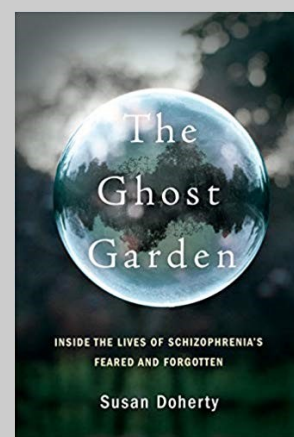
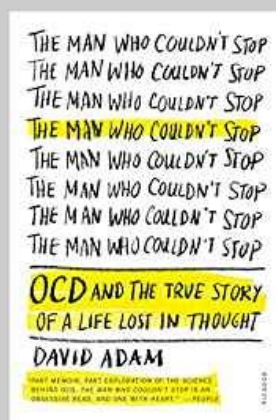
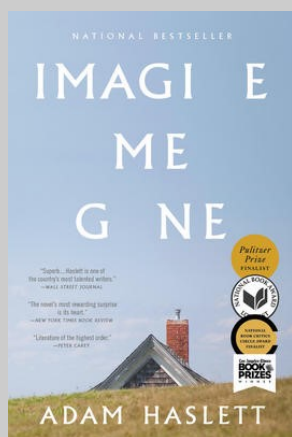
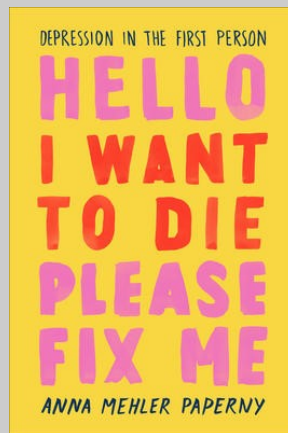
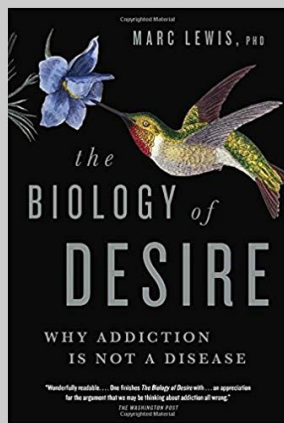


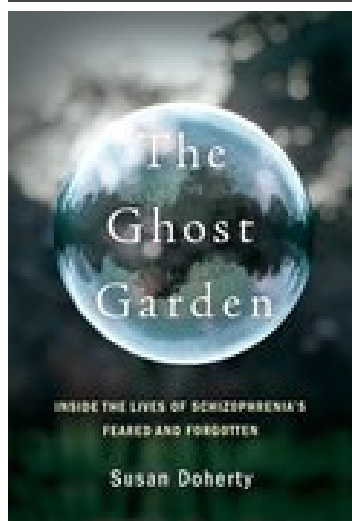
Mental Health

COLLECTION DEVELOPMENT

SPRING 2019 PREVIEW



**LIBRARY
BOUND INC**



9780735276505



Hardcover

\$34.95

Psychology

Knopf Random Vintage

Canada

May 14, 2019

Ctn Qty: 12

368 pages

6.00" x 9.00"

The Ghost Garden: Inside the lives of schizophrenia's feared and forgotten

Susan Doherty 

Description

A rare work of narrative non-fiction that illuminates a world most of us try not to see: the daily lives of the severely mentally ill, who are medicated, marginalized, locked away and shunned.

Susan Doherty's groundbreaking book brings us a population of lost souls, ill-served by society, feared, shunted from locked wards to rooming houses to the streets to jail and back again. For the past ten years, some of the people who cycle in and out of the severely ill wards of the Douglas Institute in Montreal, have found a friend in Susan, who volunteers on the ward, and then follows her friends out into the world as they struggle to get through their days.

With their full cooperation, she brings us their stories, which challenge the ways we think about people with mental illness on every page. The spine of the book is the life of Caroline Evans (not her real name), a woman in her early sixties whom Susan has known since she was a bright and sunny school girl. Caroline has given Susan complete access to her medical files and her court records; through her, we experience what living with schizophrenia over time is really like. She has been through it all, including the way the justice system treats the severely mentally ill: at one point, she believed that she could save her roommate from the devil by pouring boiling water into her ear...

Susan interleaves Caroline's story with vignettes about her other friends, human stories that reveal their hopes, their circumstances, their personalities, their humanity. She's found that if she can hang in through the first ten to fifteen minutes of every coffee date with someone in the grip of psychosis, then true communication results. Their "madness" is not otherworldly: instead it tells us something about how they're surviving their lives and what they've been through. *The Ghost Garden* is not only touching, but carries a cargo of compassion and empathy.

Author

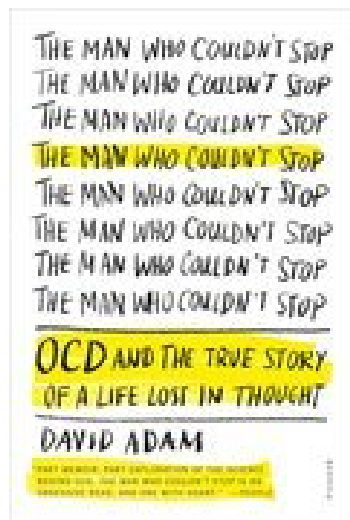
SUSAN DOHERTY is a Montreal writer whose award-winning debut novel, *A Secret Music*, was published in 2015. She worked on staff for *Macleans*, and freelanced for *The International Herald Tribune*, *La Tribune de Genève*, and *The Independent in London*, and for eighteen years ran her own advertising production company. She has served on the boards of the Royal Conservatory of Music, the Quebec Writers' Federation and Nazareth House, a home for those afflicted by addiction and homelessness. Since 2009, she has volunteered at the Douglas Institute, a psychiatric hospital, working with people living with severe mental illness. She is married to the educator Hal Hannaford, and has two children.

Reviews

“Susan Doherty achieves a luminous, fierce and loving portrait of our brothers and sisters who suffer in ways that can appear bewildering and frightening; that can deplete the compassion even of those who love them most; ways in which the abiding human need for connection is obscured by personal chaos. *The Ghost Garden* is **a signal and compelling act of connection. Leavened with humour, clear-eyed yet packed with hope**, in this book, Doherty invites us to be part of that connection.” —**Ann-Marie MacDonald**, author of *Adult Onset*, *The Way the Crow Flies* and *Fall on Your Knees*

“With her brave and generous reporting from the front lines of intense human suffering, Susan Doherty delivers a fundamental challenge to everyone inside and outside the mental health system: what do we owe people who have lost their minds? Her poignant and harrowing profiles of men and women diagnosed with schizophrenia make **a compelling case for the transformative power of personal compassion and tenacity.**”

—**James FitzGerald**, author of *What Disturbs Our Blood: A Son's Quest to Redeem the Past*



9781250083180



Paperback
\$22.50
Psychology
Picador

Feb 2, 2016
Ctn Qty: 24

336 pages
5.51" x 8.25" x 0.89"

The Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought

David Adam

Description

What might lead a schoolgirl to eat a wall of her house, piece by piece, or a man to die beneath an avalanche of household junk that he and his brother have compulsively hoarded? At what point does a harmless idea, a snowflake in a clear summer sky, become a blinding blizzard of unwanted thoughts? David Adam—an editor at *Nature* and an accomplished science writer—has suffered from obsessive-compulsive disorder for twenty years, and *The Man Who Couldn't Stop* is his unflinchingly honest attempt to understand the condition and his experiences. In this riveting and intimate blend of science, history, and memoir, Adam explores the weird thoughts that exist within every mind and explains how they drive millions of us toward obsession and compulsion. Told with fierce clarity, humor, and urgent lyricism, *The Man Who Couldn't Stop* is a haunting story of a personal nightmare that shines a light into the darkest corners of our minds.

Author

Dr. David Adam is a writer and editor at *Nature*, the world's leading scientific journal. Before that he was a specialist correspondent for The Guardian for several years, writing on science, medicine, and the environment. He has been named feature writer of the year by the Association of British Science Writers, and has reported from Antarctica, the Arctic, China, and the depths of the Amazon jungle. Adam is the author of *The Man Who Couldn't Stop*.

Awards

Winner of the Medical Journalists' Association's Tony Thistlethwaite Award
A Finalist for the Royal Society Winton Prize for Science Books
Recipient of the International OCD Foundation's Illumination Award

Reviews

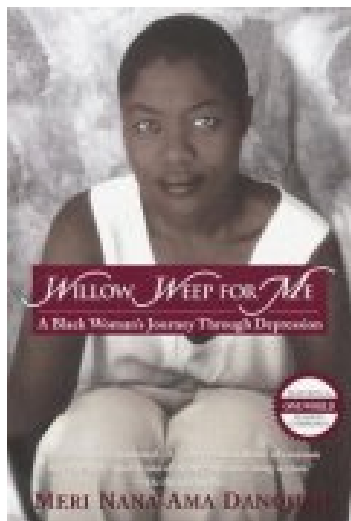
“Adam is a companionable Virgil, guiding the reader through the hellish circles of the disorder, explaining scientific concepts in clear, nontechnical prose . . . For sufferers, the thirst for relief from intrusive thoughts and compulsions can be unending and, ultimately, unquenchable. David Adam’s book should provide them with consolation (you are not alone) and hope (he’s much better now)—and it provides all readers with a fascinating glimpse of an unusual but enduring form of psychopathology.”
—**Scott Stossel**, *The New York Times Book Review*

“An engrossing first-person study of obsessive-compulsive disorder from within and without . . . Well-researched, witty, honest and irreverent, Adam’s account proves as irresistible as his subject.” —**Kirkus** (*starred review*)

“Riveting, at times disturbing, but always enlightening . . . For all the impressive marshaling of information, it is Adam’s own story of his struggles with the condition . . . that is the most captivating aspect of this impressive work. Adam clearly shows both the devastating impact our thoughts can have when they turn against us, and how science is helping us fight back” —**Booklist** (*starred review*)

“In a wide-reaching discussion that spans the spectrum of obsession, Nature editor David Adam strikes an impressive balance between humor and poignancy, and between entertaining and informing. Adam seamlessly moves between personal stories of his own struggles with OCD and case studies of other people with the disorder . . . while his smooth prose ensures an enjoyable read.” —**Publishers Weekly**

“[A] fascinating study of the living nightmare that is obsessive compulsive disorder . . . [David Adam] has written one of the best and most readable studies of a mental illness to have emerged in recent years . . . [*The Man Who Couldn’t Stop*] a wide-ranging exploration of the illness, looking at possible causes and cures. It takes in traditional psychiatry, . . . evolutionary psychology, genetics, aversion therapy, philosophy, social history, religion, neuroscience, anthropology and even zoology . . . An honest and open and, yes, maybe life-changing work.” —**Matt Haig**, *The Observer* (*London*)



9780345432131



Paperback
\$27.00
Self-Help
Random House Publishing
Group

Feb 22, 1999
Ctn Qty:

288 pages
5.50" x 8.50" x 0.75"

Willow Weep for Me: A Black Woman's Journey Through Depression

Meri Nana-Ama Danquah

Description

This moving memoir of an African-American woman's lifelong fight to identify and overcome depression offers an inspirational story of healing and emergence. Wrapped within Danquah's engaging account of this universal affliction is rare and insightful testimony about what it means to be black, female, and battling depression in a society that often idealizes black women as strong, nurturing caregivers. A startlingly honest, elegantly rendered depiction of depression, *Willow Weep for Me* calls out to all women who suffer in silence with a life-affirming message of recovery. Meri Danquah rises from the pages, a true survivor, departing a world of darkness and reclaiming her life.

