracy: how the choices you make every day can affect--and improve--your world.

**336 pages.**

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