

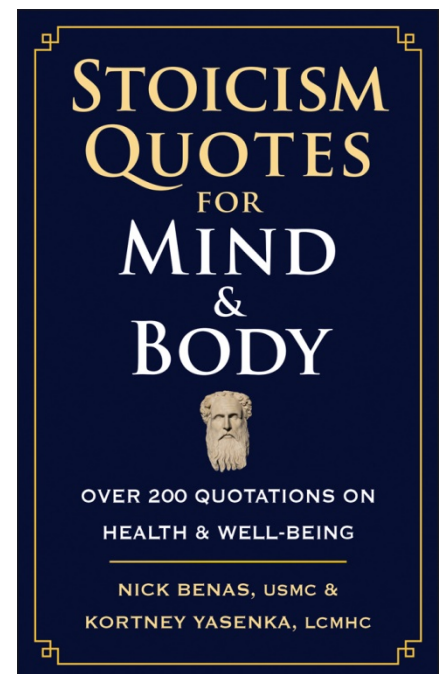
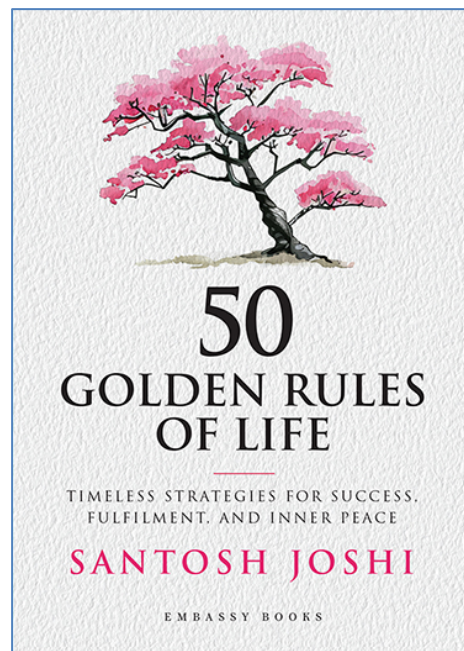
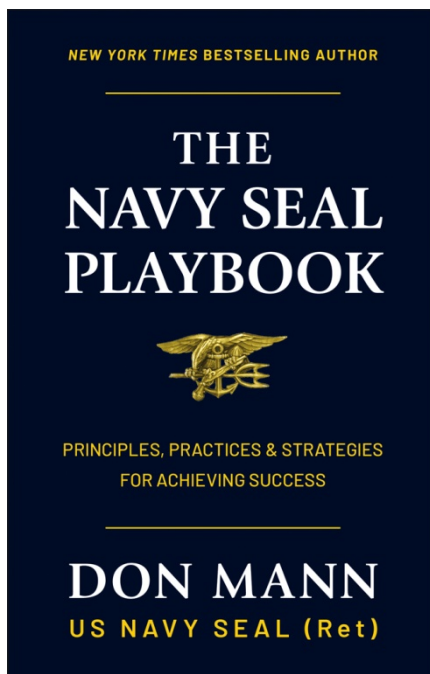
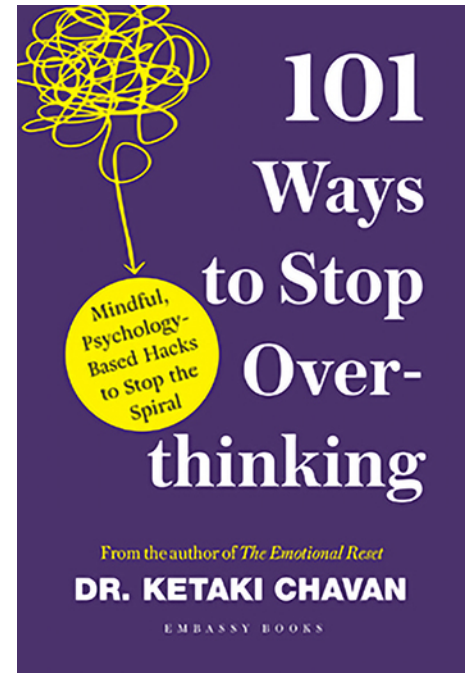
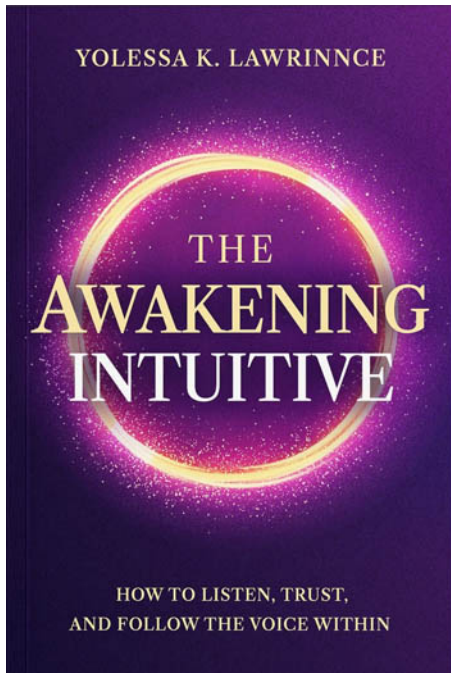


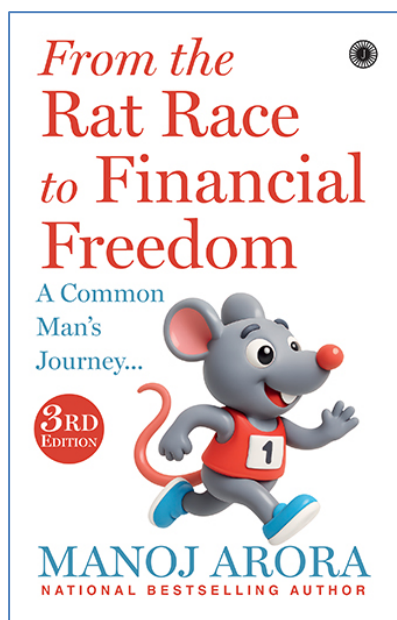
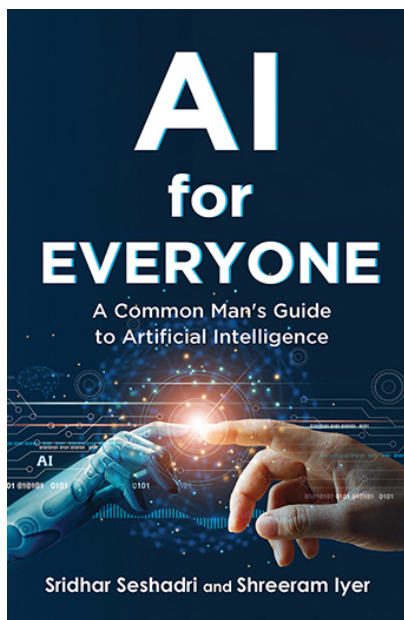
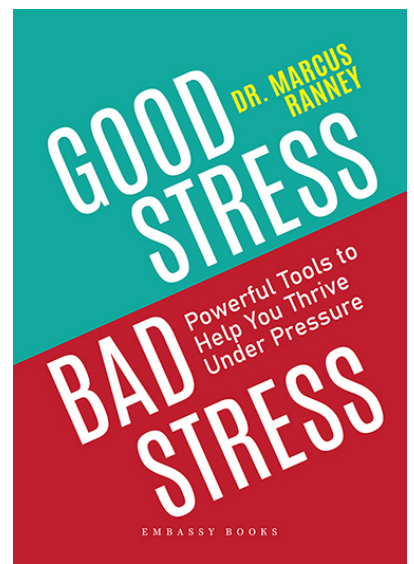
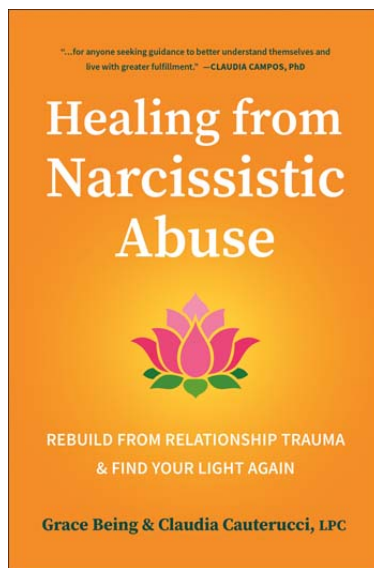
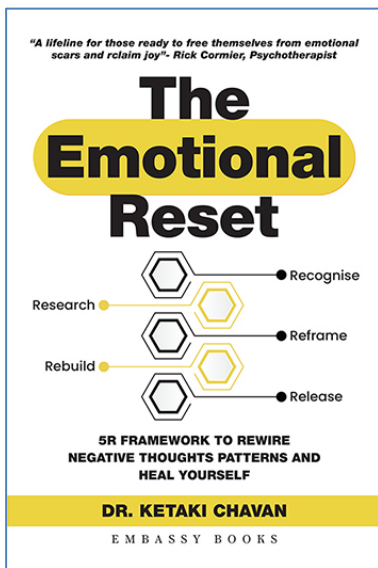
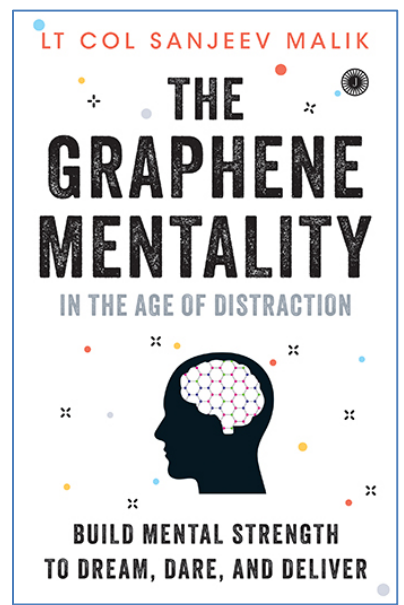
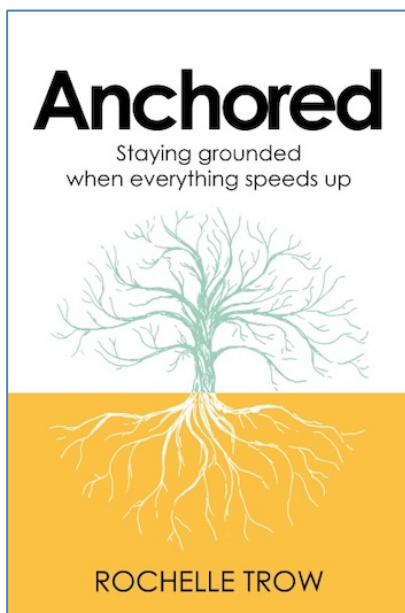
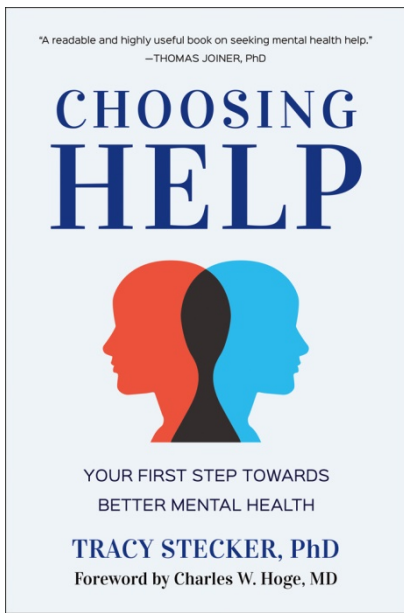
## Spring 2026 ♦ Self-Help and Personal Growth Catalog