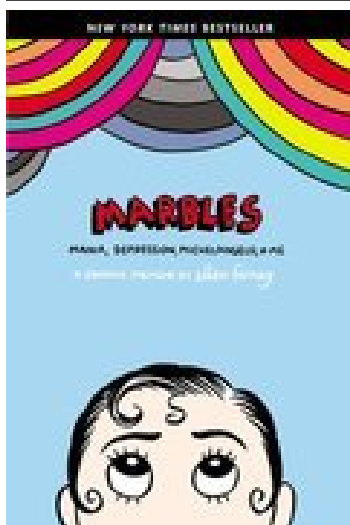
Reviews

"Absorbing and inspirational . . . A vividly textured flower of a memoir that will surely stand as one of the finest to come along in years." -- **The Washington Post**

"Meri Danquah has written an important and moving memoir. She describes beautifully her experiences with depression and provides a unique and compelling account of her life. *Willow Weep for Me* is not only a lovely book, it is a powerful one."
-- **D r. Kay Redfield Jamison**, author of *An Unquiet Mind*

"SEDUCTIVE, LYRICAL, DESCRIPTIVE PROSE . . . Miss Danquah and the other black women, whose lives she charts in her book, have decided they can't wait to be rescued. . . . They have embraced each other and begun to seek healing. . . . *Willow Weep for Me* is a powerful lens."-- **Washington Times**

"A very important text. Danquah has shed light on a serious problem within the African American community. Her memoir might just save a few lives."
-- **E. Ethelbert Miller**, Director, African American Resource Center, Howard University



9781592407323



Paperback

\$26.00

Biography & Autobiography

Penguin Publishing Group

Nov 6, 2012

Ctn Qty: 28

256 pages

6.00" x 9.00" x 0.80"

b&w illustrations t/o

Marbles: Mania, Depression, Michelangelo, and Me: A Graphic Memoir

Ellen Forney

Description

Cartoonist Ellen Forney explores the relationship between “crazy” and “creative” in this graphic memoir of her bipolar disorder, woven with stories of famous bipolar artists and writers. Shortly before her thirtieth birthday, Forney was diagnosed with bipolar disorder. Flagrantly manic and terrified that medications would cause her to lose creativity, she began a years-long struggle to find mental stability while retaining her passions and creativity.

Searching to make sense of the popular concept of the crazy artist, she finds inspiration from the lives and work of other artists and writers who suffered from mood disorders, including Vincent van Gogh, Georgia O’Keeffe, William Styron, and Sylvia Plath. She also researches the clinical aspects of bipolar disorder, including the strengths and limitations of various treatments and medications, and what studies tell us about the conundrum of attempting to “cure” an otherwise brilliant mind.

Darkly funny and intensely personal, Forney’s memoir provides a visceral glimpse into the effects of a mood disorder on an artist’s work, as she shares her own story through bold black-and-white images and evocative prose.

Author

Ellen Forney was diagnosed with bipolar disorder shortly before her thirtieth birthday. A lifelong cartoonist, she collaborated with Sherman Alexie on National Book Award-winning *The Absolutely True Diary of a Part-Time Indian*, and created Eisner Award-nominated comic books *I Love Led Zeppelin* and *Monkey Food: The Complete "I Was Seven in '75" Collection*. She teaches comics courses at Cornish College of the Arts in Seattle, Washington.

Awards

A *Washington Post* Best Book of 2012

Named one of the best books of the year by *East Bay*

Express* Named Best Graphic Novel of Fall 2012 by *Time

Reviews

"Brutally honest and deeply moving, the book is by turns dark, mordant, and hilarious. One of this year's best American memoirs." —**Philadelphia Inquirer**

"Ellen Forney's memoir of her bipolar diagnosis and long pharmacopic trek toward balance is painfully honest and joyously exuberant. Her drawings evoke the neuron-crackling high of mania and the schematic bleakness of depression with deft immediacy. Forney is at the height of her powers as she explores the tenuous line between mood disorders and creativity itself."

—**Alison Bechdel**, author of *Fun Home: A Family Tragicomic*

"Dense with intellectual and emotional power, Forney's book is a treasure—as a memoir, as an artwork, and as a beautifully conceived and executed commentary on both mental experience and the creative life. With wit, humor, a wicked sense of the absurd, and eloquent insight into the beauty that shines through the mercurial life of the mind, this graphic memoir explores its subject with a particular precision and power. Forney should be read."

—**Marya Hornbacher**, author of *Madness: A Bipolar Life*

"I have always admired Ellen Forney's humor and honesty, but *Marbles* is a major leap forward. It's a hilarious memoir about mental illness, yes, but it's also an incisive study of what it means to be human and how we ache to become better humans. Amazing stuff."—**Sherman Alexie**, bestselling author of *The Absolutely True Diary of a Part-Time Indian*

"Witty and insightful...The long journey of medication and therapy is kept from gloom by Forney's lively, likable cartooning ... Readers struggling with their own mania or depression will find Forney good company, and others searching for insight into the minds of troubled artists will find Forney an engaging storyteller."—**Starred Publishers Weekly**

"Not only does her conversational intimacy draw readers in, but her drawings perfectly capture the exhilarating frenzy of mania and the dark void of depression....Forney's story should resonate with those grappling with similar issues, while her artistry should appeal to a wide readership."—Starred **Kirkus Reviews**



9780316261333



Paperback

\$20.99

Fiction

Little, Brown and Company

Feb 21, 2017

Ctn Qty: 20

368 pages

5.50" x 8.25" x 1.00"

Imagine Me Gone

Adam Haslett

Description

From a Pulitzer Prize and National Book Award finalist, a ferociously intimate story of a family facing the ultimate question: how far will we go to save the people we love the most?

When Margaret's fiancé, John, is hospitalized for depression in 1960s London, she faces a choice: carry on with their plans despite what she now knows of his condition, or back away from the suffering it may bring her. She decides to marry him. *Imagine Me Gone* is the unforgettable story of what unfolds from this act of love and faith. At the heart of it is their eldest son, Michael, a brilliant, anxious music fanatic who makes sense of the world through parody. Over the span of decades, his younger siblings -- the savvy and responsible Celia and the ambitious and tightly controlled Alec -- struggle along with their mother to care for Michael's increasingly troubled and precarious existence.

Told in alternating points of view by all five members of the family, this searing, gut-wrenching, and yet frequently hilarious novel brings alive with remarkable depth and poignancy the love of a mother for her children, the often inescapable devotion siblings feel toward one another, and the legacy of a father's pain in the life of a family.

With his striking emotional precision and lively, inventive language, Adam Haslett has given us something rare: a novel with the power to change how we see the most important people in our lives.

Author

Adam Haslett is the author of the short story collection *You Are Not a Stranger Here*, which was a Pulitzer Prize and National Book Award finalist, and the novel *Union Atlantic*, winner of the Lambda Literary Award and shortlisted for the Commonwealth Prize. His books have been translated into eighteen languages, and he has received the Berlin Prize from the American Academy in Berlin, the PEN/Malamud Award, and fellowships from the Guggenheim and Rockefeller Foundations. He lives in New York City.

Awards

FINALIST for the PULITZER PRIZE
LONG-LISTED for the NATIONAL BOOK AWARD
WINNER of the LOS ANGELES TIMES BOOK PRIZE
FINALIST for the NATIONAL BOOK CRITICS CIRCLE AWARD
FINALIST for the KIRKUS PRIZE
LONG-LISTED for the ANDREW CARNEGIE MEDAL

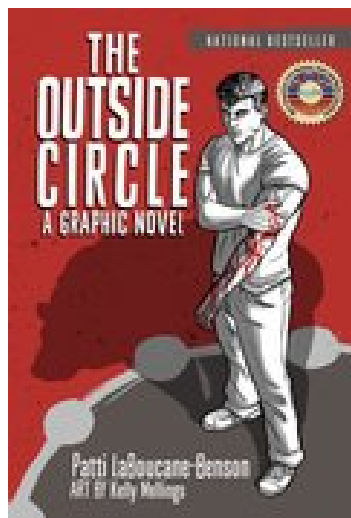
Reviews

"Ambitious and stirring . . . With *Imagine Me Gone*, Haslett has reached another level, affording readers a full and luminous depiction of a mind under siege . . . By putting the readers in the same position as [oldest son] Michael's family members, Haslett has pulled off something of a brilliant trick: We feel precisely what they feel—the frustration, the protectiveness, the hope and fear and, yes, the obligation. If Michael is on the page, if his thoughts or actions are laid bare, there's a grueling sense of dread. If he's out of sight, if his thinking and whereabouts are unknown, the dread becomes all but unbearable . . . This is a book refreshingly replete with surprise. It sneaks up on you with dark and winning humor, poignant tenderness, and sentences so astute that they lift the spirit even when they're awfully, awfully sad . . . But make no mistake, the novel's most rewarding surprise is its heart. Again and again, the characters subtly assert that despite the expense of empathy and the predictable disappointment of love, our tendency to care for one another is warranted . . . Even when it's difficult or terrifying or impossible, especially when it's impossible, the impulse to calm those we hold dear is an absolute privilege."—**Bret Anthony Johnston**, *New York Times Book Review*

"This touching chronicle of love and pain traces half a century in a family of five, from the parents' engagement in 1963 through a father's and son's psychological torments and a final crisis....Each chapter is told by one of the family's five voices, shifting the point of view on shared troubles, showing how they grow away from one another without losing touch....Haslett shapes these characters with such sympathy, detail, and skill that reading about them is akin to living among them....As vivid and moving as the novel is, it's not because Haslett strives to surprise but because he's so mindful and expressive of how much precious life there is in both normalcy and anguish."—**Kirkus** (Starred Review)

"Haslett narrates this soaring, heartrending novel from the revolving points of view of each family member, plumbing the psychologies of his characters. The result is a polyphonic page-turner that slowly reveals its orbit around Michael, the eldest son. Michael's troubled psyche, an inheritance from his father, proves to be the troubling linchpin at the center of this intensely personal work."—**Booklist** (Starred Review)

"Haslett's latest is a sprawling, ambitious epic about a family bound not only by familial love, but by that sense of impending emergency that hovers around Michael, who has inherited his father John's abiding depression and anxiety....This is a book that tenderly and luminously deals with mental illness and with the life of the mind....In *Michael*, Haslett has created a most memorable character. This is a hypnotic and haunting novel." —
Publishers Weekly (Starred Review)



9781770899377



Paperback

\$19.95

Comics & Graphic Novels

House of Anansi

Ages 16+

Apr 17, 2015

Ctn Qty: 40

264 pages

6.88" x 10.00" x 0.48"

full-colour throughout

The Outside Circle

Patti Laboucane Benson 🍁, Kelly Mellings 🍁

Description

In this important graphic novel, two Aboriginal brothers surrounded by poverty, drug abuse, and gang violence, try to overcome centuries of historic trauma in very different ways to bring about positive change in their lives. Pete, a young Aboriginal man wrapped up in gang violence, lives with his younger brother, Joey, and his mother who is a heroin addict. One night, Pete and his mother's boyfriend, Dennis, get into a big fight, which sends Dennis to the morgue and Pete to jail. Initially, Pete keeps up ties to his crew, until a jail brawl forces him to realize the negative influence he has become on Joey, which encourages him to begin a process of rehabilitation that includes traditional Aboriginal healing circles and ceremonies. Powerful, courageous, and deeply moving, *The Outside Circle* is drawn from the author's twenty years of work and research on healing and reconciliation of gang-affiliated or incarcerated Aboriginal men.

Author

Patti Laboucane-Benson is a Métis woman and the Director of Research, Training, and Communication at Native Counselling Services of Alberta (NCSA). She has a Ph.D. in Human Ecology, focusing on Aboriginal Family Resilience. Her doctoral research explored how providing historic trauma healing programs for Aboriginal offenders builds resilience in Aboriginal families and communities. She has also been the recipient of the Aboriginal Role Model of Alberta Award for Education. She lives in Spruce Grove, Alberta.

Kelly Mellings is an award-winning art director, illustrator, and designer. His work has appeared in comic books, magazines, apps, museum exhibits, and online games, and his clients include Microsoft. He is the co-owner of the acclaimed illustration, animation, and design firm Pulp Studios. He lives in Edmonton, Alberta.

Awards

Winner, CODE's 2016 Burt Award for First Nation, Inuit and Métis Literature

Reviews

"I'm in awe of what you are holding in your hands. This is more than a graphic novel. It's a teaching; it's a reminder; and it's a textbook of hard-won wisdom. It's also a wish."— **Richard Van Camp**, author of *The Lesser Blessed*

"[W]ith the *Outside Circle*, Patti LaBoucane-Benson and Kelly Mellings have brought Canada's colonial history and its effects on Aboriginal people today to life in a powerful story."— **David J. Fuller**, *Prairie Books Now*

"As brutal as Pete's family's story is, LaBoucane-Benson and Mellings' sensitive, careful, honest presentation reveals a narrative that must be told, acknowledged, remembered, confronted, fixed."
— **Smithsonian Asian Pacific American Centre**

"LaBoucane-Benson's long career working with young people in Pete's circumstances gives the story a strong emotional resonance and a solid historical and educational framework."— **Library Journal**

". . . the story becomes one of hope, not only for Pete, but for all aboriginal people healing from the intergenerational wounds of Canadian colonialism."
— **Publishers Weekly**

"A beautifully and powerfully told story."
— **School Library Journal**



9780735221970



Paperback
\$22.00
Fiction
Penguin Books

Jan 15, 2019
Ctn Qty: 24

384 pages
5.47" x 8.19" x 0.81"

Everything Here Is Beautiful: A Novel

Mira T Lee

Description

A dazzling novel of two sisters and their emotional journey through love, loyalty, and heartbreak.

