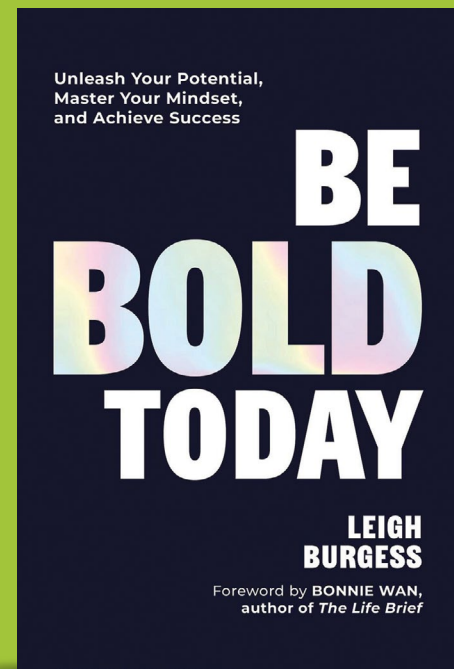


OWN IT!

Mastering this Life Requires a Never-Ending Process of Personal Improvement.

KRISTINE MORRIS



Be BOLD Today Unleash Your Potential, Master Your Mindset, and Achieve Success

Leigh Burgess, The Collective Book Studio (NOV 19) Hardcover \$24.95 (232pp) 978-1-68555-243-5

Leigh Burgess's interactive self-help guide *Be BOLD Today* is about identifying one's goals and unleashing one's purpose and passion to lead a fulfilling, abundant life.

Taking a fresh look at what boldness entails, Burgess declares that it has nothing to do with being a big, loud, fearless person who ignores red flags and intuition. Instead, she argues that real boldness involves the kind of self-awareness that pulls "the bits and pieces of the fractured self together." Despite uncertainty, she encourages people to take risks using an approach that's calculated, thoughtful, and pragmatic.

The acronym "BOLD" stands for the four foundational principles of the book's system: Believe in your potential, Own your story, Learn without ceasing, and Design your bold life. Each step builds upon the previous to create a firm foundation for an authentic life story built on a positive mindset. Burgess finds meaning in past struggles and lessons, celebrates successes, and honors each person's individuality. Inviting yet firm, the book is akin to "a personal coaching session, extended over time," marked by promises of transformation and images of unlocking doors, opening fresh perspectives, and bringing new possibilities into reach.

Insightful prompts for reflection and self-examination appear alongside a probing questionnaire for identifying one's unique style. Results-oriented action steps are named, and each of the exercises demands honesty and demolishes excuses. While the book is directed toward women who are ready to eliminate their limiting beliefs and take life-changing action, its work stands to be beneficial to all thanks to its practical strategies, potent mindset-changing activities, and encouraging language.

Be BOLD Today is an eye-opening self-help guide that celebrates innumerable possibilities, encouraging people to work toward bigger, brighter futures.



The Queen's Path

A Revolutionary Guide to Women's Empowerment and Sovereignty

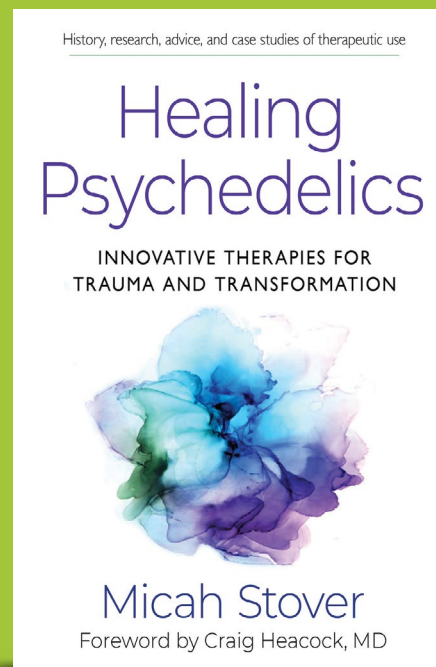
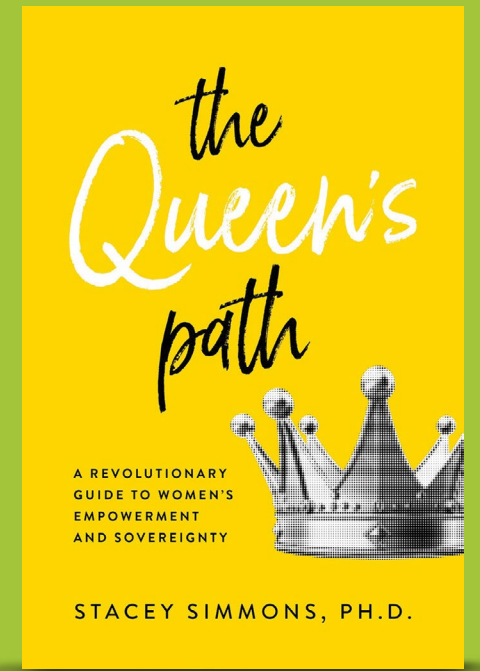
Stacey Simmons, Hay House (NOV 5) Softcover \$18.99 (360pp) 978-1-4019-9352-8