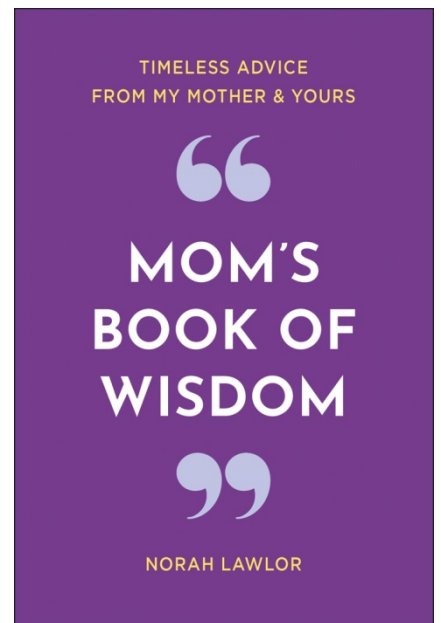
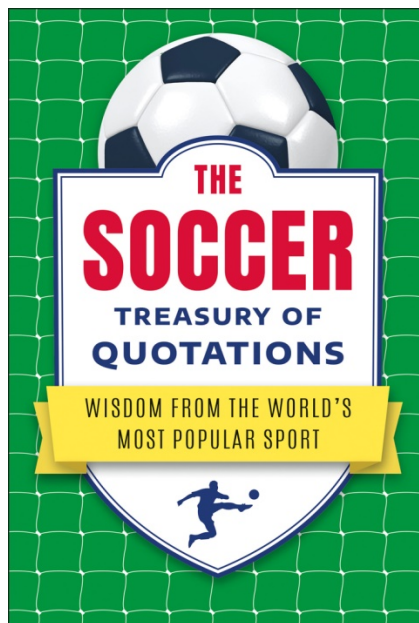
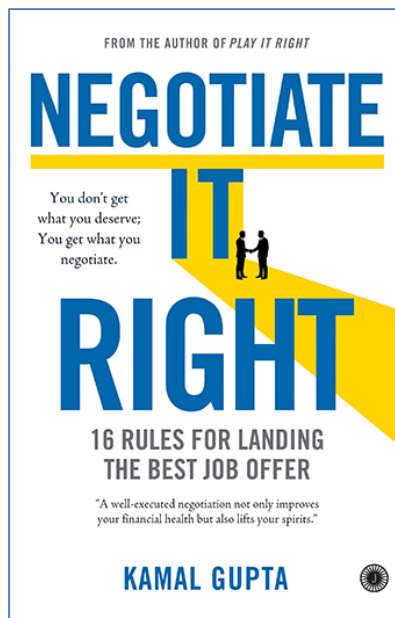
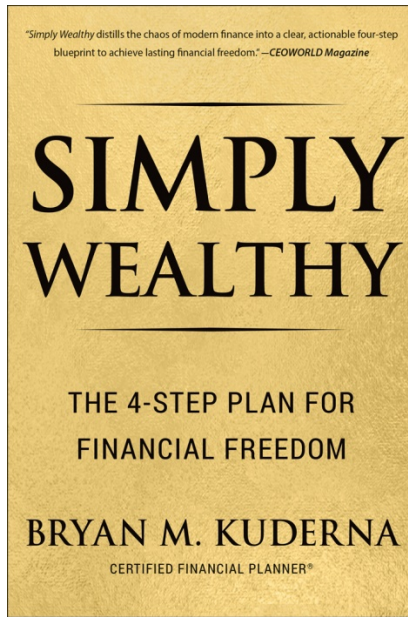
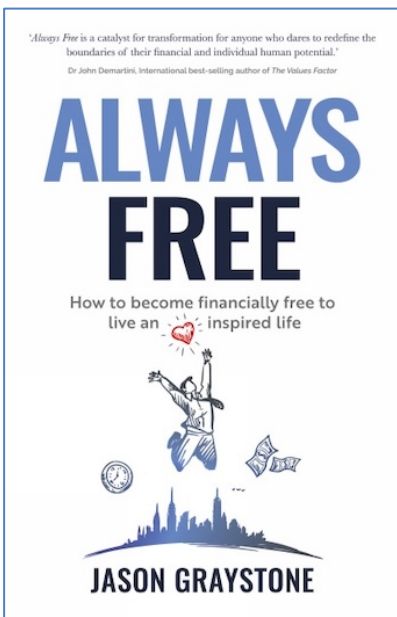
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*Please see our separate catalogs for popular books on business, parenting & gifted children, health, body, mind & spirit, spirituality & world traditions, select fiction & poetry*