Two Chinese-American sisters—Miranda, the older, responsible one, always her younger sister's protector; Lucia, the headstrong, unpredictable one, whose impulses are huge and, often, life changing. When Lucia starts hearing voices, it is Miranda who must find a way to reach her sister. Lucia impetuously plows ahead, but the bitter constant is that she is, in fact, mentally ill. Lucia lives life on a grand scale, until, inevitably, she crashes to earth.

Miranda leaves her own self-contained life in Switzerland to rescue her sister again—but only Lucia can decide whether she wants to be saved. The bonds of sisterly devotion stretch across oceans—but what does it take to break them?

Everything Here Is Beautiful is, at its heart, an immigrant story, and a young woman's quest to find fulfillment and a life unconstrained by her illness. But it's also an unforgettable, gut-wrenching story of the sacrifices we make to truly love someone—and when loyalty to one's self must prevail over all.

Author

Mira T. Lee's work has been published in numerous quarterlies and reviews, including *The Missouri Review*, *The Southern Review*, *Harvard Review*, and *Triquarterly*. She was awarded an Artist's Fellowship by the Massachusetts Cultural Council in 2012, and has twice received special mention for the Pushcart Prize. She is a graduate of Stanford University, and currently lives with her husband and two young sons in Cambridge, Massachusetts. This is her debut novel.

Reviews

"[A] promising debut... Lee handles a sensitive subject with empathy and courage. Readers will find much to admire and ponder throughout, and Lucy's section reveals Lee as a writer of considerable talent and power." –**Publishers Weekly**

"An evocative and beautifully written debut." –**Kirkus Reviews**

"Everything Here Is Beautiful is a tender but unflinching portrayal of the bond between two sisters--one that's frayed by mental illness and stretched across continents, yet still endures. With ventriloquistic skill, Mira T. Lee explores the heartache of loving someone deeply troubled and the unbearable tightrope-walk between holding on and letting go." –**Celeste Ng**, New York Times bestselling author of *Little Fires Everywhere* and *Everything I Never Told You*

"This book took my breath away. Lee has an incredible gift for empathy--I found myself rooting for, and caring deeply about, all of characters, even when they couldn't stand each other. I especially commend her nuanced, compassionate depiction of mental illness and how it impacts families. Everything Here Is Beautiful is an insightful, generous celebration of our capacity and complexity as human beings." –**Mark Lukach**, internationally bestselling author of *My Lovely Wife in the Psych Ward*

"Everything about this book is beautiful. It's a sisters story, an immigrant story, and, more than a story of one family, it's an unflinching reflection of the fast-changing American Family." --**Ron Fournier**, New York Times bestselling author of *Love That Boy*



Heart Berries: A Memoir

Terese Marie Mailhot 

Description

Guileless and refreshingly honest, Terese Mailhot's debut memoir chronicles her struggle to balance the beauty of her Native heritage with the often desperate and chaotic reality of life on the reservation.

Heart Berries is a powerful, poetic memoir of a woman's coming of age on the Seabird Island Indian Reservation in British Columbia. Having survived a profoundly dysfunctional upbringing only to find herself hospitalized and facing a dual diagnosis of Post Traumatic Stress Disorder and Bipolar II, Terese Mailhot is given a notebook and begins to write her way out of it. The triumphant result is *Heart Berries*, a memorial for Mailhot's mother, a social worker and activist who had a thing for prisoners; a story of reconciliation with her father—an abusive drunk and a brilliant artist—who was murdered under mysterious circumstances; and an elegy on how difficult it is to love someone while dragging the long shadows of shame.

Mailhot "trusts the reader to understand that memory isn't exact, but melded to imagination, pain and what we can bring ourselves to accept." Her unique and at times unsettling voice graphically illustrates her mental state. As she writes, she discovers her own true voice, seizes control of her story and, in so doing, reestablishes her connection to her family, to her people and to her place in the world.

Author

TERESE MAILHOT graduated from the Institute of American Indian Arts with an MFA in fiction and is the Saturday Editor at *The Rumpus* and a columnist for *Indian Country Today* (where her work has been recognized by the Native American Journalists Association). Her work has appeared in *The Rumpus*, *Carve Magazine*, *The Offing*, *The Toast*, *Yellow Medicine Review* and elsewhere. The recipient of several fellowships—SWAIA Discovery Fellowship, Vermont Studio Center Fellowship, Writing by Writers Fellowship, and the Elk Writer's Workshop Fellowship—she was recently named the Tecumseh Post Doctoral Fellow at Purdue University.

Author Residence: West Lafayette, IN

Author Hometown: The Seabird Island Band, BC

Awards

- *Canada Reads 2019 Longlist
- *Finalist for the 2018 Hilary Weston Writers' Trust Prize for Nonfiction
- *Finalist for the 2018 Governor General's Literary Awards
- *Longlisted for the 2019 RBC Taylor Prize
- *A New York Times Editor's Choice
- *A Globe and Mail Best Book of 2018
- *A CBC Best Book of 2018
- *A Toronto Star Best Book of 2018
- *A Walrus Best Book of 2018
- *An NPR Best Book of 2018
- *A Bustle Best Book of 2018
- *A Book Riot Best Book of 2018
- *A BookPage Best Book of 2018
- *A Library Journal Best Book of 2018
- *A Goodreads Best Book of 2018

9780385691147



Hardcover

\$25.00

Biography &

Autobiography

Doubleday Canada

Mar 13, 2018

Ctn Qty: 12

144 pages

5.30" x 7.83" x 0.68"

Reviews

"A strong contender for the best Canadian book—best book, period—you will read this year." —***The Globe and Mail***

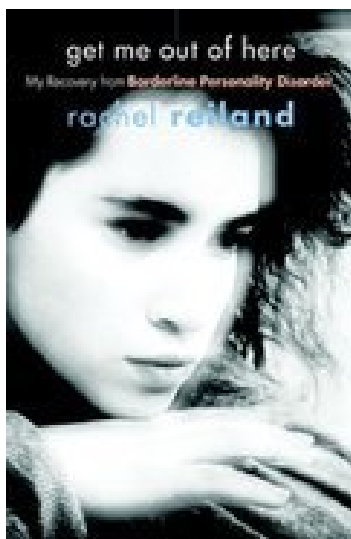
"Part love letter, part poem, [Heart Berries] is a genre-defying marvel of a memoir. . . . A fearless and artistic work, Heart Berries is ultimately a tale of not just surviving, but thriving even in the dark." —***Toronto Star***

"Heart Berries is an original and powerful work that explores the painful and complex relationship between trauma and identity in the life of an Indigenous woman. Driven by a raw and compelling intensity, Terese Marie Mailhot has written a memoir that is actively engaged with questions surrounding memory, voice and representation, challenging the reader and herself along the way." —**RBC Taylor Prize longlist jury**

"Mailhot fearlessly addresses intimately personal issues with a scorching honesty derived from psychological pain and true epiphany. . . . She shares these anecdotes through lyrical, brooding, vastly introspective language. Her prose expresses the urgency of her life in clipped, poetic sentences that snap and surge with grief and intensive reflection. . . . Slim, elegiac and delivered with an economy of meticulous prose, the book calibrates the author's history as an abused child and an adult constantly at war with the demons of mental illness. An elegant, deeply expressive meditation infused with humanity and grace." —***Kirkus Reviews***

"This stunning, poetic memoir from Terese Marie Mailhot burns like hot coal. . . . Situating her physical and psychic pain in context with a multigenerational focus, Mailhot crafts an intensely moving story about mothers and what they pass down to their children." —***BookPage***

"Unearthing medicine and receiving power requires you to give your life and, in her debut memoir, Mailhot fearlessly delivers. By turns tender, sad, angry and funny, Heart Berries is a thought-provoking, powerful exploration of what it means to be a contemporary Indigenous woman and mother." —**Eden Robinson**, author of the Scotiabank Giller Prize–shortlisted novel *Son of a Trickster*



9781592850990



Paperback
\$18.95
Psychology
Hazelden

Aug 4, 2004
Ctn Qty: 1

350 pages
5.00" x 7.75" x 1.25"

Get Me Out of Here: My Recovery from Borderline Personality Disorder

Rachel Reiland

Description

Borderline Personality Disorder. "What the hell was that?" raged Rachel Reiland when she read the diagnosis written in her medical chart. As the 29-year old accountant, wife, and mother of young children would soon discover, it was the diagnosis that finally explained her explosive anger, manipulative behaviors, and self-destructive episodes- including bouts of anorexia, substance abuse, and sexual promiscuity. With astonishing honesty, Reiland's memoir reveals what mental illness feels like and looks like from the inside, and how healing from such a devastating disease is possible through intensive therapy and the support of loved ones.

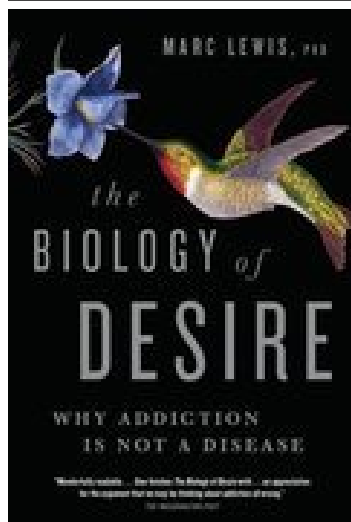
Author

Rachel Reiland is a wife, a mother of three, and an accountant who is recovering from anorexia and borderline personality disorder. The author's name is a pseudonym

Reviews

"Rachel Reiland's *Get Me Out of Here* is here to declare that raging mental illness can be cured."

--**Jerold J. Kreisman, MD**, coauthor of *I Hate You, Don't Leave Me: Understanding the Borderline Personality*



9780385682305



Paperback
\$22.00

Self-Help

Doubleday Canada

Oct 4, 2016

Ctn Qty: 24

256 pages

5.51" x 8.24" x 0.69"

The Biology of Desire: Why Addiction Is Not a Disease

Marc Lewis 

Description

Through the vivid, true stories of five people who journeyed into and out of addiction, a renowned neuroscientist explains why the “disease model” of addiction is wrong and illuminates the path to recovery.

The psychiatric establishment and rehab industry in the Western world have branded addiction a brain disease, based on evidence that brains change with drug use. But in *The Biology of Desire*, cognitive neuroscientist and former addict Marc Lewis makes a convincing case that addiction is not a disease, and shows why the disease model has become an obstacle to healing.

Lewis reveals addiction as an unintended consequence of the brain doing what it’s supposed to do—seek pleasure and relief—in a world that’s not cooperating. Brains are designed to restructure themselves with normal learning and development, but this process is accelerated in addiction when highly attractive rewards are pursued repeatedly. Lewis shows why treatment based on the disease model so often fails, and how treatment can be retooled to achieve lasting recovery, given the realities of brain plasticity. Combining intimate human stories with clearly rendered scientific explanation, *The Biology of Desire* is enlightening and optimistic reading for anyone who has wrestled with addiction either personally or professionally.