Stacey Simmons's *The Queen's Path* is a self-help guide to women's sovereignty that exposes patriarchy's hostility toward women and suggests ways to break free of cultural and social expectations.

Arguing that women are burdened by a history of inequality, exclusion, and violence for refusing to conform to society's rules, it says that they still labor under the legacy of patriarchy, being labeled "good" or "bad" depending on the roles they play in relation to men. In making the case that there is no "Hero's Journey" that reflects the lived reality of women, the book argues that women have but two choices: submission, which prohibits them from reaching their full potential, or rebellion, which leads to their becoming outcasts. Both choices, it says, consign women to invisibility, divided lives, and, since patriarchal society fears the awakening of their gifts, to being denied the means to express themselves. To achieve sovereignty, the book says, women must instead walk the transformative path of a queen.

In arguing for this alternative, the narrative calls upon relatable memories of women's past hopes and dreams. It also deconstructs popular fairy tales, literary works, films, and television programs to highlight how ancient archetypes feed into the formation of women's beliefs about how they "should" live. The steps to rejecting these paradigms include rejecting archetypes; women telling, writing, and living their own stories; meeting challenges specific to living under patriarchy; and gathering one's tribe to claim one's territory and crown.

The Queen's Path is an inspiring self-help guide to breaking the bonds of patriarchy and claiming one's full sovereignty.



Healing Psychedelics

Innovative Therapies for Trauma and Transformation

Micah Stover, Hampton Roads Publishing (NOV 1) Softcover \$21.95 (240pp) 978-1-64297-064-7, BODY, MIND & SPIRIT

In *Healing Psychedelics*, therapist Micah Stover presents a self-help guide to the benefits and encouraging results of psychedelic-assisted therapy, even with treatment-resistant anxiety, depression, and PTSD.

Covering the history of mind-altering substances from their use by ancient cultures through the rebellious 1960s and 1970s, the subsequent US "war on drugs" that criminalized their use, and today's "psychedelic renaissance," the book relates why people come to psychedelics for healing when nothing else has worked. Citing "jaw-dropping" clinical and personal evidence, it reveals that when used in safe doses by trained practitioners, psychedelics can facilitate the necessary transference relationship between client and therapist, bring a quicker response than talk therapy alone, unlock repressed memories, and open hearts to new possibilities for transformation. Alternating between clinical and personal elements to bolster its assertions, the book shares patients' enthusiasm over how one session of psychedelic-assisted therapy brought progress that felt "like years of talk therapy" alongside Stover's story of finding relief from childbirth trauma.

Citing dismal statistics on the state of mental health in the United States, the book underlines the need for quicker, lasting relief. Stories about the potential harm of psychedelic use combine with instructions on finding an experienced and trustworthy guide to provide a safe, healing environment for the experience. Journal prompts give guidance on going within to explore the root of trauma, and the need for support throughout the process is emphasized. The book envisions a hopeful future in which science and spirit unite to build a healing environment around each patient, supporting the integration of what psychedelics have enabled the subconscious to release.

Healing Psychedelics is a compelling self-help book that argues that psychedelics can be powerful allies in healing psychological, emotional, and spiritual wounds.



A Space in the Heart

A Survival Guide for Grieving Parents

Larry Carlat, Rowman & Littlefield (NOV 19) Hardcover \$26.95 (208pp)
978-1-5381-8659-6, FAMILY & RELATIONSHIPS