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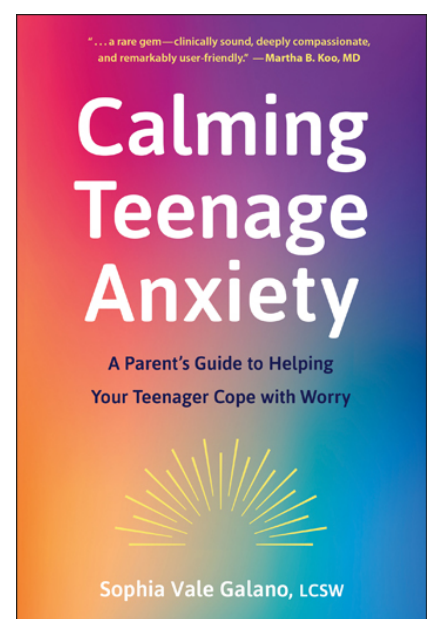
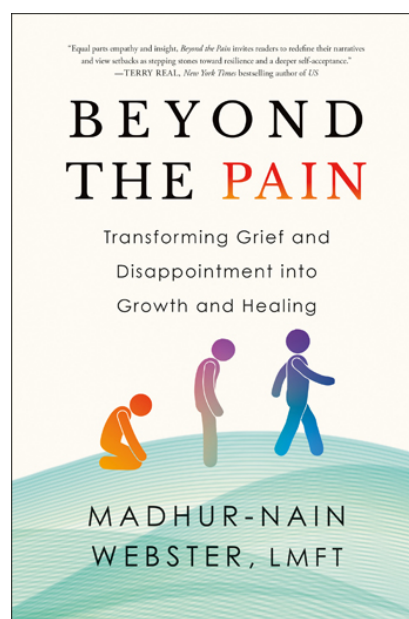
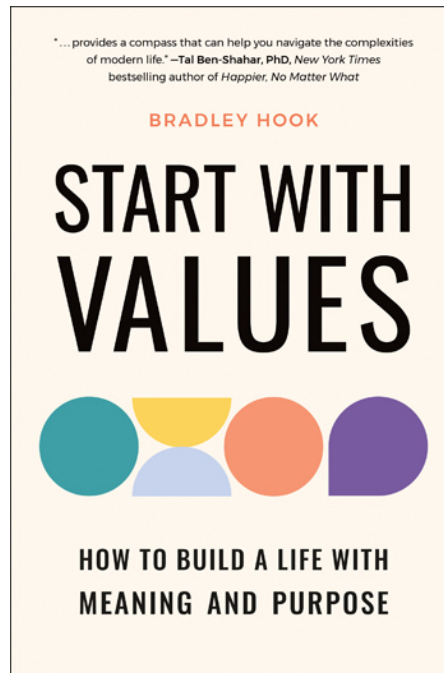
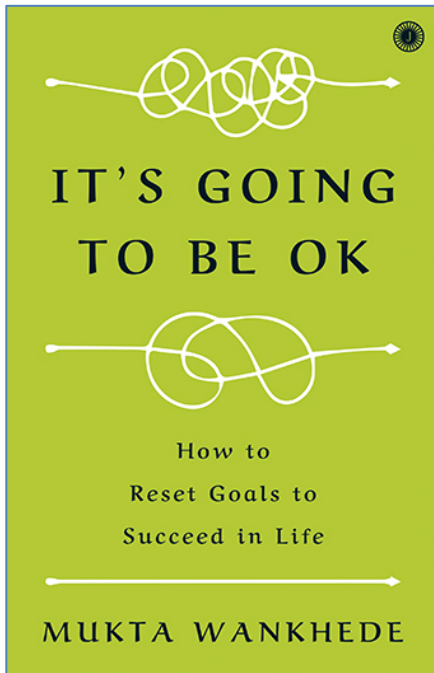


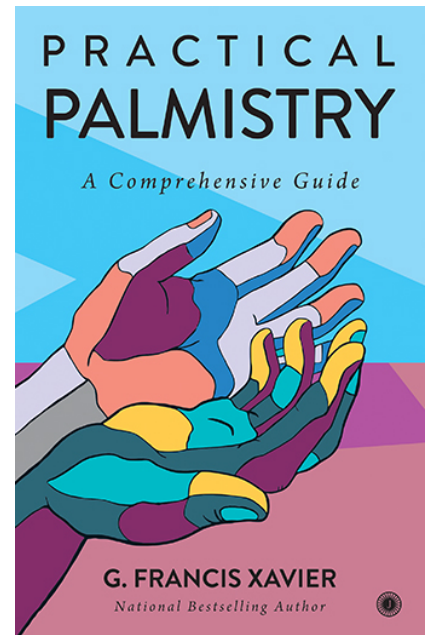
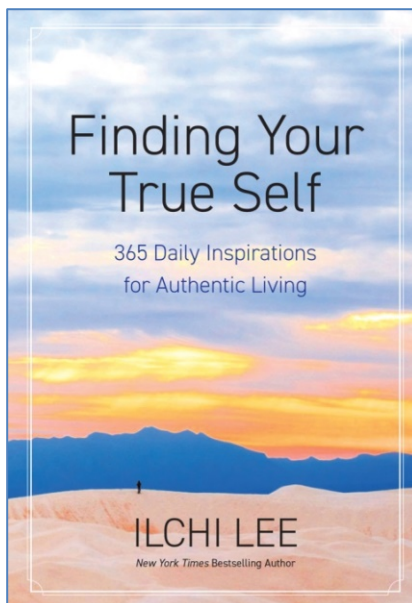
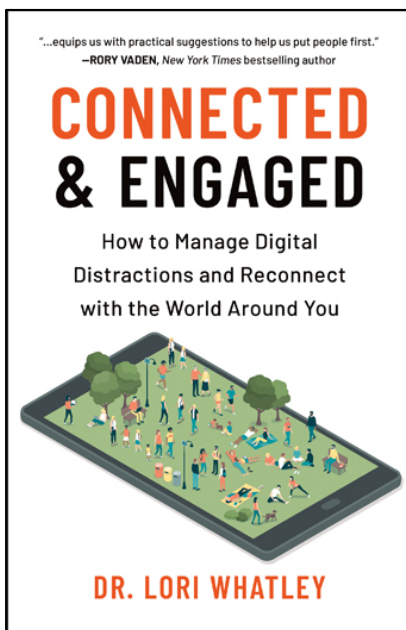
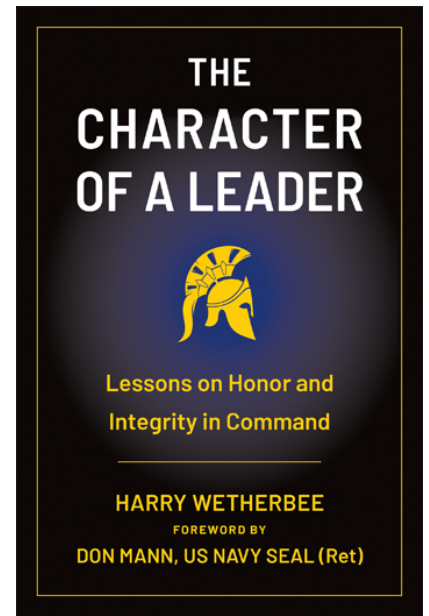
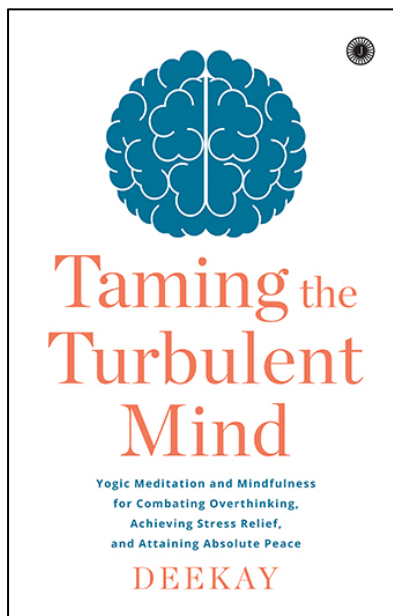
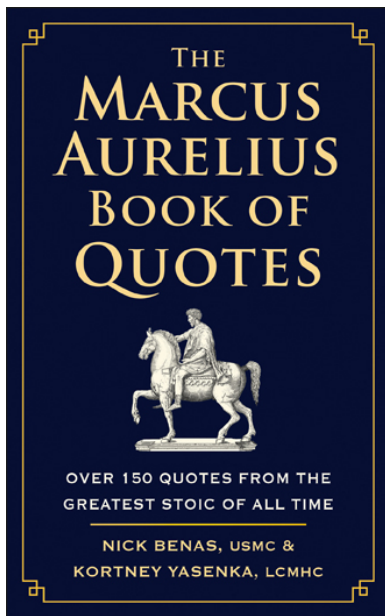
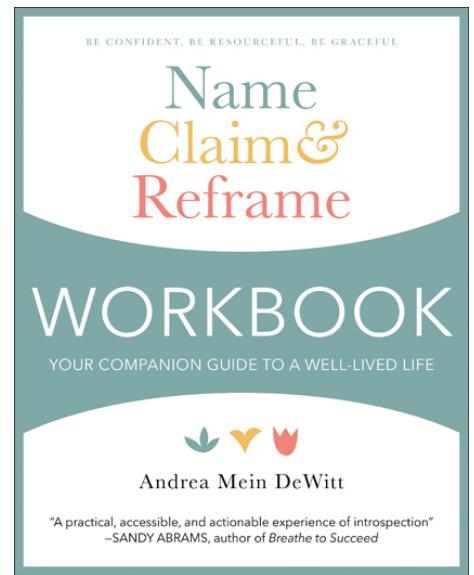
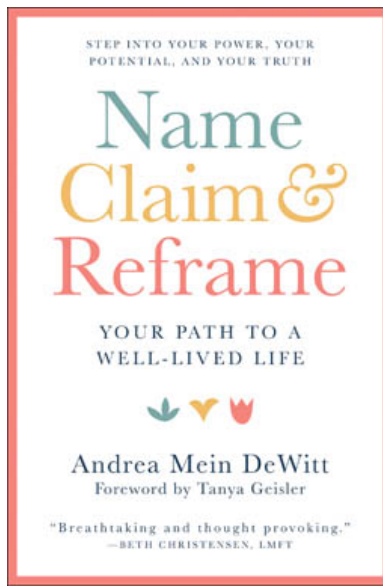
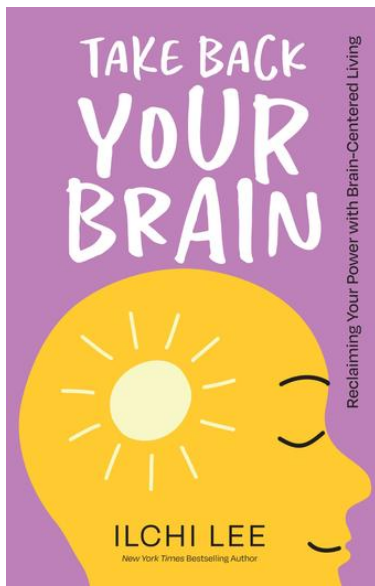
## Self-Help and Personal Growth Catalog ♦ Fall 2025