Author

Marc Lewis, PhD, is a neuroscientist and professor of developmental psychology. Now at Radboud University in the Netherlands, he taught for more than twenty years at the University of Toronto. He has authored or coauthored more than fifty journal articles in neuroscience and developmental psychology. Presently, he speaks and blogs on topics in addiction science, and his critically acclaimed book, *Memoirs of an Addicted Brain: A Neuroscientist Examines His Former Life on Drugs*, is the first to blend memoir and science in addiction studies. www.memoirsofanaddictedbrain.com

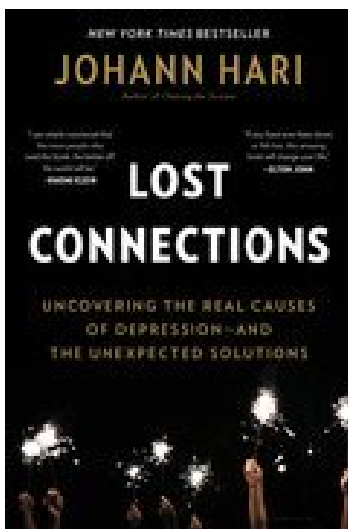
Reviews

"Neuroscientist Lewis (*Memoirs of an Addicted Brain*) presents a strong argument against the disease model of addiction, which is currently predominant in medicine and popular culture alike, and bolsters it with informative and engaging narratives of addicts' lives. . . . Even when presenting more technical information, Lewis shows a keen ability to put a human face on the most groundbreaking research into addiction. Likewise, he manages to make complex findings and theories both comprehensible and interesting. . . . This book, written with hopeful sincerity, will intrigue both those who accept its thesis and those who do not." —***Publishers Weekly***

"Neuroscientist Lewis delves into the functioning of the addicted brain. He intends to demonstrate that addiction (substance abuse but also behavioral addictions such as eating disorders, gambling, etc.) is not a disease. . . . This objective is met by the detailed life stories of five recovering addicts the author has interviewed. Their descent into the grips of addiction reads like passages of a junkie's memoir: terrifying and page-turning. . . . This work helps make sense of how addiction operates and is recommended for readers wanting to learn more on the topic." —***Library Journal***

"Informed by unparalleled neuroscientific insight and written with his usual flare, Marc Lewis' *The Biology of Desire* effectively refutes the medical view of addiction as a primary brain disease. A bracing and informative rebuke of the muddle that now characterizes public and professional discourse on this topic." —**Gabor Maté, M.D.**, author of *In The Realm of Hungry Ghosts: Close Encounters With Addiction*

"An insightful take on the interaction of mind and brain against the backdrop of the addict's life circumstances. . . . *The Biology of Desire* says a lot about the brain mechanisms underpinning addiction but, to its credit, does not stop there. With minor exceptions, we do not help addicts (and they do not help themselves) by ministering directly to their brains. As Mr. Lewis stresses throughout this unorthodox but enlightening book, people learn to be addicts, and, with effort, they can learn not to be addicts, too." —***Wall Street Journal***



9781632868305



Hardcover

\$35.00

Self-Help

Bloomsbury USA

Jan 23, 2018

Ctn Qty: 24

336 pages

6.40" x 9.57" x 1.20"

Lost Connections: Uncovering the Real Causes of Depression ! and the Unexpected Solutions

Johann Hari

Description

The New York Times bestseller from the author of *Chasing the Scream*, offering a radical new way of thinking about depression and anxiety.

There was a mystery haunting award-winning investigative journalist Johann Hari. He was thirty-nine years old, and almost every year he had been alive, depression and anxiety had increased in Britain and across the Western world. Why? He had a very personal reason to ask this question. When he was a teenager, he had gone to his doctor and explained that he felt like pain was leaking out of him, and he couldn't control it or understand it. Some of the solutions his doctor offered had given him some relief—but he remained in deep pain. So, as an adult, he went on a forty-thousand-mile journey across the world to interview the leading experts about what causes depression and anxiety, and what solves them. He learned there is scientific evidence for nine different causes of depression and anxiety—and that this knowledge leads to a very different set of solutions: ones that offer real hope.

Author

Johann Hari is the *New York Times* bestselling author of *Chasing the Scream*, which is being adapted into a feature film. He was twice named Newspaper Journalist of the Year by Amnesty International UK. He has written for the *New York Times*, the *Los Angeles Times*, and others, and he is a regular panelist on HBO's *Real Time with Bill Maher*. His TED talk, "Everything You Think You Know About Addiction Is Wrong," has more than 20 million views.

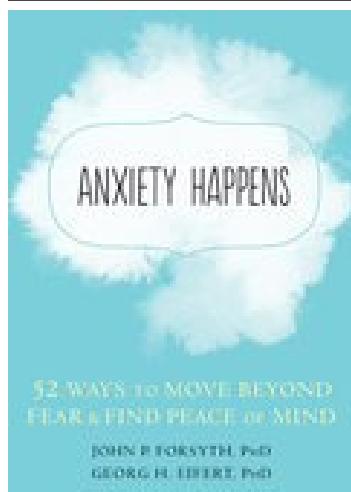
Reviews

"*Lost Connections* offers a wonderful and incisive analysis of the depression and alienation that are haunting American society." - Hillary Rodham Clinton

"Wise, probing, and deeply generous Hari has produced a book packed with explosive revelations about our epidemic of despair . . . I am utterly convinced that the more people read this book, the better off the world will be." - Naomi **Klein**

"This well-written and well-documented book offers a powerful argument against the pharmacological treatment of depression and raises some provocative arguments. Highly recommended." —**Library Journal**

"[Hari] takes a big, controversial subject, surrounded by strong opinions and taboos, covers it on a global canvas through diligent research and extensive human interaction, and reaches a clear and broadly compelling conclusion." —**Literary Review**



9781684031108



Paperback

\$20.99

Self-Help

New Harbinger Publications

Apr 1, 2018

Ctn Qty: 20

208 pages

5.00" x 7.00" x 0.50"

Anxiety Happens: 52 Ways to Find Peace of Mind

John P Forsyth, Georg H Eifert

Description

Break free from anxiety—once and for all! From the authors of *The Mindfulness and Acceptance Workbook for Anxiety*, this powerful yet portable guide offers fifty-two in-the-moment mindfulness strategies you can use anytime, anywhere to cultivate calm and radically transform your life. We live in an age of anxiety, and studies show that it's only getting worse. Anxiety forces itself into our awareness and can deplete our energy, resources, and resolve. It screams "pay attention to me—or else." We may confront it the moment we wake up in the morning, and it can even keep us from getting to sleep at short, it can run our lives. But it doesn't have to be this way.

Building on the success of *The Mindfulness and Acceptance Workbook for Anxiety*, this quick reference guide offers fifty-two simple tools and strategies—one for each week of the year—based in proven-effective acceptance and commitment therapy (ACT) to help you break free from worry, fear, and panic. In addition to "in-the-moment" tools for staying calm, you'll learn about the underlying causes of your anxiety, why avoidance just doesn't work, how to move past your negative inner voice, and how focusing on your values can help you move past anxiety and live a rich, meaningful life.

If—like many people—you're fed up with anxiety getting in the way of living your life, the powerful little exercises in this guide will show you how to break the cycle of anxiety for good.

Author

John P. Forsyth, PhD, is professor of psychology and director of the anxiety disorders research program at the University at Albany, SUNY. Forsyth is a highly sought-after speaker, acceptance and commitment therapy (ACT) workshop leader, and member of the teaching faculty at the Omega Institute for Holistic Studies, the Esalen Institute, and 1440 Multiversity. His teachings and writing focus on how to use ACT and mindfulness practices to alleviate suffering, awaken the human spirit, and cultivate well-being. He is coauthor of *The Mindfulness and Acceptance Workbook for Anxiety*.

Georg H. Eifert, PhD, is professor emeritus of psychology and former associate dean of the School of Health and Life Sciences at Chapman University in Orange, CA. Eifert is an internationally recognized author, scientist, speaker, and trainer in the use of ACT. He is coauthor of *The Mindfulness and Acceptance Workbook for Anxiety* and *The Anorexia Workbook*.

Forsyth and Eifert are also coauthors of *Acceptance and Commitment Therapy for Anxiety Disorders* and, with Matthew McKay, *ACT on Life Not on Anger* and *Your Life on Purpose*.

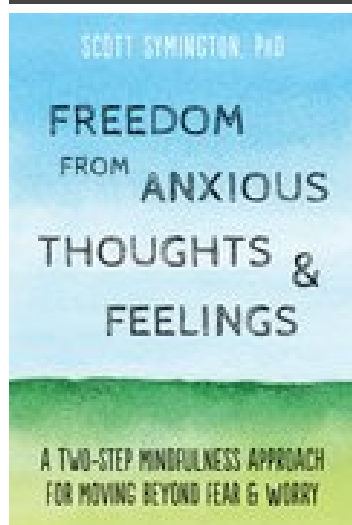
Reviews

“There are fifty-two weeks in the year, and fifty-two nuggets of gold glinting in this short book. You don’t have to climb to the top of a mountain to find your guru: John Forsyth and Georg Eifert are sitting, figuratively speaking, right in this book. They guide you through well-tested, poignant exercises and mind changers for stopping anxiety from interfering with the life you want to live. And they talk to you the way they suggest you talk to yourself: with compassion, openness, acceptance, and wisdom.” —**Ian M. Evans, FRSNZ**, professor emeritus of psychology at Massey University, New Zealand; and author of *How and Why People Change*

“Forsyth and Eifert have written a rare book, which combines solid scholarship, enormously practical tools, and an overflowing heart. Anxiety is pervasive, perhaps these days more than ever. To find a deep sense of confidence and inner peace, I highly recommend this book.”
—Rick Hanson, PhD, New York Times bestselling author of *Resilient*

“*Anxiety Happens* is a gem of a book. It reads like a gentle journey with a wise and caring guide. The highly expert authors guide you every step of the way, as you develop the willingness, self-compassion, and wisdom needed to embrace the fullness of a life well lived. It’s just excellent.”
—Dennis Tirch, PhD, author of *The Compassionate-Mind Guide to Overcoming Anxiety*

“John and Georg have done it again: this is now their third superb book for radically transforming the way we respond to anxiety. In fifty-two bite-sized chapters, they’ll show you a wide variety of simple yet powerful ways to powerfully change your relationship with fear, anxiety, and insecurity in all their different forms. You’ll learn not just how to disarm anxiety, but how to actively utilize it to build a rich and meaningful life. If you want to get past your blocks and barriers, develop a deep sense of inner security, and do those important things that really scare you—this is the book for you!”
—Russ Harris, author of *The Happiness Trap*



9781684032327



Paperback

\$24.95

Self-Help

New Harbinger Publications

Feb 2, 2019

Ctn Qty: 20

200 pages

6.49" x 8.96" x 0.75"

Freedom from Anxious Thoughts and Feelings: A Two-Step Mindfulness Approach for Moving Beyond Fear and Worry

Scott Symington

Description

A ridiculously easy, breakthrough approach to practicing mindfulness.

If you suffer from anxiety and experience racing, panicky thoughts, you need help right away. You've probably heard about mindfulness, and how effective it can be in easing anxiety and worry—but how do you do it, exactly?

In this go-to guide, psychologist Scott Symington presents a practical, breakthrough approach called the two-screen method to help when painful thoughts feel overwhelming. Using this simplified mindfulness approach, you'll learn to accept and redirect your thoughts and focus on your values. By using the two-screen method outlined in this book, as well as the three anchors—mindfulness skills, healthy distractions, and loving action—you'll learn to relate to your thoughts and feelings in a whole new way. And when threats, fears, insecurities, and potentially destructive thoughts and feelings show up, you'll have a game plan for dealing with these difficult emotions so you can get back to living your life.

If you have anxiety, being present with your negative thoughts is probably the last thing you want to do. That's why the two-screen method in this book is so helpful—it offers a way to diffuse from your anxious thoughts while still focusing on the things that really matter to you.

Author

Scott Symington, PhD, is a clinical psychologist who is dedicated to helping adults overcome worry and anxiety, negative moods, addictive behaviors, and other conditions stealing people's joy and freedom. In addition to a full-time private practice, he regularly speaks at professional conferences; large church groups; graduate schools and universities; and business groups, including the Young Presidents' Organization (YPO). Symington earned a PhD in clinical psychology from the Fuller Graduate School of Psychology, and completed an MA in theology from Fuller Theological Seminary. His career path began in the business and consulting world. Then in 1998, after much soul searching, he decided to leave a lucrative position brokering agricultural products to pursue his true passion: clinical psychology—a profession that lined up with both his head and heart.

One of his primary interests, which is informed by his diverse experiences and training, is making the evidenced-based methods of psychology and spiritual wisdom easy to understand and easy to apply to your daily life. Symington practices and resides in Pasadena, CA.

Reviews

“**Scott Symington** tackles an important topic that affects almost 20 percent of all people at any given time—anxiety. In this easy-to-read book, he guides the reader through an innovative approach called the Two-Screen Method, where we learn how to deal with worries visually, and apply mindfulness principles when we need it the most. Through specific steps and well-told client stories, the readers are provided with a blueprint to ease themselves from their own anxious patterns and break the loop of fears that hold them back from achieving advancement, peace, and better relationships. A must-read for anyone!”

