

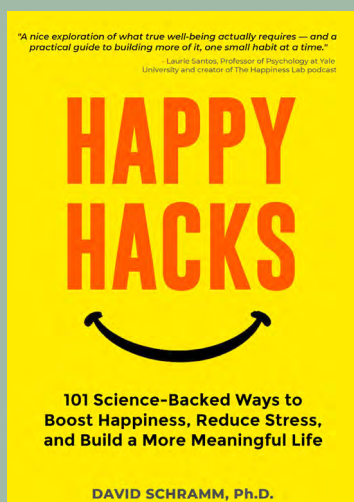
Fall 2026

SELF-HELP

Rights Guide



DROPCAP[®]



101 Science-Backed Ways to
Boost Happiness and Build a More
Meaningful Life

Big-Time Books

June, 2026

Page Count: 322

Retail Price: \$19.99

Trim Size: 6 x 9 in

ISBN: 9798991225137

Self-Help

HAPPY HACKS

Most happiness books focus on one big idea. Books on grit teach grit. Books on gratitude teach gratitude. Books on mindfulness teach mindfulness. But real life is more complicated than that. Stress, relationships, purpose, burnout, loneliness, habits, emotions, health, resilience, meaning... they're all connected. *Happy Hacks* takes a different approach. In this practical, research-backed book, family science professor and Extension specialist Dr. Dave Schramm brings together the most powerful findings from positive psychology, neuroscience, relationship science, and well-being research into one highly usable book for women, men, parents, and anyone who wants to feel better in everyday life.

WORLD WIDE RIGHTS AVAILABLE

HAPPY HACKS FOCUSES ON REALISTIC
PROGRESS. SMALL SHIFTS. SMALL
HABITS.

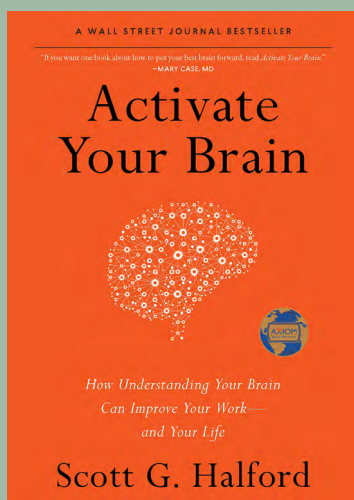
"A nice exploration of what true well-being actually requires—and a practical guide to building more of it, one small habit at a time." — Laurie Santos, Yale University, creator of *The Happiness Lab* podcast



ABOUT THE AUTHOR

David Schramm

Known as "Dr. Dave," David Schramm is a professor and family life Extension specialist at Utah State University, where he researches happiness, marriage, and family relationships and teaches the popular "Happy Class." He co-hosts the *Stronger Marriage Connection* podcast and has given over 600 presentations worldwide, including at the United Nations.



How Understanding Your Brain Can Improve Your Work... and Your Life

Greenleaf Book Group

May, 2015

Page Count: 248

Retail Price: \$9.99

Trim Size: 6 x 9 in

ISBN: 9781626341982

Career, Management & Leadership, Self-Help

ACTIVATE YOUR BRAIN

Would you like more control over your life and your work? How about more significance and meaning as you move forward in your career? Scott Halford shows us how we can all find these things if we simply understand how to activate the full potential of the brain. This incredible organ is still full of mystery, but we know enough to harness its power better than ever before. We just have to recognize how the brain works, and understand the actions we can take to help it perform at its best. Combining research, anecdote, and inspiration, *Activate Your Brain* shows you how small steps toward better brain function and management can eventually lead to success on a whole new level.

RIGHTS SOLD: ROMANIAN

**WALL STREET JOURNAL BESTSELLER
AND AXIOM BUSINESS BOOK BRONZE
AWARD WINNER**

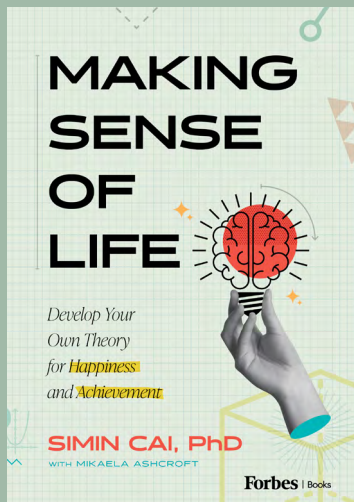
**"If you want one book about how to put your best brain forward, read
Activate Your Brain." — Mary Case, MD**



ABOUT THE AUTHOR

Scott G. Halford

Scott G. Halford, CSP, CPAE, is an Emmy Award-winning writer, producer, and speaker specializing in brain-based behavioral science, emotional intelligence, and achievement psychology. Inducted into the National Speakers Hall of Fame in 2014, he is a guest lecturer for the Executive MBA program at the University of Denver and founder and president of Complete Intelligence, LLC.