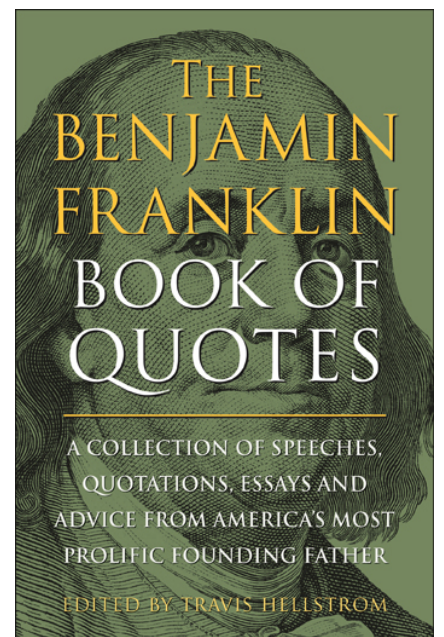
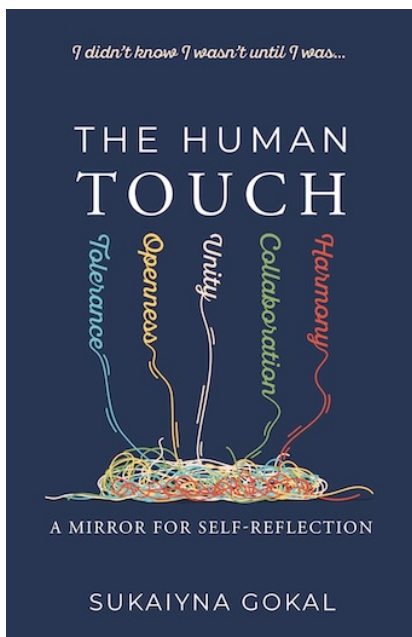
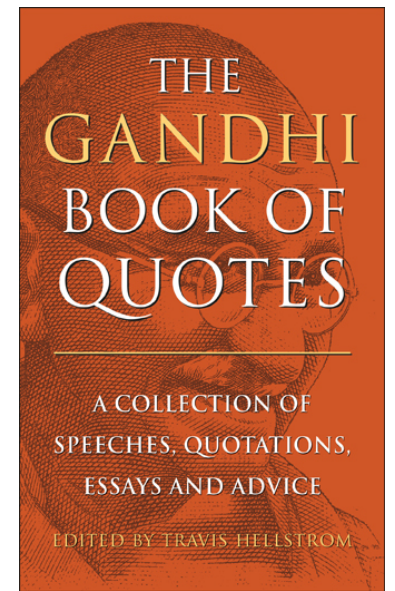
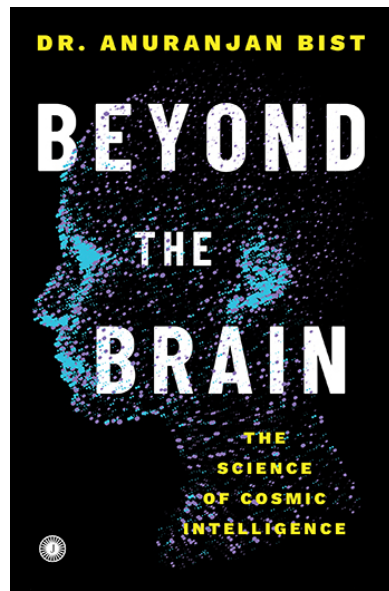
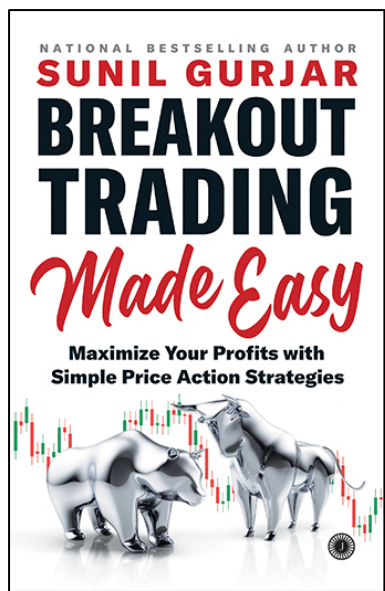
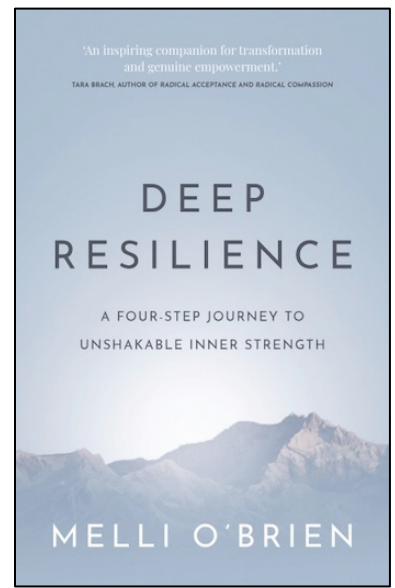
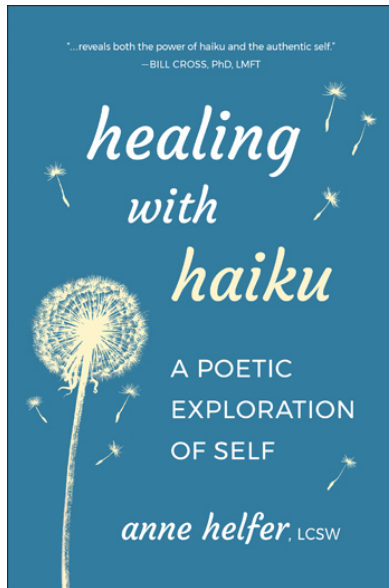
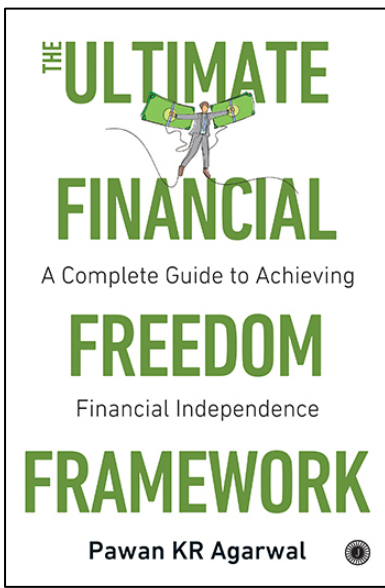
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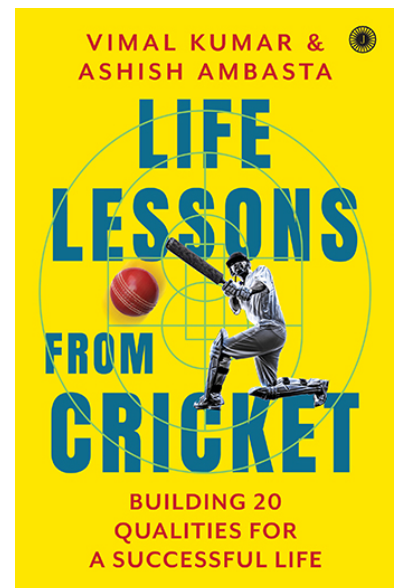
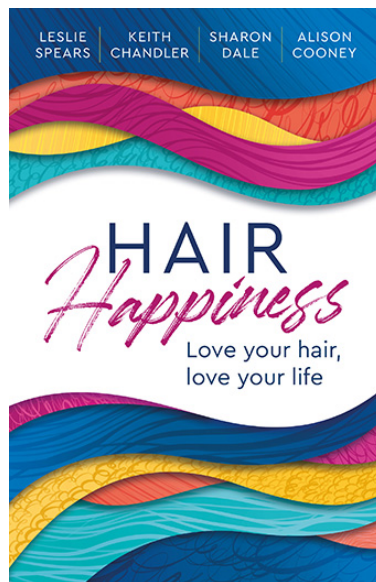
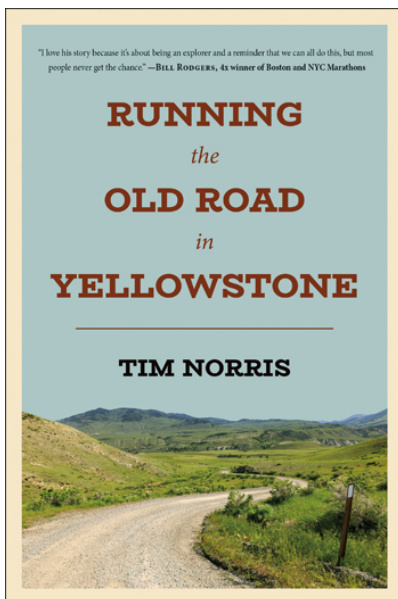
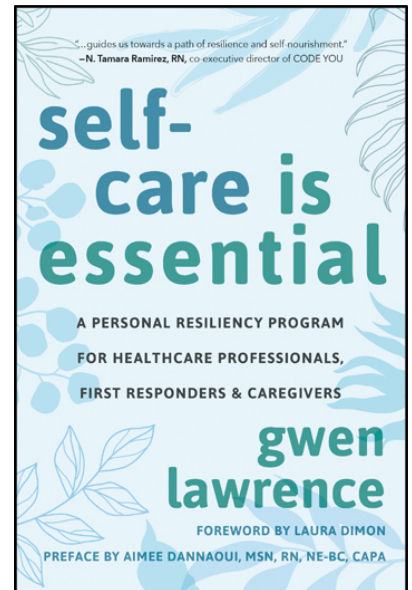
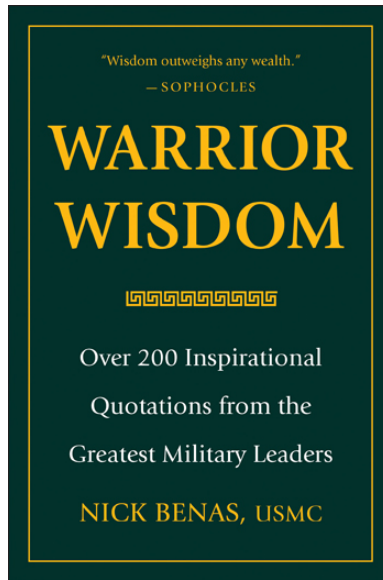
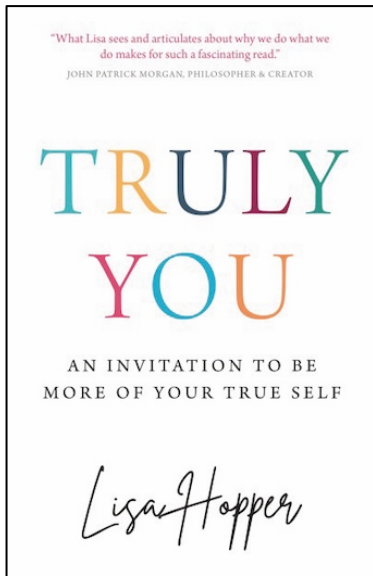
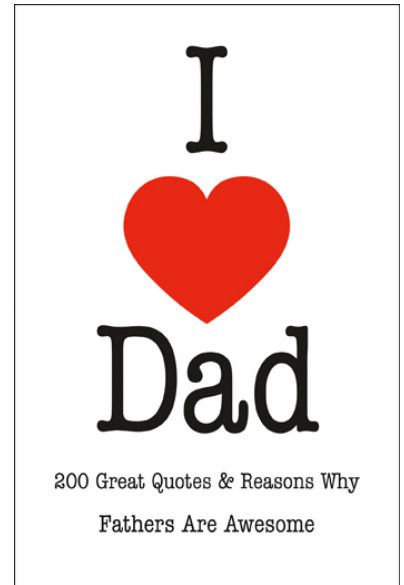
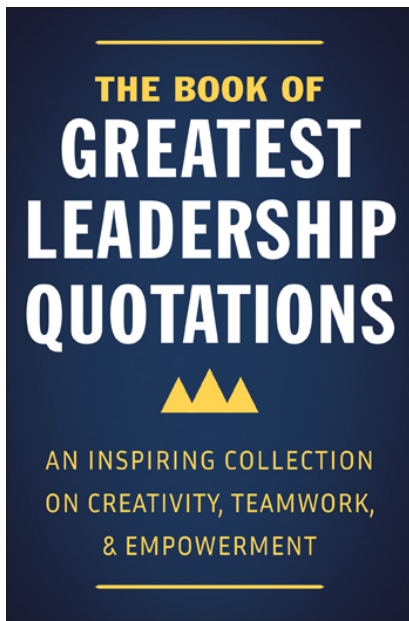
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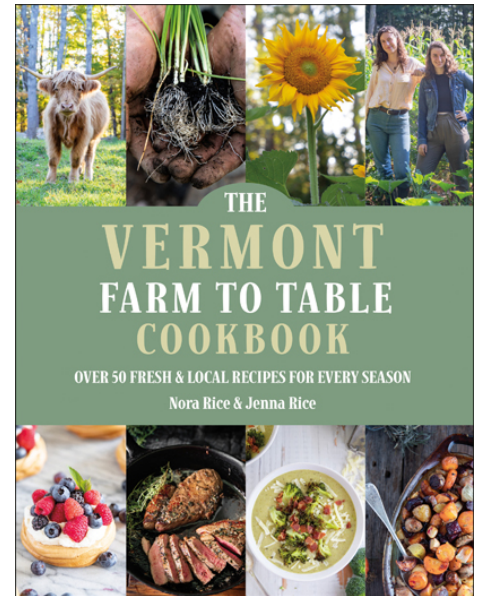
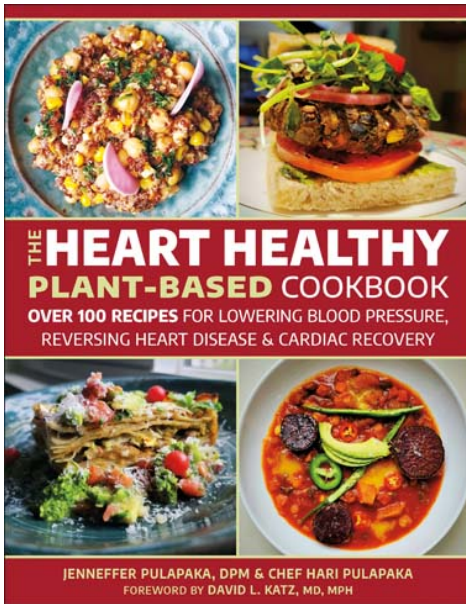