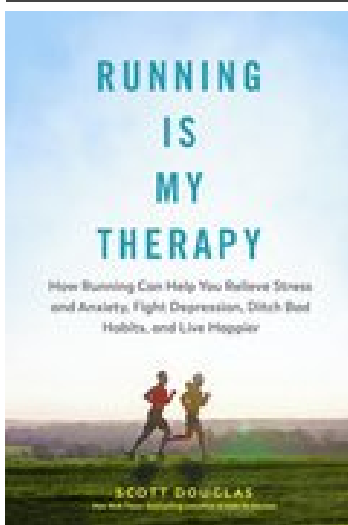
—**Karen J. Miller**, PhD, clinical neuropsychologist and health sciences professor at the University of California, Los Angeles

“It is rare that a new book actually presents a truly new thought, perspective, or tool. Scott Symington’s *Freedom from Anxious Thoughts and Feelings* does all three; his groundbreaking Two-Screen Method for dealing with anxiety is broadly applicable and effective. We use his approach regularly in working with clients who are struggling with sexual issues. We find it is a tool that people can easily visualize and apply in order to accept, but put aside, interfering emotions while focusing on and pursuing spiritually sound, relationship-enhancing, and life-giving goals.”

—**Clifford and Joyce Penner**, sexual therapists, educators, and authors of *The Gift of Sex*

“Scott Symington’s remarkable book is apt to enhance the emotional well-being of anyone who simply reads it through carefully one time. For those who wish to gain the best possible benefit of the book, he provides the tools. This is no theoretical work or an extended sales pitch for starting therapy. Symington is confident that most readers who suffer from anxiety, worry, or depression will significantly enhance the quality of their inner lives by diligently following his Two-Screen Method guidelines for about twelve weeks. He makes a convincing case and offers tremendous hope in an overly stressed world.”

—**Anthony J. Mulkern**, PhD, president of Mulkern Associates



9781615194445



Paperback

\$25.95

Sports & Recreation

The Experiment

Apr 17, 2018

Ctn Qty: 36

288 pages

6.00" x 9.00" x 1.10"

11 b&w photographs

Running Is My Therapy: How Running Can Help You Relieve Stress and Anxiety, Fight Depression, Ditch Bad Habits, and Live Happier

Scott Douglas, Alison Mariella Desir

Description

From a New York Times–bestselling author and lifelong runner, a groundbreaking guide to fighting depression and anxiety one run at a time. Whether you're a runner struggling with depression or anxiety or someone who is depressed and anxious looking for a scientifically supported way to improve your mental health, *Running Is My Therapy* is here to help. Longtime running writer Scott Douglas marshals cutting-edge science, anecdote, and expert advice to show how running can reduce depression and anxiety and boost the mind. You'll learn how running affects the brain and about options for combining running with different kinds of mental health treatments, from cognitive behavioral therapy to antidepressants and more, as well as how running can lead to a more fulfilling life by encouraging social connections, healthier habits, a sense of purpose, or even decreasing use of controlled substances. From proper pace and distances to choosing optimal surroundings and personal routines, Douglas provides proven methods that have helped him and others battle depression and anxiety, improve mental health, and live happier—both while running and while enjoying the rest of life.

Author

Scott Douglas is a contributing editor for *Runner's World* and the author or coauthor of eight books, including the *New York Times* bestseller *Meb for Mortals* and *Advanced Marathoning*. He has written about running for *Slate*, the *Atlantic*, the *Washington Post*, and other outlets, and has run more than 100,000 miles since taking up the sport in 1979. He lives in South Portland, Maine.

Reviews

"Douglas weaves evidence and personal experience into a helpful, highly-readable user's guide."

—**Runner's World**

"[One of] this spring's best new running books."—**Outside**

"Mental health is very important and I encourage others to avail themselves of this excellent book, and of course to keep running!"

—**Meb Keflezighi**, Boston and New York City Marathon champion, Olympic Marathon silver medalist

"Everyone who cares about mental health needs to read *Running Is My Therapy*. Scott Douglas lays out all the evidence for running as an effective intervention for depression and anxiety in a way that's both inspiring and practical."

—**Sepideh Saremi**, LCSW, founder of Run Walk Talk therapy

a revolutionary approach
to understanding and healing
the impact of loss

ANXIETY
the missing
stage of
grief

Claire Bidwell Smith, LCPC

9780738234779



Hardcover

\$34.00

Self-Help

Hachette Books

Sep 25, 2018

Ctn Qty: 20

272 pages

6.00" x 8.62" x 1.00"

Anxiety: The Missing Stage of Grief: A Revolutionary Approach to Understanding and Healing the Impact of Loss

Claire Bidwell Smith

Description

A groundbreaking book exploring the little-known yet critical connections between anxiety and grief, with practical strategies for healing, following the renowned Kübler-Ross stages model

If you're suffering from anxiety but not sure why, or if you're struggling with loss and looking for solace, *Anxiety: The Missing Stage of Grief* offers help -- and answers. Significant loss and unresolved grief are primary underpinnings of anxiety, something that grief expert Claire Bidwell Smith discovered in her own life and in her practice with her therapy clients. Now, using research and real life stories, Smith breaks down the physiology of anxiety, giving you a concrete foundation of understanding in order to help you heal. Starting with the basics of *What Is Anxiety?* and *What Is Grief?* and moving to concrete approaches such as *Making Amends*, *Taking Charge*, and *Retraining Your Brain*, *Anxiety* takes a big step beyond Elisabeth Kübler-Ross's widely accepted five stages to unpack everything from our age-old fears about mortality to the bare vulnerability a loss can make us feel.

With concrete tools and coping strategies for panic attacks, getting a handle on anxious thoughts, and more, Smith bridges these two emotions in a way that is deeply empathetic and eminently practical.

Author

Claire Bidwell Smith, LCPC, is a therapist specializing in grief and the author of two books of nonfiction. Claire holds a bachelor's degree from The New School University and a master's degree from Antioch University. She is a licensed therapist in both California and Illinois and has a thriving private practice in Los Angeles.

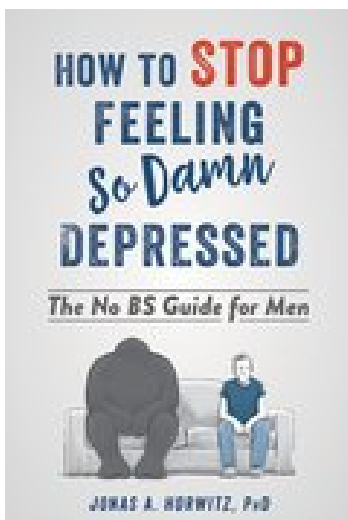
Reviews

"[A] useful work...[The] insight alone, linking anxiety to grief, is worth the price of admission. If Smith's ideas of 'resilient grieving' help even one reader cope with the trauma and fearful thoughts of anxiety, she will have done a great service."
—*Kirkus Reviews*

"*In Anxiety: The Missing Stage of Grief*, Claire Bidwell Smith has found yet another way to powerfully illuminate and deepen our understanding of what it means to grieve. Drawing upon her personal experience with deep loss as well as her many years of working as a grief counselor, Bidwell Smith offers fresh insight into the connection between grief and anxiety. Bidwell Smith's profound compassion for those who've experienced loss has already helped so many people. This trailblazing book will help many more."—**Cheryl Strayed**, New York Times bestselling author of *Wild*

"The world of grief--rote with repeated thoughts over what happened, what might have been, and what might be--provides the perfect breeding ground for anxiety. In pinpointing the connections between the two, Claire Bidwell Smith is the warm and wise friend guiding you toward deeper control over your thoughts, instead of your thoughts wielding control over you."—**Rebecca Soffer**, coauthor of *Modern Loss: Candid Conversation about Grief. Beginners Welcome.*

"Once again Claire Bidwell Smith has brought light to one of life's most difficult and dark periods. She helps us understand grief better and ourselves in the process, all the while guiding us like an old friend who knows."—**Dr. BJ Miller**, palliative care physician, UCSF



9781684032112



Paperback

\$24.95

Self-Help

New Harbinger Publications

Dec 1, 2018

Ctn Qty: 20

160 pages

5.91" x 8.33" x 0.25"

How to Stop Feeling So Damn Depressed: The No BS Guide for Men

Jonas A Horwitz

Description

In this no-nonsense guide for men, psychologist Jonas Horwitz presents straightforward, jargon-free strategies to help you identify and overcome depression, once and for all.

The damned thing about severe depression is that it takes over your brain, body, and spirit. It wants you to say to yourself, "There is nothing I can do to make myself feel better. I am helpless in the face of my problems." Even at this very moment your severe depression is whispering in your ear, "This is all bulls@#t." Your depression has lived with you for a long time, and has seldom left your side. It's relentlessly pessimistic, and wants you to believe that your misery will never end. These are the lies your depression is wanting you believe.

With this unique guide, you'll learn why it's so important to take your severe depression seriously—just as you would if you had cancer, heart disease, diabetes, or any other life-threatening illness. In addition, by viewing your depression as a separate entity—The Beast—you'll discover how it tries to trick you when you are most stressed to do things that leave you feeling much more depressed.

You'll also learn how changing your behavior can actually change your brain chemistry. And, most importantly, you'll find actionable solutions to put The Beast in its place so you can start feeling better now!

In order to overcome your depression, you must understand its nature. This book will help you understand The Beast, stop feeding it, and take back your life.

Author

Jonas A. Horwitz, PhD, received a doctorate in clinical psychology from Virginia Commonwealth University, where he conducted extensive research on adults who wrestle with chronic depressive disorders. He is a member of the American Psychological Association, The North Carolina Psychological Association, and the American Academy of Psychotherapists. He maintains a private practice in Durham, NC.

Reviews

“This wonderful book is a treasure trove filled with gems of meaningful, important information and guidance. For those who struggle with ‘the Beast’ of depression, Horwitz provides valuable advice that is candid and practical. The ‘no-nonsense’ language cuts through the haze of jargon and technical talk, offering an accessible road map to remission and recovery.”

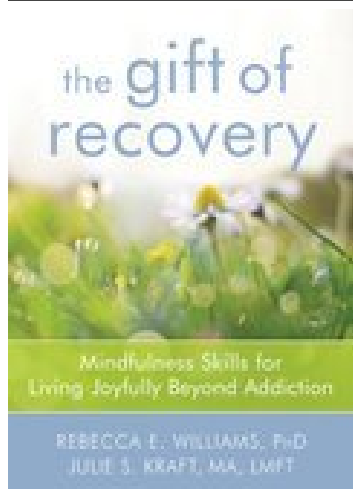
—**Robert N. Golden**, MD, dean of the School of Medicine and Public Health, and professor in the department of psychiatry at the University of Wisconsin-Madison

“Horwitz knows just how miserable men with severe depression feel. A clinical psychologist, he tells specific things a man can do to feel much better, without telling the lie that depression is easy to fix. He explains what is going on in the brain that keeps depression alive and how behavioral changes can reduce the depression. His tone is conversational; his message is direct. I plan to buy a stack of these books and hand them to men I know who need to read it. “

—**Barbara J. Myers**, PhD, associate professor emerita and former director of the developmental psychology division at Virginia Commonwealth University, Richmond, VA

“Horwitz’s powerful, no-nonsense guide for men experiencing severe depression is written with sincerity and compassion as he navigates a subject too often ignored. Depression is a serious illness and one of the top risk factors for suicide. Horwitz’s passion for this subject can be seen on each page as he provides practical, solution-based options for those struggling with the ‘Beast.’ It is, without a doubt, a book to share with your colleagues, clients, and loved ones.”

—**Julie McIntyre**, LCSW, MSW, retired clinical social worker for the department of psychiatry and emergency medicine at The University of North Carolina at Chapel Hill



9781684030705



Paperback

\$24.95

Self-Help

New Harbinger Publications

Jun 1, 2018

Ctn Qty: 20

256 pages

6.00" x 8.00" x 0.75"

The Gift of Recovery: 52 Mindful Ways to Live Joyfully Beyond Addiction

Rebecca E Williams, Julie S Kraft

Description

If you're recovering from addiction, *The Gift of Recovery* offers quick, in-the-moment tips and tricks to help you cope with daily stress and stay firmly on the path to wellness. With this gentle, easy-to-use guide, you'll learn how to navigate relationships, take time for self-care, and build a mindful, sustainable, and joyful recovery.

Deciding to get help for addiction is the first step toward recovery. But addiction recovery doesn't happen all at once—it's something that must be worked for day. Sometimes, it will be easy. When things are going well, you may not be tempted to give in to your cravings. But when life is stressful, you'll need strategies to help you cope.

