



The Phone Addiction Workbook : How to Identify Smartphone Dependency, Stop Compulsive Behavior and Develop a Healthy Relationship with Your Devices

Hilda Burke

9781612439037, 1612439039

Pub Date: 6/4/19, On Sale Date: 6/4

\$15.95 USDDiscount Code: TP

144 pages

Trade Paperback

Self-Help / Substance Abuse & Addictions

Ctn Qty: 27

9.3 in H | 7.7 in W | 0.7 lb Wt

Summary: Stop scrolling and start living! Build healthier relationships between you, your smartphone and all your devices, including tips to reduce social media obsession, notification anxiety and other unhealthy habits.

Your smartphone is a powerful device that has fundamentally changed your life—no doubt improving it in many ways. And while you don't need to give up your smartphone completely, if your day to day is filled with endless, anxiety-inducing checking, swiping and liking, then you need this helpful, step-by-step workbook to take back...



365 Sex Positions : A New Way Every Day for a Steamy, Erotic Year

Lisa Sweet

9781646040339, 1646040333

Pub Date: 7/7/20

\$19.95 USD

376 pages / 365 color photos

Trade Paperback

Self-Help / Sexual Instruction

Ctn Qty: 28

7 in H | 5 in W

Summary: Spice up your sex life with this ultimate guide to exciting, erotic and even acrobatic sex positions, including a sizzling position for every day of the year that is paired with titillating color photographs.

Transform your sex life and maximize your full sexual potential with *365 Sex Positions*. Whether you're looking to break out of the same routines or spice it up in the bedroom, this guide shows hundreds of positions from beginner to pro levels to help you experiment. Open to any page and you'll discover a thrilling new position:

- Fe...



The Prepper's Water Survival Guide : Harvest, Treat, and Store Your Most Vital Resource

Daisy Luther

9781612434483, 1612434487

Pub Date: 5/26/15, On Sale Date: 5/26,

Ship Date: 5/4/15

\$14.95 USDDiscount Code: TP

224 pages

Trade Paperback

Self-Help / Safety & Security / Survival &

Emergency Preparedness

Series: PreppersTerritory:

Ctn Qty: 52

7 in H | 5 in W | 0.4 lb Wt

Of all the important resources people need to stockpile in anticipation of a disaster, water is the most vital. This is the complete guide for how to store, treat, and harvest water, including the complete instructions for collecting rainwater and digging a well.

Summary: NO SOURCE IS LEFT UNTAPPED IN THIS ALL-ENCOMPASSING GUIDE TO SUPPLYING LIFE-SAVING WATER AFTER A DISASTER

You can survive up to three weeks without food, but only three days without water! When catastrophe strikes, having enough water can spell the difference between life and death. *The Prepper's Water Survival Guide* offers a step-by-step plan with straightforward information you can easily follow. Thanks to this book's laser-focus on water, you'll quickly learn how to:

- Store fresh water



I Am Autistic: A Workbook : Sensory Tools, Practical Advice, and Interactive Journaling for Understanding Life with Autism (By Someone Diagnosed with It)

Chanelle Moriah

9781646044184, 1646044185

Pub Date: 10/25/22

\$19.95 USD

144 pages

Trade Paperback

Self-Help / Personal Growth / Success

Ctn Qty: 40

9.3 in H | 7 in W | 0.4 in T | 0.8 lb Wt

Summary: Navigate the world of autism with this friendly, full-color guide for those interested in learning more about autism spectrum disorder (ASD), getting an early diagnosis, and recognizing how being autistic can impact a person's life.

In this first-ever creative guide, author and illustrator Chanelle Moriah offers an interactive tool for both diagnosed and undiagnosed autistics to explain or make sense of their experiences. It also offers non-autistic people the chance to learn more about autism from someone who is autistic.

Packed with fu...



Own Your Greatness : Overcome Impostor Syndrome, Beat Self-Doubt, and Succeed in Life

Lisa Orbe-Austin, Richard Orbe-Austin

9781646040247, 1646040244

Pub Date: 4/28/20

\$15.95 USD

184 pages

Trade Paperback

Self-Help / Personal Growth / Success

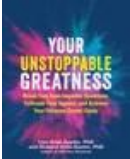
Series: Your GreatnessTerritory:

Ctn Qty: 40

9.3 in H | 7.5 in W

Summary: Stop letting impostor syndrome hold you back! This guided workbook of interactive exercises and research-backed activities will help you conquer self-doubt, realize your true worth, and enjoy your success.

How many times have you thought that everyone is crushing it except you? How often have you looked at one of your accomplishments and attributed it to luck or the help of others? It can be difficult to acknowledge our own successes and skills, and overcome the feeling of being an impostor. But moving past that feeling is crucial to co...



Your Unstoppable Greatness : Break Free from Impostor Syndrome, Cultivate Your Agency, and Achieve Your Ultimate Career Goals

Lisa Orbe-Austin, Richard Orbe-Austin

9781646044078, 164604407X

Pub Date: 12/6/22

\$17.95 USD

152 pages

Trade Paperback

Self-Help / Personal Growth / Success

Series: Your GreatnessTerritory:

Ctn Qty: 34

9.3 in H | 7.5 in W

Summary: Discover how to overcome fear, build confidence in who you are, and celebrate your accomplishments through the interactive activities and life-changing advice in this easy-to-use, guided workbook.