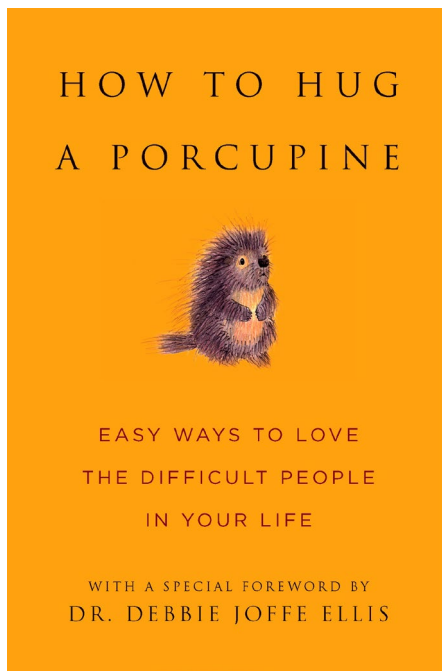






**NEW  
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# HOW TO HUG A PORCUPINE: Easy Ways to Love the Difficult People in Your Life

Foreword by Dr. Debbie Joffe Ellis

ISBN: 978-1-57826-293-9 \* Hardcover \* 4-3/4 x 7-1/8 \* 160 pages

Also available as an E-Book and Audio Book.