Written by the authors of *The Mindfulness Workbook for Addiction*, this on-the-go mindfulness guide offers fifty-two powerful and effective meditations to help you manage the stress, depression, and strong emotions that can get in the way of a full and lasting recovery. You'll also find skills based in cognitive behavior therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) to help you stay grounded, as well as links to online resources.

Deciding to overcome an addiction can feel like leaving a relationship. It's hard and sometimes lonely—but it is truly an act of courage. This book will help guide you as you continue making courageous steps toward peace, joy, and fulfillment.

Author

Rebecca E. Williams, PhD, is an award-winning author, consultant, and clinical psychologist specializing in healthy recovery from mental illness and addiction. Her work focuses on building resilience and embracing well-being. She is associate clinical professor of psychiatry at the University of California, San Diego, and program director at the Veterans Affairs San Diego Health Care System.

Julie S. Kraft, MA, LMFT, is a licensed marriage and family therapist. She has been working in the fields of addiction and mental health since 2008. Julie is an adjunct faculty member at the University of San Diego, where she teaches systemic treatment of substance abuse. Julie has a private practice in San Diego, CA, where she works to help her clients find all the gifts that they deserve.

Williams and Kraft are coauthors of *The Mindfulness Workbook for Addiction*, which won the San Diego Book Award. Their workbook has been translated into Korean.

Reviews

“Invite *The Gift of Recovery* to accompany your journey home to yourself. You’ll meet no better guides to support your day-to-day recovery goals than authors Williams and Kraft. Their exercises, meditations, affirmations, and self-inquiry questions are grounded in their non-judging and compassionate understanding of addiction and recovery. This book will help you be kinder to yourself, even as you deepen your self-awareness and commitment to sobriety.”

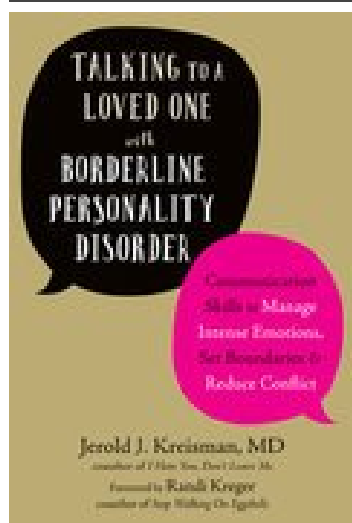
—**Amy Weintraub**, author of *Yoga for Depression* and *Yoga Skills for Therapists*, and founder of the LifeForce Yoga Healing Institute

“*The Gift of Recovery* is a well-crafted, beautiful illustration of the power of mindfulness in healing from addiction. From compelling examples to memorable metaphors, the authors use a conversational approach to appeal to their audience and simplify the often-confusing jargon of psychotherapy. Short chapters, organized as ‘gifts,’ compel the reader to redefine their view of the recovery process. Mindful exercises and affirmations help the reader transform thoughts into action. Audiences will find it helpful to use independently or as an adjunct to their work in therapy. Comprehensive, masterful, and approachable, Williams and Kraft have done it again, bringing together the best evidence-based concepts to addiction recovery in this one absolutely essential guide.”

—**Gina M. Bongiorno**, LMFT, manager of the co-occurring substance and eating disorder program at the University of California, San Diego’s Eating Disorder Clinic; and adjunct faculty member at the University of San Diego

“In today’s world focused on apps and technology, this ‘gift’ brings it back to the fundamental instruments needed to help keep my clients focused and being present. As a clinician, I am inspired to use this as a parallel process and enhance my skill set.”

—**Jason R. Allison**, SAP, ICADC, LAADC, licensed addiction professional and cofounder of National Therapeutic Alliance



9781684030460



Paperback
\$24.95
Self-Help
New Harbinger Publications

Nov 1, 2018
Ctn Qty: 20

192 pages
6.00" x 9.00" x 0.75"

Talking to a Loved One with Borderline Personality Disorder: Communication Skills to Manage Intense Emotions, Set Boundaries, and Reduce Conflict

Jerold J Kreisman, Randi Kreger

Description

In this compassionate guide, Jerold Kreisman—author of *I Hate You, Don't Leave Me*—offers a powerful set of tools to help you express yourself, set boundaries, and cultivate healthy communication with a loved one who is diagnosed with borderline personality disorder (BPD).

If you have a loved one with BPD, you need real, proven-effective strategies to help you navigate the intense emotions and conflict that can arise in daily interactions and conversations. People with BPD often feel anger, pain, from a history of invalidation and disappointment, and their difficulty in regulating emotions can lead to moments of lashing out that can confuse and upset those around them.

Written by a psychiatrist with more than 40 years of experience in treating BPD, *Talking to a Loved One with Borderline Personality Disorder* offers a breakthrough, compassionate approach to communicating with a loved one who has BPD. The SET (support, empathy, truth) method outlined in this book is a powerful and simple tool that will allow you to honestly address your loved one's demands, assertions, and feelings while still maintaining appropriate boundaries. Each step builds on the last, helping you build up a consistent and reliable communication process.

In this book, you'll find a review of BPD and the common communication problems inherent in the disorder. You'll learn how SET can address these issues. And finally, you'll find detailed examples of specific scenarios that can arise when talking to a loved one with BPD.

Remember—validation isn't the same as agreement. You can help your loved one feel validated while still maintaining your own boundaries. This essential guide will show you how.

Author

Jerold J. Kreisman, MD, is a psychiatrist and leading expert on borderline personality disorder (BPD). He is coauthor of the best seller *I Hate You, Don't Leave Me*; which is considered a classic of both the popular and academic literature on BPD, and has been completely revised and updated in 2010. His book *Sometimes I Act Crazy* describes how families and friends confront the disorder. Kreisman produces a blog for *Psychology Today*. He lectures widely in the United States and abroad, and is in private practice in St. Louis, MO.

Foreword writer **Randi Kregeris** creator of the website www.bpdcentral.com and the Welcome to Oz online support community. She is coauthor of *Stop Walking on Eggshells*, and speaks and gives workshops about BPD internationally.

Reviews

“Borderline personality disorder (BPD), which can be difficult for clinicians to manage, can also be painful for families and loved ones. They need help to avoid conflict and to respond in helpful ways. This book, written in highly accessible language, provides many practical tips on communicating about intense emotions and understanding troubled people.”

—**Joel Paris, MD**, professor in the department of psychiatry at McGill University, and author of *Treatment of Borderline Personality Disorder*

“Those who struggle to keep the peace with difficult people in their daily lives will find these explanations and strategies extremely informative and helpful. You can be effective, and Jerold Kreisman will show you how!”

—**Sandy Hotchkiss, PsyD, LCSW**, author of *Why Is It Always About You?*

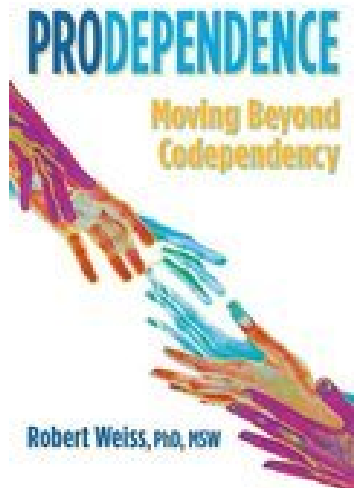
“For anyone who loves, lives with, or must care for a person struggling with BPD, Jerold Kreisman has written another useful guide full of empathic and pragmatic techniques. All too often, interactions with these individuals prove to be confusing, painful, and sometimes infuriating; Kreisman outlines a detailed approach for coping and keeping your head. As a clinician who has worked with individuals who suffer from this disorder, as well as the people who know them, I found his guidance to harmonize with my own experience and to echo the advice I often give to my own clients.”

—**Joseph Burgo, PhD**, psychotherapist, *Psychology Today* blogger, and author of *The Narcissist You Know, Why Do I Do That?*, and the forthcoming *Shame*

“The lessons in respectful listening and mindful speech offered by this book will serve a broad audience. Ultimately, everyone struggles—to some degree or another—to understand and be understood. My commitment to feminist critiques of psychiatric categories leads me to be cautious around diagnostic terminology that labels one person in a conflict as disordered, but with that caveat in mind, I think of this book as an instruction in the ‘humble warrior’ pose of difficult conversations, as it advocates strength, balance, and grace in communicating with clients and loved ones who experience heightened interpersonal sensitivities. I can’t think of qualities more necessary in the current moment than those modeled here by Kreisman: support, empathy, truth, understanding, and perseverance.”

—**Merri Lisa Johnson**, professor of women’s and gender studies at USC Upstate, and author of *Girl in Need of a Tourniquet*

Prodependence: Moving Beyond Codependency



9780757320354



Paperback

\$23.95

Self-Help

Health Communications, Inc.

Sep 18, 2018

Ctn Qty: 1

216 pages

8.50" x 5.50" x 0.50"

Robert Weiss

Description

Do you love an addict? Do you sometimes feel like their addiction is your fault? Are people calling you codependent? If our treatment toward loved ones of addicts alienates them, it's time we change our approach. With Prodependence, Dr. Robert Weiss offers us 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!

Author

Robert Weiss, PhD, MSW, CEO of Seeking Integrity LLC, is a digital-age sex, intimacy, and relationship specialist. Dr. Weiss has spent more than 25 years developing treatment programs, educating clinicians, writing, and providing direct care to those challenged by digital-age infidelity, sexual compulsivity, and other addictive disorders. A clinical sexologist, psychotherapist, and international educator, he frequently serves as a subject matter expert for multiple media outlets including CNN, HLN, MSNBC, Fox, OWN, *The New York Times*, *The Los Angeles Times*, and NPR, among others. He is the author of *Prodependence: Moving Beyond Codependency*, and several other highly regarded books on sex and intimacy disorders including *Out of the Doghouse*, *Sex Addiction 101*, and *Cruise Control*, among others."

Reviews

"*Prodependence* provides a refreshing, empathetic, and practical approach to understanding partners and families of addicts, and how best to help them learn how to handle their difficult situation. Avoiding the classic split between the trauma and codependency models, Weiss uses the framework of attachment theory to avoid blaming partners and pathologizing their behavior. Instead, he validates and reframes their efforts and provides techniques for helping them heal, improve their self-care, set appropriate boundaries for their own behavior, and deal with their challenges. This beautifully written book is must-reading for all those who love an addict, as well as all mental health professionals."

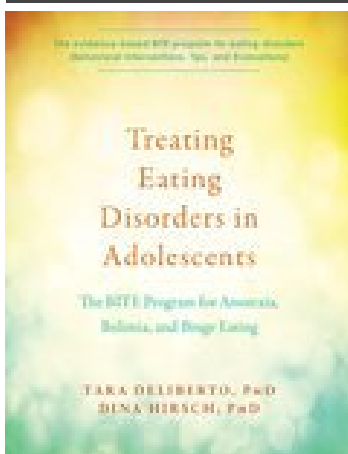
—**Jennifer Schneider, MD**, author of *Back from Betrayal: Recovering from the Trauma of Infidelity*

"Removing codependence and addiction from the list of diseases that afflict humankind and seeing their cause as responses to overwhelming life conditions rehumanizes those who suffer—both addicts and those who love them. This approach rightly acknowledges them as co-participants in the human journey rather than objects of analysis and treatment. In *Prodependence*, Robert Weiss has not only created a new term but has also boldly challenged the cultural practice of negatively labeling those in service to others. He shows that by doing so, we devalue their selfless efforts and amplify their suffering. This groundbreaking book is a call to awaken from the old way of thinking to find new and positive methods. We recommend it to all mental-health providers and to those whose mental health will improve by reading it."

—**Harville Hendrix, PhD** and **Helen LaKelly Hunt, PhD**, coauthors of *Getting the Love You Want* and *The Space Between*

"At last, a therapist who understands the power of love. Bravo, Robert Weiss! Rather than judging the caregivers of addicts as codependents with pathologies of their own, Weiss recognizes them as normal, mentally healthy men and women with a deep and unconditional love for their addicted partner or family member. He celebrates emotional dependence, and he offers nonjudgmental support and guidance for navigating the difficult landscape of relationship with an addict. By coming from a positive perspective, his concepts offer hope instead of despair for those living in crisis. And as a bonus, it's a fascinating read about the evolution of the recovery movement, and the importance of human kindness and connection in healing."