Develop Your Own Theory for
Happiness and Achievement

Forbes Books

June, 2026

Page Count: 200

Retail Price: \$28.99

Trim Size: 6 x 9 in

ISBN: 9798887505589

Mind Body Spirit
Self-Help

MAKING SENSE OF LIFE

In *Making Sense of Life*, physics PhD and entrepreneur Dr. Simin Cai presents a rational, structured approach to life's biggest questions. Drawing from science, philosophy, and personal experience, he helps readers develop their own "theory of life"—a consistent, personal framework for happiness, clarity, and fulfillment. Instead of offering one-size-fits-all answers, Cai encourages readers to ask better questions: What do I value? What assumptions shape my thinking? How can I define a life worth living for me? With examples across youth, adulthood, and elderhood. It's a must-read for anyone who values reason, clarity, and practical insight over feel-good slogans.

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IT'S FOR READERS WHO WANT DEPTH
OVER HYPE, LOGIC OVER SLOGANS,
AND A FRAMEWORK THAT EVOLVES
WITH THEM.

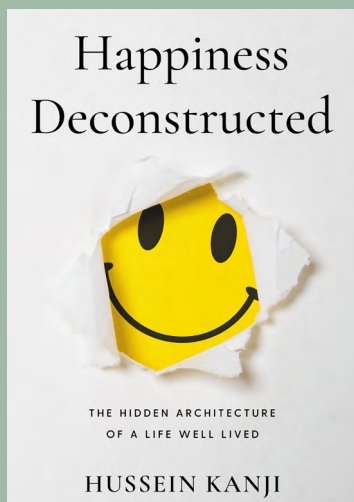
"Overall, Cai delivers a work that feels less like a manual and more like a companion—something that nudges rather than pushes, and listens as much as it speaks." — *IndieReader*



ABOUT THE AUTHOR

Simin Cai PhD

Dr. Simin Cai is a physics PhD, entrepreneur, and the founder of Go!Foton, a global technology company specializing in optics and photonics. With over thirty years of experience in the field, he has led innovations in commercializing optical communications and medical device technologies while serving leading clients across North America, Asia, and Europe.



The Hidden Architecture of a Life
Well Lived

Houndstooth Press

August, 2026

Page Count: 154

Retail Price: \$19.99

Trim Size: 5.5 x 8.5 in

ISBN: 9781544552736

Mind, Body, Spirit
Psychology

HAPPINESS DECONSTRUCTED

Somewhere along the way, our ideas of happiness became contaminated. We internalized a version of success that wasn't fully ours. It was louder, shinier, more marketable, and it promised a payoff that kept getting postponed. Eventually it confused us. We kept upgrading the surface while the underlying hunger stayed the same. In *Happiness Deconstructed*, Dr. Hussein Kanji explores happiness, success, purpose, and identity, offering practices for quieting outside pressure and amplifying inner clarity. This is a profound examination of the human condition by a critical care physician who walks beside people at their most vulnerable.

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***HAPPINESS DECONSTRUCTED* IS THE
CORNERSTONE FOR A LIFE WELL LIVED.**

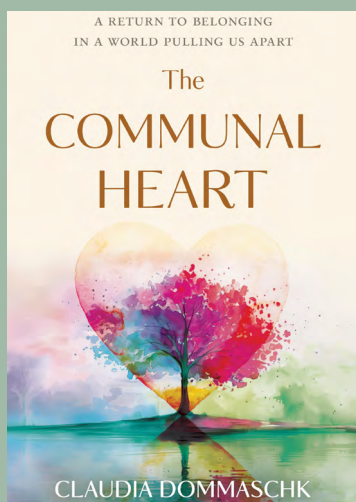
"This book challenges our obsession with optimization, reframes discipline as maintenance rather than performance, and offers a grounded path to living from a higher state." — Mark MacLeod, Founder, Limitless.ceo



ABOUT THE AUTHOR

Hussein Kanji

Hussein Kanji is an intensive care physician, medical leader, and lifelong student of the human condition. Years spent bedside in critical care have enabled him to witness life's fragility and resilience, powerfully shaping his perspective of a well-lived life. A father, thinker, and curious observer, Hussein is trained in science, medicine, psychology, and public health.



A Return to Belonging in a World
Pulling Us Apart

Greenleaf Book Group

September, 2026

Page Count: 232

Retail Price: \$24.95

Trim Size: 5.5 x 8.25 in

ISBN: 9781963827460

Mind Body Spirit
Self-Help

THE COMMUNAL HEART

We are living in a time of profound fragmentation—within ourselves, between one another, and across the systems meant to hold us together. Claudia Dommaschk argues this crisis is rooted not in politics or technology, but in relationship itself, as we've become skilled at optimizing while sacrificing the presence that allows trust to grow.