**Published by Hatherleigh Press, Ltd.**

**Distributed by Penguin Random House.**

**Hardcover LTD U.S. Sales: 75K**

**E-Book LTD Sales: 20K \* Audio Book LTD Sales: 30K**

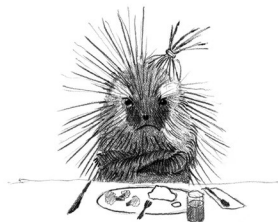


***Yorwerth Associates bestseller. Rights sold in 18 foreign editions so far.***

*"How to Hug a Porcupine makes change for a lifetime possible. This is a book that can be picked up, enjoyed and implemented at any time. It can be used as a dose of preventative medicine, a first-aid kit, and a healing balm, but more than anything else, it is an effective tool for emotional and mental health and well-being."*

—From the foreword of Dr. Debbie Joffe Ellis

## **Innovative and refreshing strategies for how to love, understand, and communicate with difficult people—at home, at work, and in your community**



The global best-selling book *How to Hug a Porcupine* is an inspiring and practical guide for anyone struggling with challenging relationships. The book offers a unique perspective on how to handle difficult people and situations with compassion and understanding. The book provides tips for calming the quills of parents, children, siblings, partners, co-workers, friends, strangers, and other prickly people you may encounter.

It has also taken the internet by storm more than a decade since its release. The book has become a recent viral hit on the popular social media platform TikTok with users sharing their own personal experiences of the porcupines in their lives and additional insights after reading it. With its timely message and valuable insights, the book is sure to continue making waves on social media and beyond. It's available worldwide and has been translated in several languages.

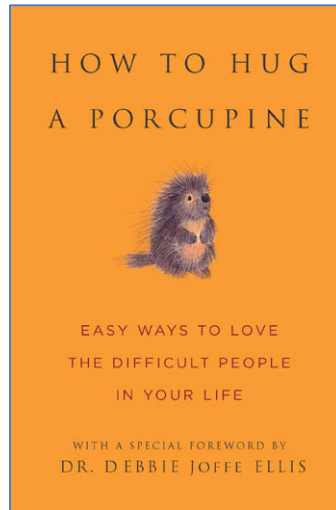
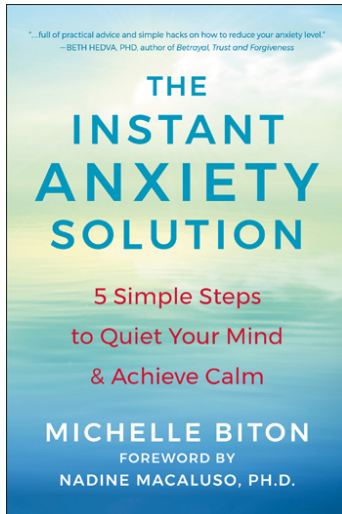
**Dr. Debbie Joffe Ellis** is a licensed psychologist in Australia and mental health counselor in New York. She is affiliated with several major psychological associations and societies including being a Member of the Australian Psychological Society, and an International Affiliate Member of the American Psychological Association. For several years, she worked with her husband, Dr. Albert Ellis, giving public presentations and professional trainings in Rational Emotive Behavior Therapy (REBT), as well as collaborating on writing and research projects.

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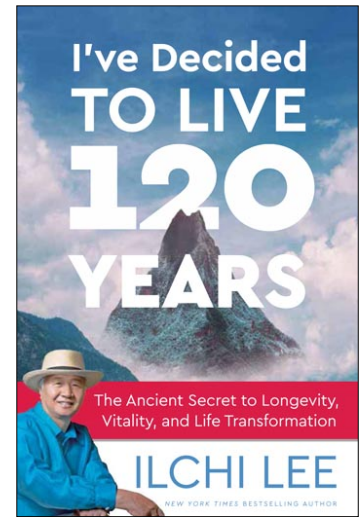


## Recent New Books & Bestselling Backlist

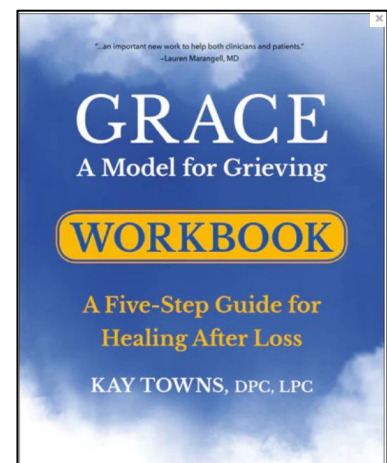
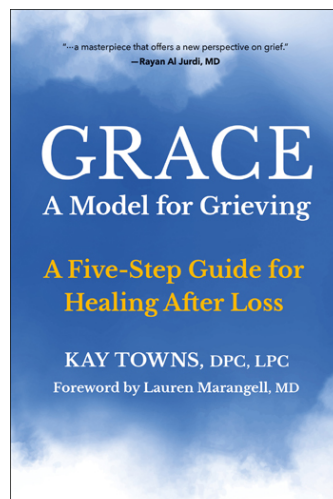
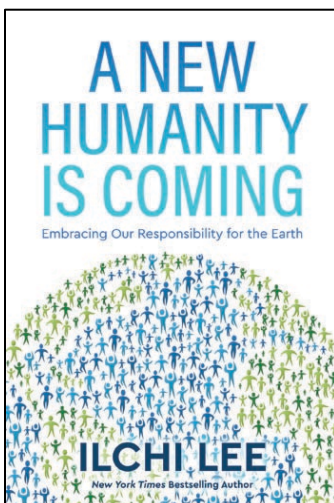
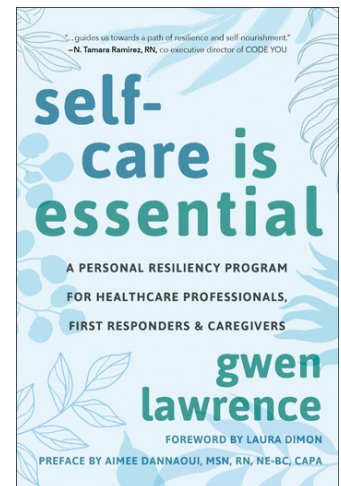
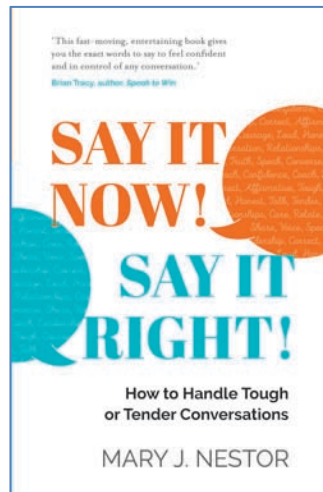
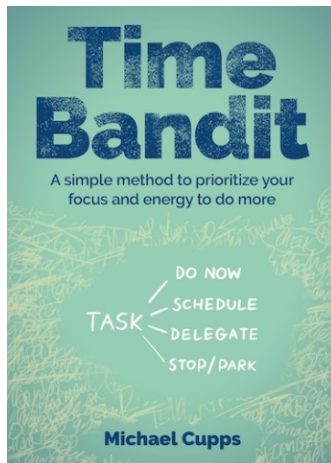
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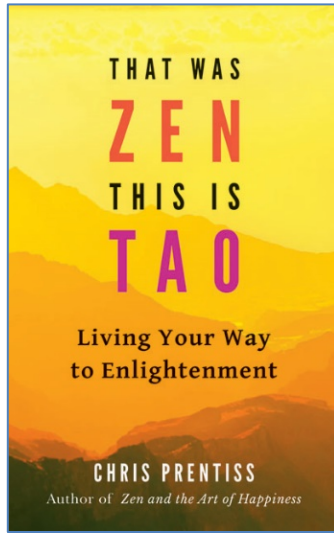