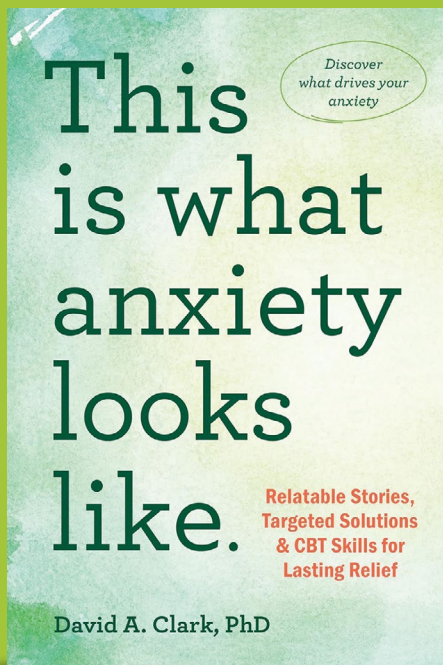
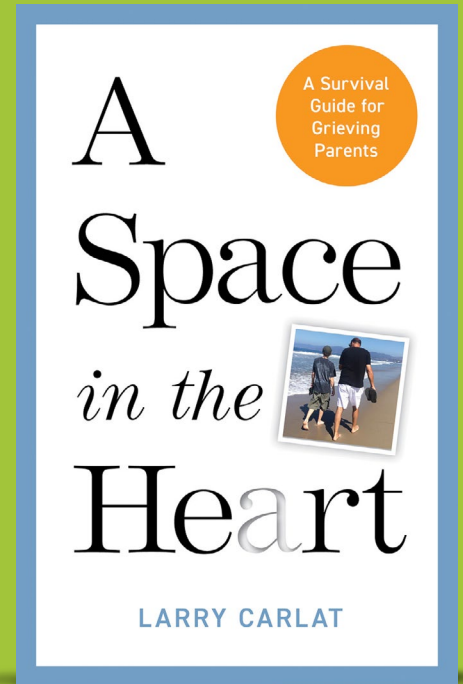
Larry Carlat's *A Space in the Heart* is a sensitive guidebook for grieving parents.

Holding space for unspeakable grief, Carlat, who lost a son to suicide, draws on lived experience in this guide for fellow grieving parents, proffering “a road map for a road no one would ever choose to travel.” Indicting society for its treatment of grief, it honors the fact that grief lasts as long as it is needed before arguing that it's possible to hold grief and never-ending love in tandem, cherishing one's memories of shared laughter, good times, and hugs that “felt like your hearts were touching.”

Intimate, warm, and conversational in tone yet searing in its honesty, the book moves from the devastating phone call that every parent dreads through the descent into grief and desolation and into gradual healing. Carlat's realization, about a year after his son's death, that he could let go of his pain without letting go of his son is a luminous, hopeful moment.

A companion for a difficult, transformative life passage, the book addresses the mind traps to which grieving parents often fall prey: self-blame, ceaseless rumination on what they “could have done” to prevent their child's death, and the belief that holding on to grief is evidence of the depth of their love for their child. It suggests ways to foster healing, including reframing painful thoughts, treating oneself with kindness and compassion, creative expression, and building resilience by facing one's fears. The book's suggestions for comforting the grieving are both uncomplicated and kind: attentive listening and a warm hug.

The self-help companion *A Space in the Heart* shows that while there is no “getting over” the loss of a child, it is still possible, with time, to fill the heart's emptiness with love and light.



This Is What Anxiety Looks Like.

Relatable Stories, Targeted Solutions, and CBT Skills for Lasting Relief

David A. Clark, New Harbinger Publications (NOV 1) Softcover \$19.95 (168pp)
978-1-64848-316-5

Psychologist and anxiety treatment expert David A. Clark's book *This Is What Anxiety Looks Like* demonstrates how Cognitive Behavioral Therapy, an action-based talk therapy, can be used to combat distressing anxiety symptoms.

Differentiating Cognitive Behavioral Therapy from positive thinking, the book makes it clear that everyone experiences anxiety. However, it notes, most people have no idea what drives it. Exploring why anxiety is so hard to control, the book names relief methods beyond drugs or alcohol, avoidance of anxiety-triggering situations, seeking continual reassurance, or engaging in futile rumination. Such techniques may be common, it notes, but they only worsen and prolong anxiety's effects. In contrast, it depicts twelve different types of anxiety alongside the Cognitive Behavioral Therapy interventions used to provide relief for them. Charts and graphs, downloadable worksheets, and suggestions for further research contribute to making it an invaluable guide to developing an effective personal anxiety relief program.

Grounded in decades of research and clinical experience, the book makes use of relatable stories based on composite clinical case studies to engage the emotions. It illustrates how anxiety, which is hardwired into each human being and designed to be protective, can become debilitating. In one story, a shy, awkward introvert working in isolation as a gamer

and game designer finds his discomfort in social situations growing more intense until even interacting with family is difficult. Cognitive Behavioral Therapy works in such situations, the book says, because it trains the mind to recognize that thoughts are not facts, catastrophic thoughts are not predictions, and experiencing physical symptoms is not as important as how they are interpreted. Indeed, the same fairground ride that exhilarates one person may terrify another.

The self-help resource *This Is What Anxiety Looks Like* is about easing the symptoms of anxiety to reclaim one's life. ♥