The Communal Heart invites readers into a relational understanding of reality rooted in presence, attunement, and quiet intelligence, showing how today's cultural divisions mirror a subtle split within ourselves and how communities can become steadier, even in a world pulling us apart.

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**BELONGING IS NOT SOMETHING
WE ACHIEVE. IT IS SOMETHING WE
REMEMBER, TOGETHER.**

"The Communal Heart* by Claudia Dommaschk is a groundbreaking work that plants seeds of liberation in the collective imagination." — Dr. Darlene Davis, author of *Landscapes of the Soul



ABOUT THE AUTHOR

Claudia Dommaschk

Claudia Dommaschk is a licensed marriage and family therapist, Gestalt practitioner, and community-weaver with nearly thirty years of clinical experience. She is the founder of Wisdom Exchange, an international community devoted to cultivating relational intelligence in times of cultural transition.



It's all in the dialogue.

Greenleaf Book Group

September, 2026

Page Count: 248

Retail Price: \$26.95

Trim Size: 5.5 x 8.5 in

ISBN: 9798886454901

Family & Parenting,
Psychology, Self-Help

WORDS THAT KEEP US TOGETHER

For most couples, a majority of issues can be resolved through healthy conversation—but many find themselves stuck in the same argumentative patterns, where a single phrase or off-putting tone can quickly derail a discussion into discord. Dr. Richard Rein draws on research and four decades of couples counseling experience to deliver a practical manual for succeeding in talking to a partner. Couples will learn why these fights occur, how to prevent their usual language patterns, and what to say instead—a road map to help anyone experience a quality of love they never thought possible.

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PRACTICAL STRATEGIES FOR BUILDING,
REPAIRING, AND MAINTAINING A
HEALTHY RELATIONSHIP.

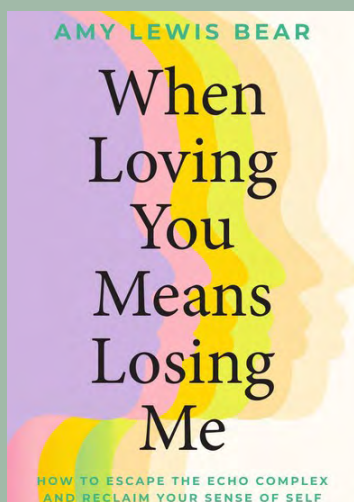
"This book is filled with subtle and practical tools for understanding how our words can misfire and how we can use them to build the kind of relationship that gives joy over a lifetime." — William J. Doherty, PhD, emeritus professor, University of Minnesota



ABOUT THE AUTHOR

Richard Rein Ph.D.

Dr. Richard Rein trained with Dr. John Gottman at the Gottman Institute and is a certified Gottman Method Couples Therapist. One of the few therapists in Greater Boston who works exclusively with couples, he has practiced couples counseling for over forty years, drawing on decades of research and clinical experience.



How to Escape the Echo Complex and
Reclaim Your Sense of Self

Augsburg Fortress

September, 2026

Page Count: 260

Retail Price: \$27.99

Trim Size: 5.75 x 8.75 in

ISBN: 9798341900745

Self-Help

WHEN LOVING YOU MEANS LOSING ME

People enter relationships looking for love and safety, but sometimes one partner fears intimacy and mistreats the other, leading the hurt partner to adopt appeasing behaviors that erode their sense of self. Psychotherapist Amy Lewis Bear calls this pattern the Echo Complex—a cycle of reactive thoughts and behaviors developed in response to a partner's fear of genuine intimacy. Drawing on her own story and the experiences of clients she has helped, Bear helps readers identify, understand, and heal from this dynamic, offering a path toward emotional safety, wholeness, and love that doesn't require losing oneself.

WORLD WIDE RIGHTS AVAILABLE

A CLEAR PATH BACK TO THE SELF
FOR EVERY PERSON WHO FEELS
THEY HAVE BECOME LOST IN THEIR
RELATIONSHIP.

"In *When Loving You Means Losing Me*, psychotherapist Amy Lewis Bear shines a compassionate light on the emotional patterns that can slowly erode a person's sense of identity within unhealthy relationships." — *Portland Book Review*



ABOUT THE AUTHOR

Amy Lewis Bear

Amy Lewis Bear is a licensed professional counselor, author, and speaker who left a career in public relations to help people heal from emotionally abusive relationships. She holds a Master of Science in professional counseling from Georgia State University and has run a private practice since 2009, raising public awareness of emotional abuse through her writing and speaking.