**Runaway global bestseller**  
**More than 125,000 sold in U.S.**  
**Published in 18 foreign editions**

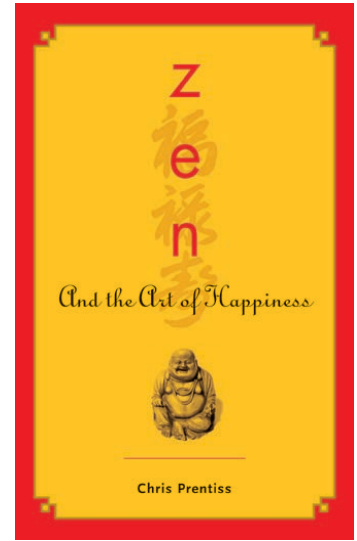


**Yorwerth Associates bestseller**  
**Over 300,000 copies sold**

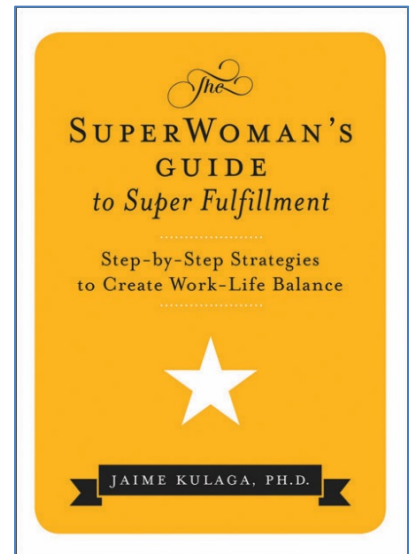
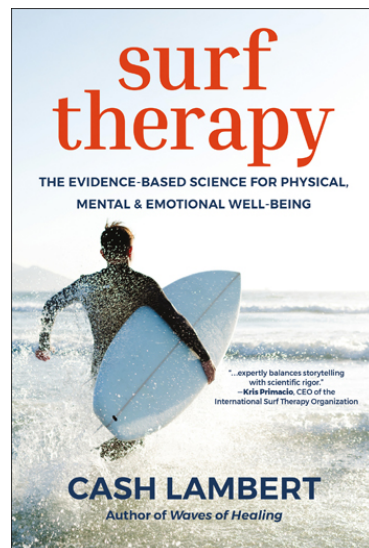
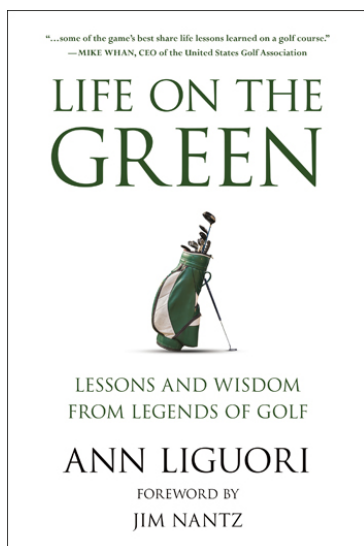
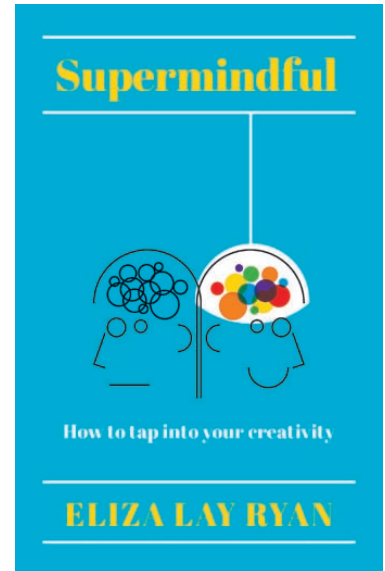
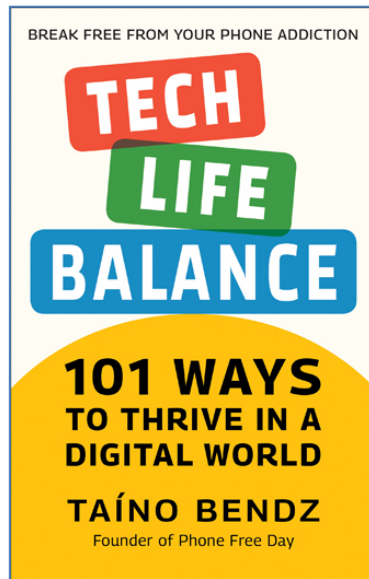
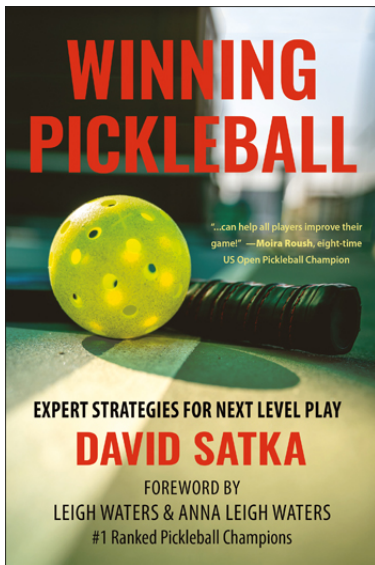




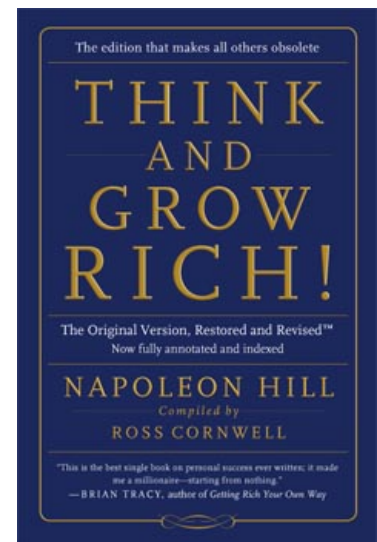
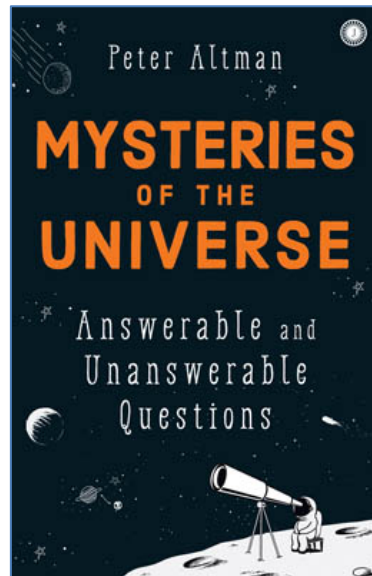
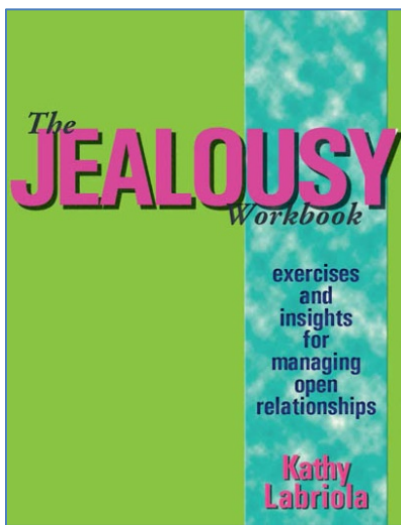
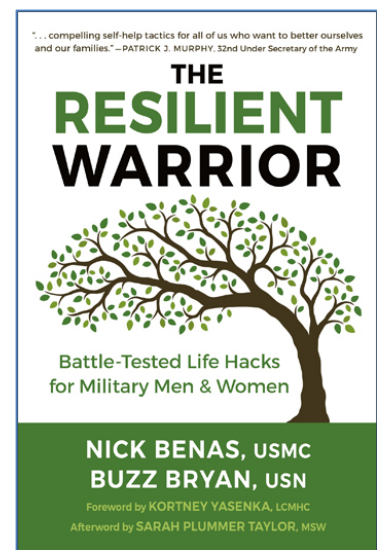
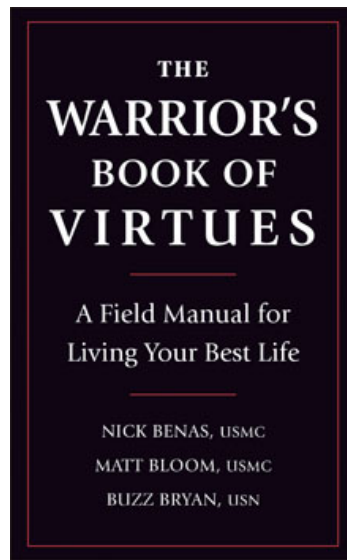
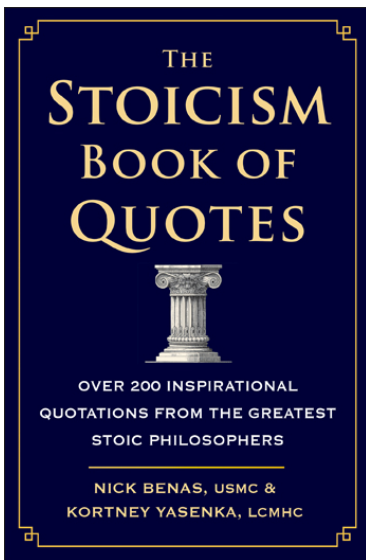
**From the author of the popular ZEN AND THE ART OF HAPPINESS**