—**Helen Fisher, PhD**, bestselling author of *Why We Love*, *Anatomy of Love*, and *Why Him? Why Her?*



9781684032235



Paperback

\$56.95

Psychology

New Harbinger Publications

Jul 1, 2019

Ctn Qty: 20

304 pages

8.50" x 11.00"

Treating Eating Disorders in Adolescents: Evidence-Based Interventions for Anorexia, Bulimia, and Binge Eating

Tara Deliberto, Dina Hirsch

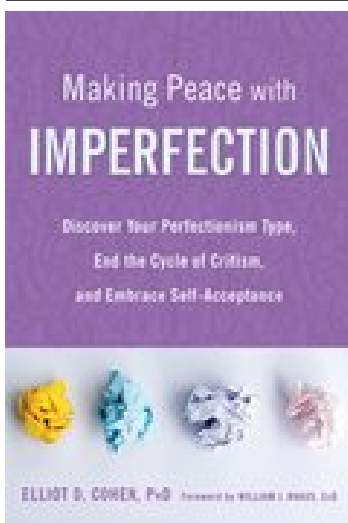
Description

Two leading experts in eating disorders offer a comprehensive, evidence-based, and fully customizable program for treating adolescents with anorexia nervosa, bulimia nervosa, and binge eating. If you treat adolescents with eating disorders, you need a flexible treatment plan that can be tailored to your patient's individual needs, and which fully incorporates the adolescent's family or caregivers. This book offers a holistic approach to recovery that can be used in inpatient or outpatient settings, with individuals and with groups. The groundbreaking and integrative program outlined in this professional guide draws on several evidence-based therapies, including Maudsley family-based treatment (FBT), cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), compassion-focused therapy (CFT), exposure therapy, and appetite awareness training. This fully customizable approach meets the patient where they are—emotionally and cognitively—throughout the process of recovery. This book covers all aspects of the recovery process, including navigating family issues, meal planning, and more. Handouts and downloads are also included that provide solid interventions for clinicians and checklists for family members.

Author

Tara Lynn Deliberto, PhD, is an assistant professor at Weill Cornell Medicine, the medical school of Cornell University; and the director of New York-Presbyterian Hospital's Eating Disorders Partial Hospitalization Program, which she opened. She maintains leadership positions at the Academy for Eating Disorders, and *Eating Disorders: The Journal of Treatment and Prevention*. Deliberto also has an eating disorders practice in New York, NY.

Dina Hirsch, PhD, is senior psychologist at Northwell Health, and associate professor of psychiatry at Zucker School of Medicine at Hofstra University. She maintains a private practice in Long Island, NY, where she specializes in evidence-based treatment of eating disorders.



9781684032983



Paperback

\$24.95

Self-Help

New Harbinger Publications

Jun 1, 2019

Ctn Qty: 20

176 pages

6.00" x 9.00"

Making Peace with Imperfection: Discover Your Perfectionism Type, End the Cycle of Criticism, and Embrace Self-Acceptance

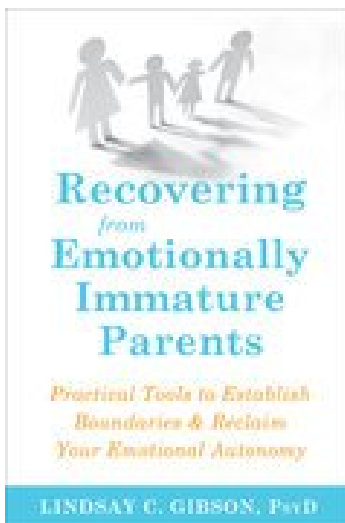
Elliot D Cohen, William J Knaus

Description

Demanding perfection in everything you do can create a life of stress, worry, and overload. With this essential self-help guide, you'll learn to escape the perfectionism trap and cultivate unconditional self-acceptance in an imperfect world. Are you a perfectionist? Do you wear this title like a badge of honor, even though it creates needless stress in your life? Ironically, the stress you create by demanding perfection from yourself and others can actually make it harder to achieve your goals in the long run. It can also alienate you from friends, family, and coworkers. So, how can you escape the perfectionism trap and start living a life of self-compassion? In this informative and practical resource, author Elliot Cohen reveals the eleven types of perfectionism, and gives you the tools and skills you need to move past this distressing mind set before it leads to chronic stress, anxiety, anger, or even depression. Using strategies grounded in evidence-based rational emotive behavior therapy (REBT), you'll discover how your perfectionism is actually a result of irrational beliefs, learn to challenge these beliefs, and replace negative thoughts with compassionate ones. Being a perfectionist can affect virtually every decision you make, and every action you take—leading to a life of perpetual stress. This book can help you put a stop to the absolutist thinking behind your perfectionism and take steps toward a calmer, more balanced way of being.

Author

Elliot D. Cohen, PhD, is professor and chair of the department of humanities at Indian River State College, adjunct professor of clinical ethics at the Florida State University College of Medicine, and director of the Institute of Critical Thinking. Author of numerous books and articles, he is a principal founder of philosophical counseling in the United States, and inventor of logic-based therapy. He writes a blog for *Psychology Today*, and has been quoted in major media venues, including *New York Times Magazine*.



9781684032525



Paperback

\$24.95

Self-Help

New Harbinger Publications

May 1, 2019

Ctn Qty: 20

224 pages

6.00" x 9.00"

Recovering from Emotionally Immature Parents: Practical Tools to Establish Boundaries and Reclaim Your Emotional Autonomy

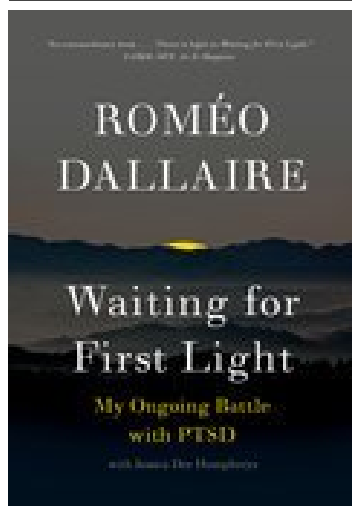
Lindsay C Gibson

Description

In this important sequel to *Adult Children of Emotionally Immature Parents*, author Lindsay Gibson offers powerful tools to help you step back and protect yourself at the first sign of an emotional takeover, make sure your emotions and needs are respected, and break free from the coercive control of emotionally immature parents. Growing up with emotionally immature parents (EIPs) can leave you feeling lonely and neglected. You may have trouble setting limits and expressing your feelings. And you may even be more susceptible to other emotionally immature people as you establish adult relationships. In addition, as your parents become older, they may still treat your emotions with mockery and contempt, be dismissive and discounting of your reality, and try to control and diminish your sense of emotional autonomy and freedom of thought. In short, EIPs can be self-absorbed, inconsistent, and contradictory. So, how can you recover from their toxic behavior? Drawing on the success of her popular self-help book, *Adult Children of Emotionally Immature Parents*, author Lindsay Gibson offers yet another essential resource. With this follow-up guide, you'll learn practical skills to help you recognize the signs of an EIP, protect yourself against an emotional takeover, reconnect with your own emotions and needs, and gain emotional autonomy in all your relationships. This is a how-to book, with doable exercises and active tips and suggestions for what to say and do to increase emotional autonomy and self-awareness. If you're ready to stop putting your own needs last, clear the clutter of self-doubt, and move beyond the fear of judgment and punishment that's been instilled in you by emotionally immature parents, this book will help you find the freedom to finally live your life your way.

Author

Lindsay C. Gibson, PsyD, is a clinical psychologist in private practice who specializes in individual psychotherapy with adult children of emotionally immature parents. She is author of *Who You Were Meant to Be* and writes a monthly column on well-being for *Tidewater Women* magazine. In the past she has served as an adjunct assistant professor of graduate psychology for the College of William and Mary, as well as for Old Dominion University. Gibson lives and practices in Virginia Beach, VA.



9780345814449



Paperback

\$21.00

Biography & Autobiography

Knopf Random Vintage

Canada

Jan 8, 2019

Ctn Qty: 24

208 pages

5.50" x 8.00" x 0.52"

yes

Waiting for First Light: My Ongoing Battle with PTSD

Romeo Dallaire 

Description

In this piercing memoir, Roméo Dallaire, retired general and former senator, bestselling author and one of the world's leading humanitarians, delves deep into his life since the Rwandan genocide.

At the heart of *Waiting for First Light* is a no-holds-barred self-portrait of a top political and military figure whose nights are invaded by despair, but who at first light faces the day with the renewed desire to make a difference in the world.

Roméo Dallaire, traumatized by witnessing genocide on an imponderable scale in Rwanda, reflects in these pages on the nature of PTSD and the impact of that deep wound on his life since 1994, and on how he motivates himself and others to humanitarian work despite his constant struggle. Though he had been a leader in peace and in war at all levels up to deputy commander of the Canadian Army, his PTSD led to his medical dismissal from the Canadian Forces in April 2000, a blow that almost killed him. But he crawled out of the hole he fell into after he had to take off the uniform, and he has been inspiring people to give their all to multiple missions ever since, from ending genocide to eradicating the use of child soldiers to revolutionizing officer training so that our soldiers can better deal with the muddy reality of modern conflict zones and to revolutionizing our thinking about the changing nature of conflict itself.

Compelling and original, *Waiting for First Light* is an emotional account of suffering, endurance, and the fight for a better world.

Author

Roméo Dallaire is a retired lieutenant-general, retired Canadian senator, and celebrated humanitarian. In 1993, L Gen Dallaire was appointed force commander for UNAMIR, where he bore witness to the Rwandan genocide. His Governor General's Literary Award-winning book, *Shake Hands with the Devil*, exposed the failures of the international community to stop that genocide. It has been turned into an Emmy Award-winning documentary as well as a feature film; it has also been entered into evidence in war crimes tribunals trying the perpetrators of the Rwandan genocide. Dallaire has received numerous honours and awards, including Officer of the Order of Canada in 2002 and the United Nations Association in Canada's Pearson Peace Medal in 2005. His second book, *They Fight Like Soldiers, They Die Like Children*, was also a national bestseller. Since his retirement, he has become an outspoken advocate for human rights, mental health and war-affected children. He founded the Roméo Dallaire Child Soldiers Initiative, an organization committed to progressively ending the use of child soldiers worldwide through a security sector approach.

Jessica Dee Humphreys is co-author of the acclaimed bestsellers *Child Soldier: How Boys and Girls are Used in War* and *They Fight Like Soldiers, They Die Like Children*.

Awards

Longlisted for the 2017 RBC Taylor Prize

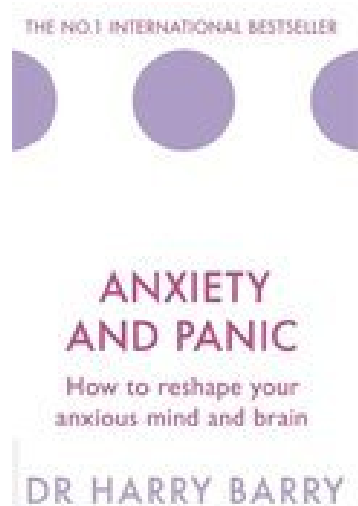
Reviews

“A stirring account from a tragic mission that crystallizes the necessity of ensuring invisible injuries are treated with the requisite resources, attention and time as those that are physical in nature. Bravo Zulu, General Dallaire. Canada, and the international community, thanks you for your leadership.” —**Scott Maxwell**, Executive Director, Wounded Warriors Canada

“I was left reeling by this book, overcome by shock, dismay, amazement. I’ve never read anything about post-traumatic stress quite so stark, honest and graphic. Roméo Dallaire bares his soul to the world . . . it’s an act of stunning courage and a literary tour de force.” —**Stephen Lewis**

“Roméo Dallaire’s PTSD, stemming from his experiences and peacekeeping responsibilities during the horrific Rwandan genocide, has affected all aspects of his life for the past twenty years. With brutal honesty and characteristically unsparing of himself, he shows the reader how PTSD has caused unshakable guilt, perennial insomnia, persistent distress, complicated family difficulties and spiritual angst. Although this book is about pain, it is not about despair. It is a triumph. His understanding of human suffering at a very personal and intense level has propelled him into his current role as a champion for many important humanitarian causes such as the plight of child soldiers. By looking his demons in the eye and holding that gaze despite institutional ignorance and inaction, General Dallaire has transformed the Canadian military so that servicemen and women with PTSD may now acquire the treatment and support they need. This book is a compelling, evocative, educational and riveting inspiration to all of us.” —**Matthew J. Friedman MD, PhD**
Senior Adviser (and former Executive Director), National Center for PTSD, U.S. Department of Veterans Affairs
Professor of Psychiatry and Pharmacology/Toxicology, Geisel School of Medicine at Dartmouth

“The courage and intensity of [his] revelations are deeply personal and unsettling. . . . But there is much here . . . to inspire and nurture hope. . . . Dallaire’s book is an eloquent cautionary tale about what can happen if PTSD goes unaddressed for too long. . . . This is a valuable and rare look into the soul of one who suffers from PTSD. On this merit alone it will stand as an important read.” —**The Globe and Mail**



Anxiety and Panic: How to reshape your anxious mind and brain

The Flag
Harry Barry

Description

THE NUMBER 1 INTERNATIONAL BESTSELLER A practical guide to understanding, managing and overcoming anxiety and panic attacks by bestselling author and GP Harry Barry. Do you or does someone you love suffer from general anxiety, social anxiety, panic attacks, a phobia, obsessive-compulsive disorder or post-traumatic stress disorder? Or are you a health-care worker treating people with these disorders? Then this book is for you. Dr Harry Barry combines a deep knowledge of the inner workings of the mind and brain with a wealth of experience treating patients as a GP to offer a way out of the fear, worry and shame of anxiety. In this wise, supportive book, Dr Barry explains clearly and simply what it is about our minds and brains that generates the symptoms of anxiety. Through a series of case studies based on his real-life experiences treating patients, he explains and demonstrates how to use lifestyle changes, mindfulness, exercise and CBT techniques to cope with these symptoms and ultimately feel better. Previously published as *Flagging Anxiety: How to Reshape Your Anxious Mind and Brain*, this edition has been fully revised and updated.