Trauma Recovery on Your Own Terms

Augsburg Fortress

February, 2025

Page Count: 248

Retail Price: \$26.99

Trim Size: 6 x 9 in

ISBN: 9798889831150

Psychology, Self-Help

YOU DON'T NEED TO FORGIVE

Feeling pressured to forgive offenders is a common reason trauma survivors avoid mental health services and support. Trauma psychotherapist Amanda Ann Gregory explores the dangers of forced forgiveness and the benefits of elective forgiveness, which gives survivors the agency to progress in their recovery on their own terms. Bringing together research and testimony from psychologists, criminologists, philosophers, religious leaders, and trauma survivors, Gregory shows that forgiveness is helpful for some but not universally necessary for healing—and that each person should have the power to choose their own path to peace.

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FEATURED IN THE NEW YORK TIMES, "10 WAYS TO KEEP YOUR MIND HEALTHY"

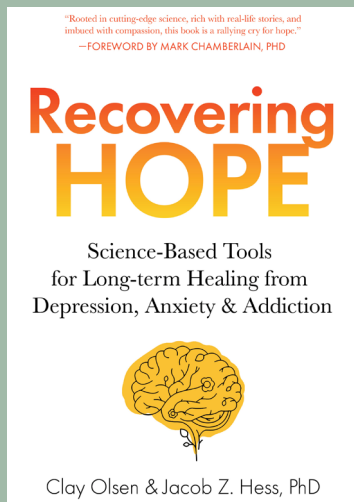
"A valuable resource for clinicians and patients that navigates questions of forgiveness with tact." — *Foreword Reviews*



ABOUT THE AUTHOR

Amanda Ann Gregory LCPC

Amanda Ann Gregory, LCPC, is a trauma psychotherapist renowned for her work in complex trauma recovery, with over 17 years in clinical practice. She has been featured in The New York Times, The Guardian, National Geographic, and Newsweek, and published in Writer's Digest, Psychotherapy Networker, Counseling Today, and Psychology Today.



Science-Based Tools for Long-Term Healing from Depression, Anxiety & Addiction

Familius

September, 2026

Page Count: 200

Retail Price: \$18.99

Trim Size: 6 x 9 in

ISBN: 9798893962017

Self-Help
Mental Health

RECOVERING HOPE

In *Restoring Hope*, Clay Olsen, founder of the addiction recovery organization Fight the New Drug, and Jacob Hess, PhD, challenge the discouraging narrative surrounding mental illness and present a bold, research-backed alternative: that deep, lasting healing is not only possible—it's already happening. Regardless of biological predisposition and chemical imbalances, the accessible strategies in this guide target changeable variables in lifestyle and environment, such as sleep, nutrition, movement, and connection, for long-term relief. This compassionate mindset shift restores hope for a life free from mental health challenges.

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COMBINING SCIENCE WITH PRACTICAL MENTAL HEALTH TOOLS, THIS BOOK REVEALS WHY THE CURRENT MENTAL HEALTH MODEL OFTEN FAILS TO DELIVER REAL RELIEF.

"Rooted in cutting-edge science, rich with real-life stories, and imbued with compassion, this book is a rallying cry for hope." — Foreword by Mark Chamberlain, PhD

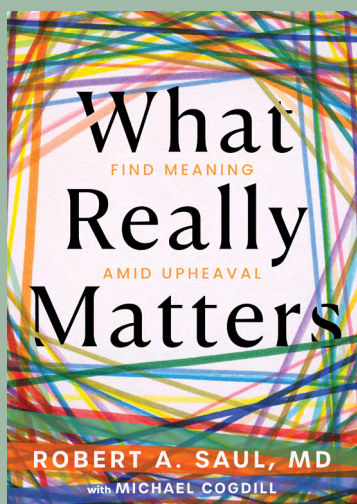


ABOUT THE AUTHORS

Clay Olsen, Jacob Hess

Clay Olsen is a social entrepreneur and leader in mental health advocacy, serving as CEO and founder of Impact Suite, cofounder of Fight the New Drug, and president of PHASE.

Jacob Hess, PhD, is a community psychologist and staff writer at Deseret News, with a doctorate from the University of Illinois, Urbana-Champaign, dedicated to challenging conventional narratives around mental health treatment.



Find Meaning Amid
Upheaval

Koehler Books

August, 2026

Page Count: 114

Retail Price: \$15.95

Trim Size: 6 x 9 in

ISBN: 9798897472529

Mind, Body, Spirit

WHAT REALLY MATTERS

Deciphering what really matters has been the perpetual quest of humankind. Dr. Robert Saul, a pediatrician devoted to teaching children and families how to enhance their childhood and parenting journeys, and journalist Michael Cogdill contend that truth, trust, science, civility, diversity, and faith are what matter—and that losing sight of them means losing sight of our common humanity. *What Really Matters* explains why and how we are meant to engage with others and improve their lives, arguing that in doing so we enhance our own existence, becoming better citizens and stewards of the miracle of life.