Have you ever felt stuck at your job? Or burned out due to a toxic work environment? When you struggle with Impostor Syndrome and feel like a fraud, it can become easy to get trapped into an unhealthy cycle in your career and lose focus of your goals. Taking this next step in overcoming your impostor syndrome will encourage you to feel confide...



The Self-Love Workbook : A Life-Changing Guide to Boost Self-Esteem, Recognize Your Worth and Find Genuine Happiness

Shainna Ali

9781612438665, 1612438660

Pub Date: 12/4/18, On Sale Date: 12/4

\$15.95 USDDiscount Code: TP

160 pages

Trade Paperback

Self-Help / Personal Growth / Self-Esteem

Series: Self-Love BooksTerritory:

Ctn Qty: 34

9.3 in H | 7.5 in W | 0.8 lb Wt

Summary: Experience the life-changing magic of self-love!

You need love from yourself as much as from others. When you have low self-esteem, low confidence or even self-hatred, it's impossible to live life to the fullest. It's time to build your self-love and transform your attitude, emotions and overall outlook on life! This helpful workbook allows you to become aware of your own unique needs and goals while discovering how to better accept and love your true self. It includes a variety of constructive and actionable tips, tricks and exercises,...



A Woman's Guide to Inner Child Healing : Overcome Trauma, Recognize Your Feelings, Learn to Let the Past Go, and Become the Best Version of Yourself

Gloria Zhang

9781646045471, 1646045475

Pub Date: 11/28/23

\$15.95 USD

144 pages

Trade Paperback

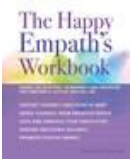
Self-Help / Personal Growth / Happiness

Ctn Qty: 44

9 in H | 7 in W

Summary: Rediscover your most authentic self before grief, societal conditioning, and complicated parents, and heal your core wounds in order to redefine yourself!

At birth, we are the fullest and most vibrant expressions of ourselves. Some of us, however, lose this radiance due to one or more tragic life circumstances that robbed us of a beautiful childhood, whether it be the loss of a parent, emotional neglect, or even an abusive upbringing. As adults, we're left stumbling through life, yearning for even a taste of that childhood wonder as we ...



The Happy Empath's Workbook : Hands-On Activities, Worksheets, and Strategies for Creating a Joyous and Full Life

Stephanie Jameson

9781612438429, 1612438423

Pub Date: 11/20/18, On Sale Date: 11/20

\$15.95 USDDiscount Code: TP

144 pages

Trade Paperback

Self-Help / Personal Growth

Ctn Qty: 30

9.3 in H | 7.5 in W | 0.7 lb Wt

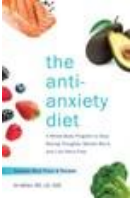
Summary: Understand, reflect on, and harness your unique powers as an empath with this interactive workbook written by intuitive psychic empath and certified reiki master, Stephanie Jameson.

Are You an Empath?

- Have you ever been labeled as “too emotional”?
- Do you get overwhelmed during confrontations and arguments?
- Do you take on other people’s emotions and stress?
- Do you like being outside, walking barefoot and connecting with nature?

Does This Sound Like You?

- I have trouble sleeping and often have bouts of insomnia.
- Sometimes people in my...



The Anti-Anxiety Diet : A Whole Body Program to Stop Racing Thoughts, Banish Worry and Live Panic-Free

Ali Miller

9781612438023, 1612438024

Pub Date: 8/28/18, On Sale Date: 8/28

\$15.95 USDDiscount Code: TP

192 pages

Trade Paperback

Self-Help / Mood Disorders

Ctn Qty: 32

8.5 in H | 5.5 in W | 0.7 lb Wt

Summary: Eat Meals that Calm Your Thoughts and Stop Anxiety for Good!

Your diet plays a dynamic role on mood, emotions and brain-signaling pathways. Since brain chemistry is complicated, *The Anti-Anxiety Diet* breaks down exactly what you need to know and how to achieve positive results.

Integrative dietitian and food-as-medicine guru **Ali Miller** applies science-based functional medicine to create a system that addresses anxiety while applying a ketogenic low-carb approach. By adopting *The Anti-Anxiety Diet*, you will reduce inflammation, repair gut...



Forever in My Heart : A Grief Journal

Tanya Carroll Richardson

9781612436029, 1612436021

Pub Date: 11/15/16, On Sale Date: 11/15,

Ship Date: 9/12/16

\$15.95 USDDiscount Code: HC

208 pages

Hardcover

Self-Help / Death, Grief, Bereavement

Ctn Qty: 40

8.8 in H | 5.7 in W | 0.9 lb Wt

Summary: Questions, suggestions, and prompts for immortalizing the memories of a loved one who has passed on

Celebrate the life of your loved one

Keep their spirit close in your heart

Remember and cherish your time together

Filled with touching and inspiring prompts, *Forever in My Heart* is a comforting journal for recording your reflections on your loved one's extraordinary life, their unique traits, and all the many experiences and traditions you shared. This journal will help you explore your emotions, say things that were left unsaid, connect wi...