Author

Dr. Harry Barry is a highly respected Irish author and medic, with over three decades of experience as a GP. With a keen interest in the area of mental health and suicide prevention, Dr. Barry is the author of numerous books addressing various aspects of mental health including depression and toxic stress. Dr. Barry regularly contributes to media coverage of these topics and is on the board of Aware.ie.

Reviews

"*Flagging Anxiety & Panic* is not a book for your doctor's shelf - it is a book for YOU. If you've ever experienced anxiety, stress or panic attacks - all of which are on the increase in our more stressful lives - then please, read this book . . ."—**Cathy Kelly**, Author and UNICEF Ambassador

"I think that everyone can get something from this book - those affected by anxiety, but also mental-health professionals and scientists working in the area."
—**Professor Catherine Harmer**, cognitive neuroscience, Oxford University

"His book holds the key to easing the mental torture of those who have endured a lifelong struggle with the symptoms of acute and chronic anxiety. A unique book by a unique doctor."
—**Dr Muiris Houston**, *Irish Times*

9781409174516



Paperback

\$26.99

Self-Help

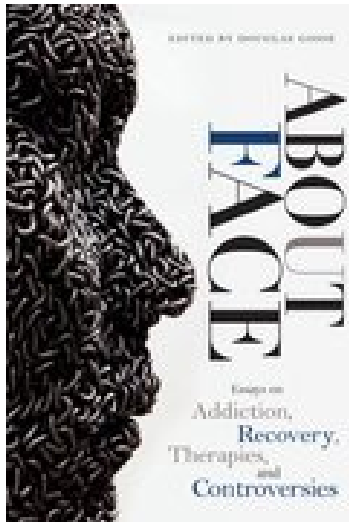
Orion Publishing Group

Mar 5, 2019

Ctn Qty: 20

304 pages

6.12" x 9.25" x 1.00"



9781550816884



Paperback

\$19.95

Psychology

BWB

Jan 15, 2019

Ctn Qty: 20

240 pages

6.00" x 9.10" x 1.30"

About Face: Essays on Addiction, Recovery, Therapies, and Controversies

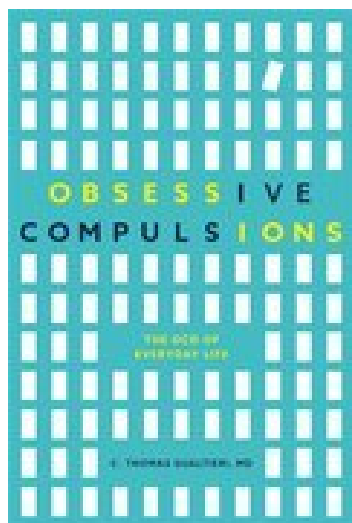
Douglas Gosse 

Description

About Face: Essays on Addictions, Recovery, Therapies, and Controversies seeks to broaden the conversation around addiction in Canada. Featuring essays by a diverse group of writers, About Face delves into the major categories of addiction: drugs, alcohol, sex, pornography, video games, gambling, body dysmorphia, and eating disorders. With stories by those suffering from addictions, experts in the field, and service providers, this anthology is a far-reaching intervention into one of our country's most rapidly expanding social problems.

Author

Douglas Gosse, PH.D., is the author of the novel *Jacytar* and a professor of social justice and cultural studies at Nipissing University. He lives in Brantford and Toronto, Ontario.



9781785928178



Paperback

\$27.95

Self-Help

Jessica Kingsley Publishers

Jun 21, 2018

Ctn Qty: 16

424 pages

6.65" x 9.21" x 1.29"

Obsessive Compulsions: The OCD of Everyday Life

C Thomas Gualtieri

Description

Almost everybody has an obsession or feels a compulsion to do something a certain way. Magic numbers, intrusive thoughts, unusual fears and superstitions happen to about four people out of five, but where do these obsessive-compulsive (OC) traits come from? This book explores what they are, why we have them and what we can do about them, through fascinating and highly original insights. Are you a perfectionist, or can you be fussy? Do you like to have control in certain situations? Or are you overly anxious in others? These are all OC traits, and this book looks at their recent increase in human behaviour, and how they are formed in the brain. Showing that these traits are more common in highly educated, intelligent and successful people, it highlights the positive sides of what have previously been seen as negative quirks. Weaving together sections that are anecdotal and humorous, with technical and up-to-date scientific information, this groundbreaking book gives a fascinating introduction into an under-discussed personality type.

Author

C. Thomas Gualtieri is a neuropsychiatrist and founding director of the North Carolina Neuropsychiatry Clinics. He is a Distinguished Life Fellow of the American Psychiatric Association.

Reviews

In a time when representations of OCD feature heavily in the media and it has almost become fashionable to claim 'I am a little bit OCD', Dr Gualtieri's novel offers a frank and illuminating alternative perspective. Through clever use of personal anecdotes and reflection on theory and practice, he seamlessly juxtaposes science with satire to illustrate the obsessive compulsive trait whilst clearly differentiating it from the often disabling disorder. As a professional working with OCD and anxiety disorders, as well as an individual who can definitely identify with the 'OC trait', I found this to be a thoroughly enjoyable read offering equal measure of edification and amusement.

— **Dr Sasha Walters, MSc, PhD, DClInPsy** Berkshire CAMHS Anxiety and Depression Pathway, University of Reading

With wit and humor and a charming personal, conversational style, Dr. Gualtieri's treatment of our obsessions and compulsions is far more than a medical study of the brain. It's an engaging, pleasurable read and deserves not only professional praise but a wide, popular audience.

— **James Reston, Jr.**, author of *Fragile Innocence: A Father's Memoir of His Daughter's Courageous Journey*



9780735272828



Hardcover

\$29.95

Self-Help

Knopf Random Vintage
Canada

Aug 6, 2019

Ctn Qty: 12

336 pages

6.00" x 9.00"

Hello I Want to Die Please Fix Me : Depression in the First Person

Anna Mehler Paperny 

Description

Frank, eye-opening, heartbreaking and disarmingly funny, Anna Mehler Paperny is a fabulous, vibrant new voice. In her galvanizing memoir-meets-exposé, writing with riveting vitality and intelligence about surviving suicide and the ways we treat depression, she has discovered what eludes many: a way to reach out to us to talk about one of the increasingly concerning medical issues today.

An energetic tour-de-force of empathy and desire for understanding, Hello! I Want to Die, Please Fix Me is compelling reading, as well as essential for anyone curious to understand how it feels to be depressed, or whose life, family or friends have been touched by depression.

Anna Mehler Paperny is a young journalist from Toronto—a smart, passionate reporter who has contributed to the Globe and Mail, Maclean's, Global News, and the San Francisco Chronicle, Reuters, and just about every major news outlet you can think of. In her early twenties, while thriving in her dream job, enjoying warm familial support and a strong social network of friends and colleagues, Anna found herself trapped by feelings of failure and despair. In September 2011, she made her first attempt to kill herself by ingesting a deadly mix of sleeping pills and antifreeze, landing her in the ICU followed by weeks of enforced detention in two different big-city psych wards.

This was Anna's entry point into the labyrinthine psychiatric care system—one that is nominally responsible for providing the best reasonable care to millions of Canadians suffering from severe, life-threatening mental illness. Her first stay in the psych ward—at times horrifying, other times boring, hilarious and absurd—was just the beginning of a long recovery and a journey towards understanding, first-hand, the myriad ways our systems and medical practitioners treat—and fail to treat—a disease that afflicts a full fifth of the population.

While trying to be a good patient, Anna cannot help but turn her intrepid journalist's eye on the world around her—in the psych ward, as an outpatient, as a survivor enduring the gruelling ordeal of facing concerned family, friends and co-workers; of finding the right meds, the right therapist; of staying insured and employed. Anna's personal account of life in the shadow of self-obliteration explores in searing detail her individual experience of depression, close encounters with fatal self-harm, and the trial and error of treatment. It is at the same time an illuminating, profound and utterly original analysis of how we approach mental illness in North America; the novel hypotheses specialists are putting forward to tackle it; and the truth about how primitive our methods of healing sick brains still are.

Author

Anna Mehler Paperny is an award-winning reporter for Reuters based in Toronto. Over a decade for three news organizations she has chased stories in Haiti, Guantanamo Bay, China and Ontario, covering topics ranging from the opioid crisis to migration to the criminal justice system. Her work on deaths in Canadian prisons won an investigative journalism award. She has a Bachelor of Arts (Honours) from Queen's University, where she spent most of her time working for the campus paper.



9780143132608



Paperback
\$22.00
Psychology
Penguin Books

Sep 4, 2018
Ctn Qty: 24

272 pages
5.43" x 8.23" x 0.69"

33 b/w illustrations throughout

You Are Not a Rock: A Step-by-Step Guide to Better Mental Health (for Humans)

Mark Freeman

Description

Mental health is . . . being yourself.

A prescriptive and positive guide, illustrated with line drawings, making the case that mental well-being, like physical health, can be strengthened over time and with specific techniques

We all want to feel less anxiety, guilt, anger and sadness. We want to obsess less and be less lonely, free ourselves from our demons, compulsive habits, and stress. But as humans (unlike rocks) we experience all of these. And paradoxically, trying to avoid and control them only makes things worse.

Having struggled with serious mental illness for many years himself, Mark Freeman has become a dedicated mental-health advocate and coach. He makes the case that instead of trying to feel less and avoid pain and stress, we need to build emotional fitness, especially our capacity for strength, balance and focus. With wit, compassion, and depth of experience and anecdotes, he shows that we can recover from many mental disorders, from mild to very serious, at all ages and stages of life, and even if other methods have failed. Freeman's innovative approach makes use of a range of therapeutic techniques, mindfulness training, peer support, humor, and common sense.

Author

Mark Freeman is a mental health coach and human-centered design workshop facilitator based in Toronto. After recovering from severe mental illness himself, he now focuses on leveraging technology and design to help others navigate the complex changes necessary to improve and maintain great mental health and fitness. He is the co-founder of the online mental health community Everybody Has a Brain, and he is a Stanford Medicine X ePatient Scholar.

Reviews

“The best book, by far, I’ve read on mental health and fitness. Mark has become a trusted friend, thought-partner, and counselor. By reading this book, you too can gain a wealth of knowledge and actionable steps to live a richer, fuller, and more present life. I really couldn’t recommend it more.” —**Brad Stulberg**, co-author of *Peak Performance: Elevate Your Game, Avoid Burnout, and Thrive with the New Science of Success*

“Mark Freeman has created a roadmap to calm the worried mind, chock-full of useful practices, no-nonsense strategies, and trench-harvested wisdom.” —**Mark Wolynn**, author of *It Didn’t Start With You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle*

“This sensible and highly practical approach to mental health offers a welcome antidote to the fear-based thinking that has become all too prevalent in our culture. Try some of Freeman’s exercises for yourself—you might be surprised by how readily even longstanding emotional roadblocks can be cleared away!” —**Gail A. Hornstein**, author of *Agnes’s Jacket: A Psychologist’s Search for the Meanings of Madness*