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WHAT REALLY MATTERS EXPLAINS WHY AND HOW WE ARE MEANT TO ENGAGE WITH OTHERS AND IMPROVE THEIR LIVES.

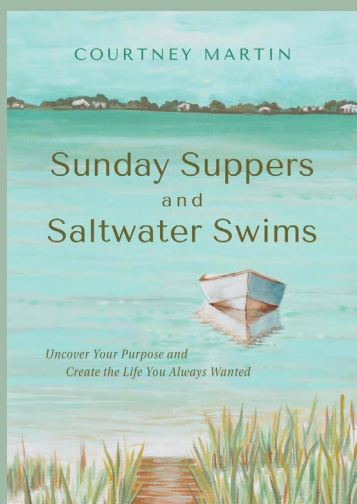
“A book that, at its best, may help readers get to the heart of what it means to be a good citizen.” — *Kirkus Reviews*



ABOUT THE AUTHOR

Robert Saul MD

Dr. Robert Saul is a pediatrician whose advocacy for children spans over forty-five years and four books, including *My Children's Children* and *Thinking Developmentally*. He completed pediatric training at Duke University Medical Center and genetic training at the Greenwood Genetic Center, and is currently professor of pediatrics (emeritus) with over 100 scientific publications.



Uncover Your Purpose and Create
the Life You Always Wanted

Indigo River Publishing

April, 2026

Page Count: 182

Retail Price: \$16.95

Trim Size: 6 x 9 in

ISBN: 9781964686790

Self-Help

SUNDAY SUPPERS AND SALTWATER SWIMS

A guidebook for anyone feeling burned out, restless, or quietly longing for more-perfect for readers who loved *Untamed* and *Big Magic*. In *Sunday Suppers and Saltwater Swims*, Martin offers a gentle but powerful invitation to come back home—to yourself. With a heartfelt and relatable journey from burnout and longing to clarity and purpose, Martin blends her personal story with practical, mind-shifting strategies. Accept your invitation to reconnect with your inner voice, overcome limiting beliefs, and take meaningful action toward the life that has been whispering to you all along.

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HONEST, EMPOWERING, AND LACED
WITH SPIRITUAL INSIGHT.

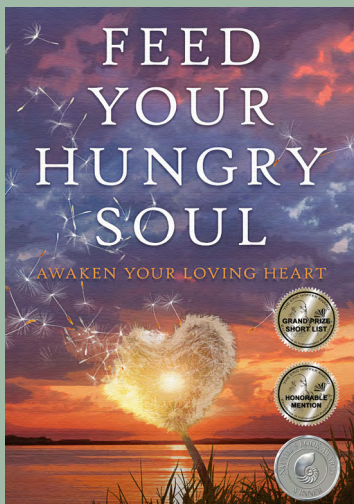
A guidebook for anyone feeling burned out, restless, or
quietly longing for more-perfect for readers who loved
Untamed and *Big Magic*.



ABOUT THE AUTHOR

Courtney Martin

Courtney Martin is a Pensacola native, wife, and mother who traded corporate burnout for a life of purpose. After sixteen years as a top-ranked medical sales professional, she now helps others redefine success through mindset, neuroscience, and personal growth, empowering people as a speaker and entrepreneur to turn burnout into breakthrough.



Uncover Your Purpose and Create
the Life You Always Wanted

Vox Veritas Vita Press

September, 2025

Page Count: 165

Retail Price: \$18.99

Trim Size: 5.5 x 8.25 in

ISBN: 9798998759505

Mind, Body, Spirit

FEED YOUR HUNGRY SOUL

In a world filled with noise but starved for meaning, *Feed Your Hungry Soul* offers manna for your yearning spirit—divine nourishment to sustain you on life's journey.

Four themed sections include reflection questions and practices that turn spiritual understanding into embodied wisdom.

In the tradition of beloved works like Thomas Moore's *Care of the Soul*, Mark Nepo's *The Book of Awakening*, and Michael Singer's *The Untethered Soul*, these essays create a rare alchemy—philosophical depth made accessible through warm, inviting prose. Soulful images provide another pathway into contemplation beyond language.