Panic Attacks Workbook: Second Edition : A Guided Program for Beating the Panic Trick, Fully Revised and Updated (Revised)

David Carbonell

9781646043330, 1646043332

Pub Date: 3/29/22

\$24.95 USD

296 pages

Trade Paperback

Self-Help / Anxieties & Phobias

Series: Panic Attacks 2nd editionTerritory:

Ctn Qty: 22

9.3 in H | 7.5 in W

Summary: Master your anxiety and regain your freedom to drive, travel, and do everything else that panic has taken from you, with proven techniques and Cognitive Behavioral Therapy (CBT) exercises.

Panic attacks trick millions of people into fearing disaster and giving up so many of the activities they used to enjoy without fear. This practical workbook full of proven strategies and helpful advice on how to master your anxiety and panic is here to help you reclaim your life.

Author and clinical psychologist David Carbonell, PhD, uses his extensiv...

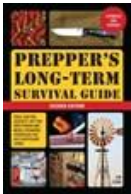


The Childhood Trauma Recovery Workbook for Adults : Interactive Exercises, Therapeutic Prompts, and CBT/DBT Strategies for Dealing with Depression, Anxiety, Shame, and Other Effects of Abuse

Norman J. Fried, Nathan Spiteri
 9781646046256, 1646046250
 Pub Date: 3/19/24
 \$18.95 USD
 144 pages
 Trade Paperback
 Self-Help / Abuse
 Ctn Qty: 42
 9 in H | 7 in W

Summary: Overcome the psychological and physiological effects of childhood trauma with this easy-to-use workbook of CBT- and DBT-based exercises and techniques.

The ideal upbringing for any child prioritizes unconditional love and protection above all else. To these healthy children, our world is a fair place full of benevolence and wonder. However, for those who were raised in unhealthy environments or forced into damaging situations, this belief may have been warped or shattered entirely, leading to the adoption of a negative worldview that ha...



Prepper's Long-Term Survival Guide: 2nd Edition : Food, Shelter, Security, Off-the-Grid Power, and More Lifesaving Strategies for Self-Sufficient Living (Expanded and Revised)

Jim Cobb
 9781646044443, 1646044444
 Pub Date: 1/3/23
 \$19.95 USD
 240 pages
 Trade Paperback
 House & Home / Sustainable Living
 Series: Books for PreppersTerritory:
 Ctn Qty: 48
 9 in H | 6 in W

Summary: Prepare yourself for any life-threatening event with this fully updated, step-by-step survivalist guide from best-selling author and expert Jim Cobb.

The preparation you make for a hurricane, earthquake, disease outbreak, or other short-term disaster will not keep you alive in the event of widespread systemic collapse. Some preparation books teach you the basics on how to survive until society goes back to normal. But what happens after the first thirty days, sixty days, and beyond? That's where *The Prepper's Long-Term Survival Guide* co...



The Prepper's Canning Guide : Affordably Stockpile a Lifesaving Supply of Nutritious, Delicious, Shelf-Stable Foods

Daisy Luther
 9781612436647, 1612436641
 Pub Date: 3/14/17, On Sale Date: 3/14,
 Ship Date: 2/20/17
 \$15.95 USDDiscount Code: TP
 224 pages
 Trade Paperback
 Cooking / Methods / Canning & Preserving
 Series: PreppersTerritory:
 Ctn Qty: 48
 9 in H | 6 in W

Summary: A practical and approachable guide to amassing an emergency food supply filled with your own natural dishes

As the disaster drags on for days, weeks, months or even years, food scarcity and starvation will fuel people's desperation. Even preppers like you will need more than dried beans and rice to survive. With *The Prepper's Canning Guide*, you'll learn the lifesaving techniques to take your food storage to the next level, including how to:

- Store nutrition-packed foods
- Create delicious MREs
- Can protein-rich meat and poultry
- Make can...



The Greatest Survival Stories of All Time : True Tales of People Cheating Death When Trapped in a Cave, Adrift at Sea, Lost in the Forest, Stranded on a Mountaintop and More

Cara Tabachnick
 9781612439082, 161243908X
 Pub Date: 7/23/19, On Sale Date: 7/23
 \$15.95 USDDiscount Code: TP
 288 pages
 Trade Paperback
 Biography & Autobiography / Survival
 Ctn Qty: 64
 8.5 in H | 5.4 in W | 0.5 lb Wt

Summary: Discover the most harrowing survival stories throughout modern history in this riveting collection from celebrated author Cara Tabachnick.

The stories seem too unbelievable to be true. Lost individuals facing the most severe natural disasters, the most dangerous situations, and the most inhospitable conditions...and coming back alive. From plane crashes and sinking ships to surviving in freezing forests and dry deserts, this anthology of survival stories includes some of the most famous, unbelievable tales of beating the odds.

This book ...