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SILVER WINNER OF THE 2026 NAUTILUS BOOK AWARDS, ERIC HOFFER AWARD — GRAND PRIZE FINALIST & SPIRITUALITY HONORABLE MENTION

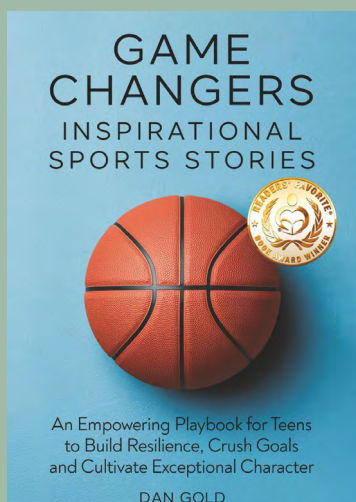
"About unity and universal love that transcends religion and dogma, these essays are rife with suggestions for connecting to the divine..." — *Foreword Clarion Reviews*



ABOUT THE AUTHOR

Victor Acquista

Dr. Victor Acquista bridges medicine and mysticism as an award-winning author, international speaker, and former Chief Medical Officer. After decades in healthcare leadership, he now dedicates himself to raising consciousness through his writing and speaking. He serves on the Advisory Board of Planetary Citizens and as a Founding Member of The Octopus Movement.



Inspirational Sports Stories: An Empowering Playbook for Teens

Independently published

February, 2025

Page Count: 170

Retail Price: \$21495

Trim Size: 6 x 9 in

ISBN: 979-8306819327

**Biographies & Memoirs
Self-Help; Sports & Recreation**

GAME CHANGERS

In *Game Changers*, award-winning author Dan Gold brings together the inspiring stories of some of the world's greatest athletes to reveal the powerful lessons hidden behind their triumphs, failures and defining moments. But this isn't a traditional sports book. Rather than simply recounting careers and statistics, *Game Changers* pairs and weaves together the stories of remarkable individuals, uncovering the common traits and life lessons that fueled their success. Through these unique narrative connections, readers discover practical strategies for overcoming adversity, building confidence, developing resilience, handling pressure, leading others and pursuing meaningful goals.

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#1 BESTSELLING SPORTS BOOK ON AMAZON

AWARDS: GOLD READERS FAVORITE
INTERNATIONAL BOOK AWARD; GOLD BOOK
EXCELLENCE AWARDS; 2026 GOLD INDIE
READER DISCOVERY AWARDS

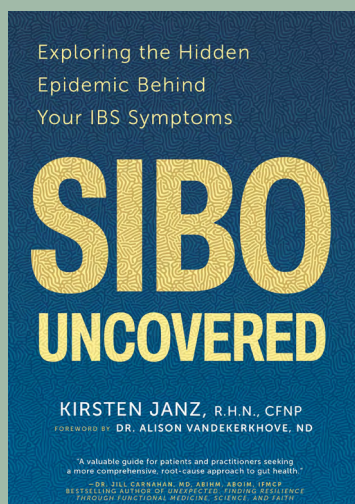
"Gold's storytelling is solid"...he offers many great examples asserting that the book's purpose is to help teach adolescents some of the skills and values that will help them succeed as adults." — Kirkus Reviews



ABOUT THE AUTHOR

Dan Gold

Dan Gold is a lifelong sports fan, father of four, and storyteller who believes the lessons learned through sports mirror the lessons that matter most in life. Before becoming an author, Dan spent years as a surgeon and in business—careers that demanded the same qualities that sports had instilled early on: preparation, focus, composure under pressure and the ability to work as part of a team.



Exploring the Hidden Epidemic
Behind Your IBS Symptoms

Amplify Publishing Group

October, 2026

Page Count: 208

Retail Price: \$29.95

Trim Size: 5.5 x 8.25 in

ISBN: 9798900261010

Health & Fitness

SIBO UNCOVERED

Behind the bloating, gas, and unpredictable bowel movements lies an imbalance that millions silently struggle with: small intestinal bacterial overgrowth (SIBO). In *SIBO Uncovered*, holistic nutritionist and functional nutrition practitioner Kirsten Janz pulls back the curtain on this misunderstood imbalance, blending cutting-edge research and fifteen years of clinical experience with her own powerful healing story. From food poisoning to motility issues, hormonal imbalances to abdominal surgery, Janz explores the mechanisms that may contribute to bacterial overgrowth in the small intestine, offering clarity where confusion once reigned.

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A ROAD MAP TO ACHIEVING BALANCE,
OBTAINING VITALITY, AND RESTORING
YOUR GUT HEALTH.

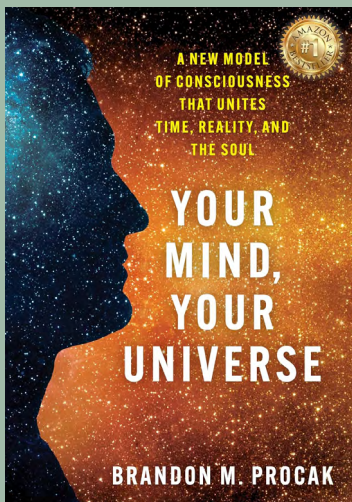
"This book is an an ideal introduction to this often misunderstood medical condition that afflicts hundreds of thousands of men and women." — *Midwest Book Review*



ABOUT THE AUTHOR

Kirsten Janz BA, R.H.N. CFNP

Kirsten Janz, BA, is a registered holistic nutritionist, certified functional nutrition practitioner, author, and founder of Whole Body Health and Wellness. With over fifteen years of clinical experience, she has helped clients across North America navigate complex digestive issues, with a focus on small intestinal bacterial overgrowth (SIBO), food sensitivities, and chronic illness.



Every day, you are shaping your reality, whether you intend to or not.

Quaderer Media Group

August, 2025

Page Count: 237

Retail Price: \$19.99

Trim Size: 6 x 9 in

ISBN: 979-8991665940

Mind, Body, Spirit
Psychology; Self-Help

YOUR MIND, YOUR UNIVERSE

Unlike manifestation books that emphasize belief rather than understanding, *Your Mind, Your Universe* explains the science behind conscious creation, showing how your inner state shapes reality at its source. The book emphasizes simple, practical shifts you can apply immediately, without intensive meditation programs or long-term commitments.

Drawing from modern science and ancient wisdom, the book reveals how consciousness shapes life's outcomes. At its core, *Your Mind, Your Universe* introduces Conscious Resonance (CR)—a practical way to understand how your inner state creates the world around you.

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EVERY DAY, YOU ARE SHAPING YOUR REALITY, WHETHER YOU INTEND TO OR NOT.

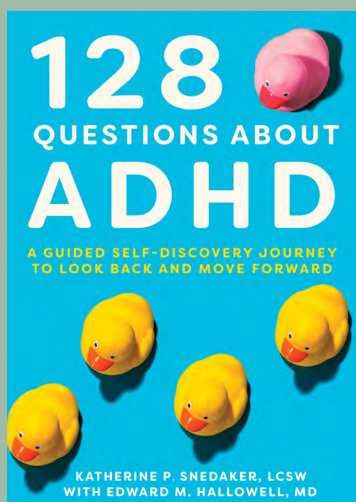
"Procak is an engaging guide, deftly translating dense physics and neuroscience into plain, often striking language—the author displays a real gift for making big ideas feel personal and within reach." — *Kirkus Reviews*



ABOUT THE AUTHOR

Brandon M. Procak

Brandon M. Procak is a strategist, author, and explorer of consciousness whose work bridges modern science, philosophy, metaphysics, ancient wisdom, and spiritual insight. He is the creator of Conscious Resonance (CR), a unified framework examining how consciousness, frequency, intention, and perception may shape both our inner experience and the reality around us.



A Guided Self-Discovery Journey to
Look Back and Move Forward

Koehler Books

July, 2026

Page Count: 306

Retail Price: \$22.95

Trim Size: 8.5 x 11 in

ISBN: 9798897471041

Mind, Body, Spirit
Psychology; Self-Help

128 QUESTIONS ABOUT ADHD

128 Questions About ADHD is an introductory workbook designed specifically for adults who are exploring ADHD for the first time. Whether you're ADHD-curious, newly diagnosed, or finally ready to understand how ADHD may have shaped your life, this book provides a welcoming place to start. Through guided questions and personal reflection, you'll discover patterns in your experiences, gain insight into how your brain works, and build a stronger foundation for understanding ADHD.

If you're looking for an accessible, supportive first step into understanding ADHD, *128 Questions About ADHD* is the place to begin.

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AN INTRODUCTORY WORKBOOK DESIGNED
SPECIFICALLY FOR ADULTS WHO ARE
EXPLORING ADHD FOR THE FIRST TIME.

"This book captures something many people with ADHD are searching for: a way to make sense of their story. Compassionate, thought-provoking, and genuinely useful." — Alex Partridge, host of *ADHD Chatter* Podcast



ABOUT THE AUTHOR

Katherine P. Snedaker

Katherine P. Snedaker, LCSW, is a therapist, researcher, international speaker, and founder/executive director of the nonprofit PINK Concussions. As an adult with ADHD and dyslexia, Snedaker brings deeply personal insight as an advocate and therapist for people with neurodivergent brains. Katherine also produced the podcast *Casual Conversations with Brain Injury Professionals*.



Essential Ingredients for Better
Mental Health and a Fulfilling Life

Greenleaf Book Group

September, 2026

Page Count: 256

Retail Price: \$23.95

Trim Size: 5.5 x 8.5in

ISBN: 979-8886455250

Mind, Body, Spirit
Psychology; Self-Help

BEYOND QUICK FIXES

When we feel overwhelmed by pain, difficulties, and mental health challenges, the seductive allure of a “quick fix” is tempting. We grasp for fast-acting remedies—escaping through substances, chasing social media “likes,” or seeking more material possessions—that rarely meet our deepest needs. *Beyond Quick Fixes* transcends simplistic solutions, offering a comprehensive, research-informed, and deeply compassionate framework for meaningful transformation.

Drawing on decades of professional expertise and life-changing personal experience, Dr. Birkhofer reveals that true well-being is not found in fleeting quick fixes. It is cultivated from a foundation of essential capabilities developed from within.

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GO BEYOND QUICK FIXES, TOWARD
MEANINGFUL CHANGE.

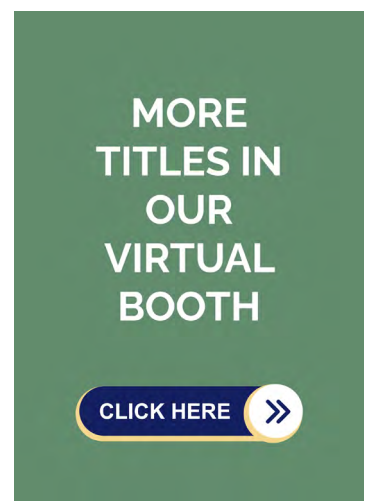
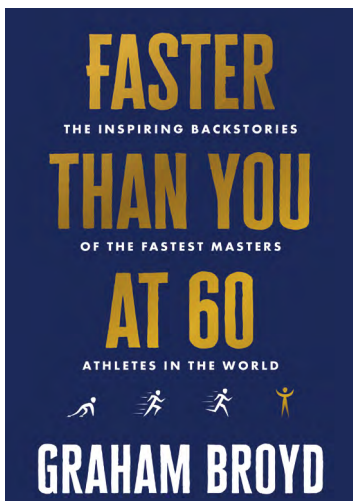
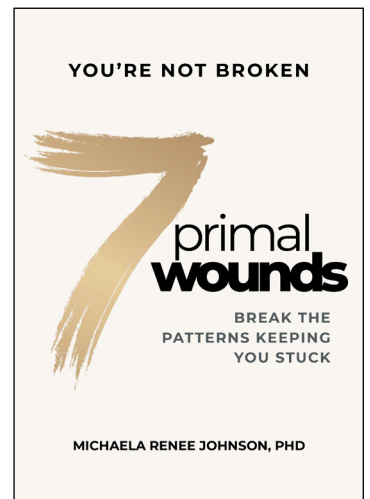
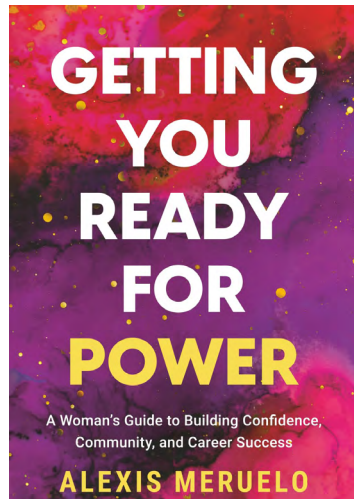
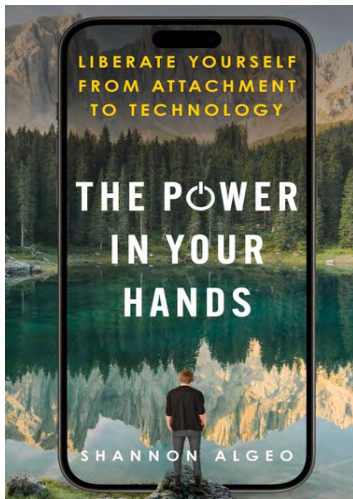
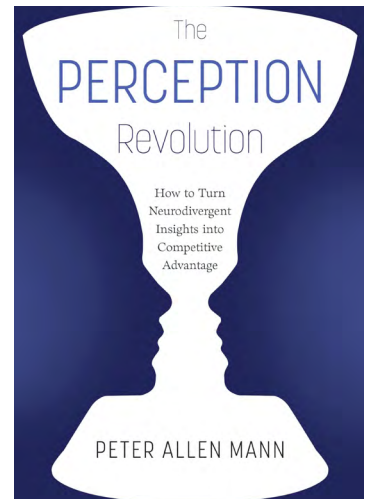
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ABOUT THE AUTHOR

Dr. Celeste Birkhofer

Dr. Celeste Birkhofer is a licensed clinical psychologist and adjunct clinical faculty member at Stanford Medical School, Department of Psychiatry and Behavioral Sciences. She maintains a private psychotherapy practice, teaches and supervises Stanford psychiatry residents. Her approach to patient care combines her varied experience and training as a contemporary psychoanalyst.





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