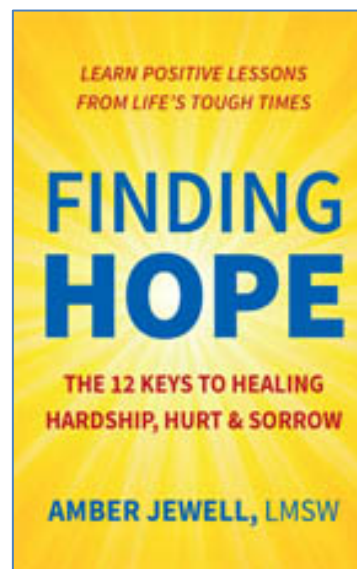
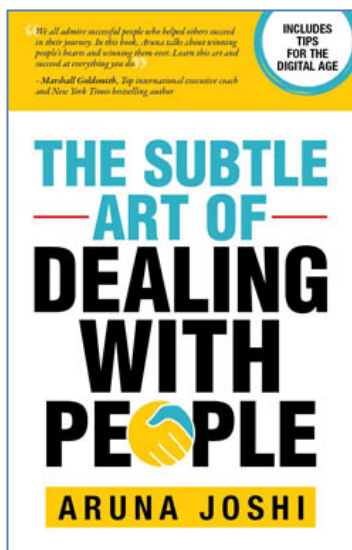
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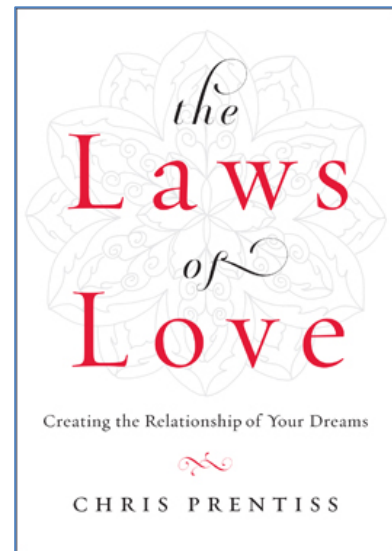
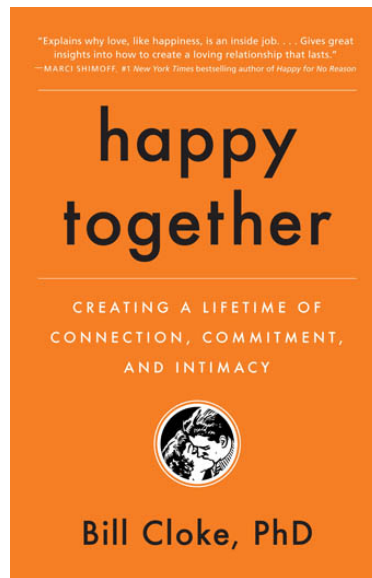
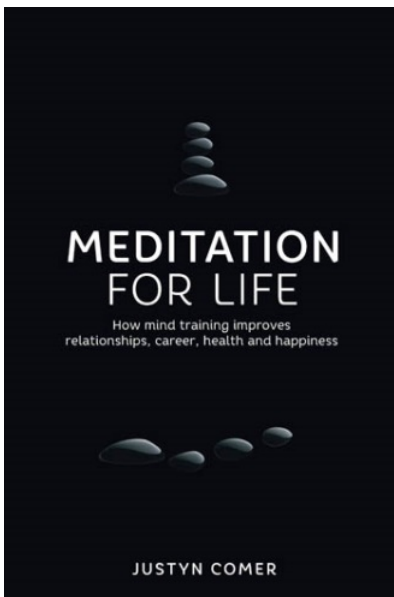
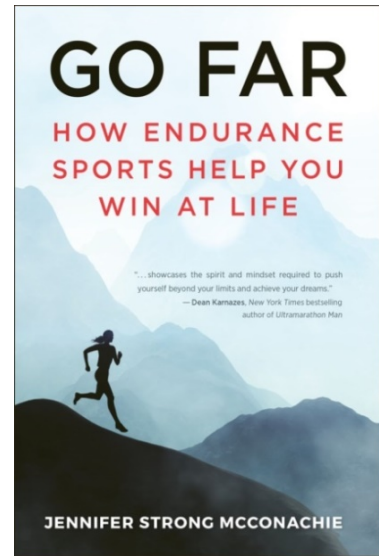
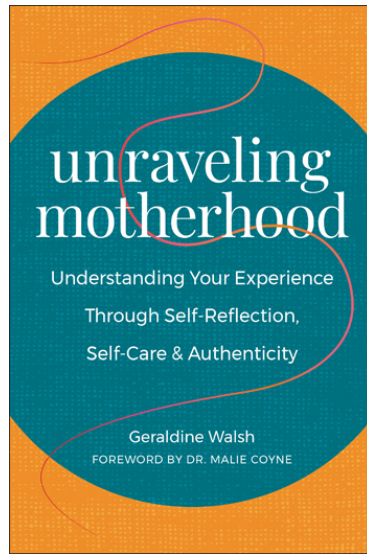
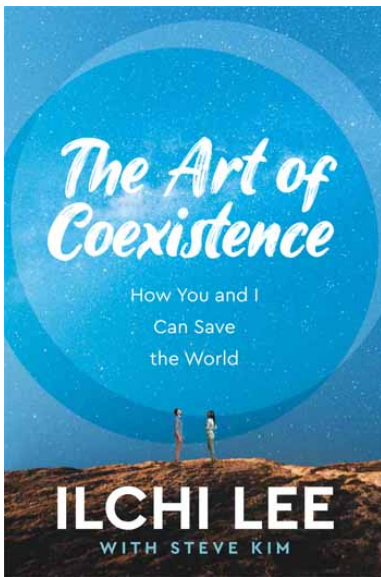


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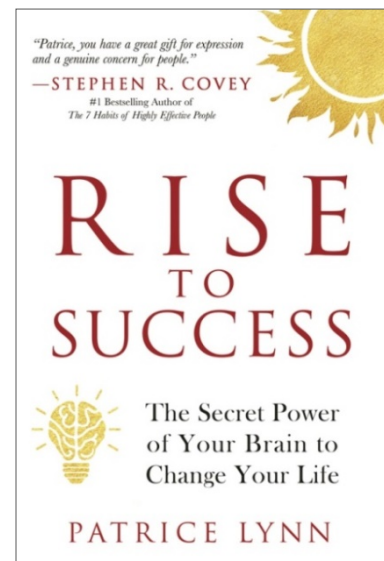
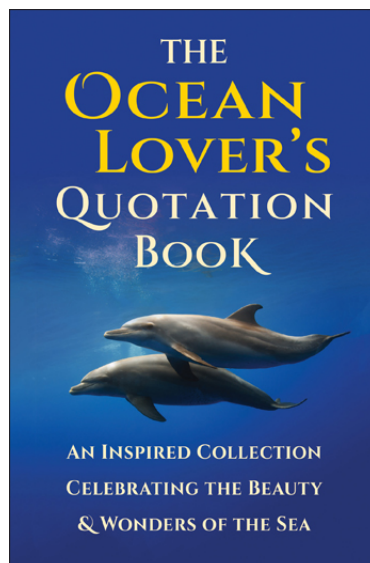
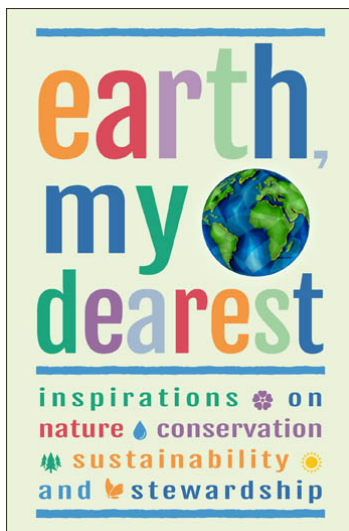


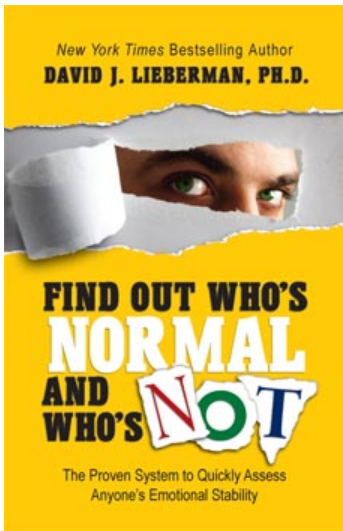
Original version restored & revised  
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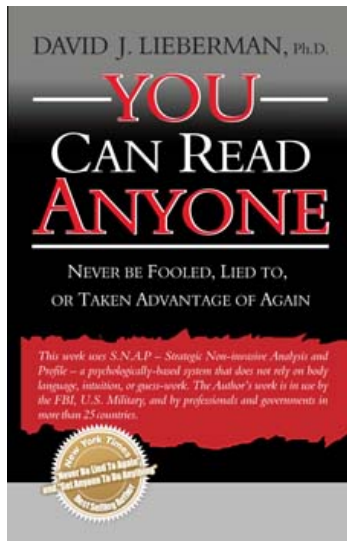


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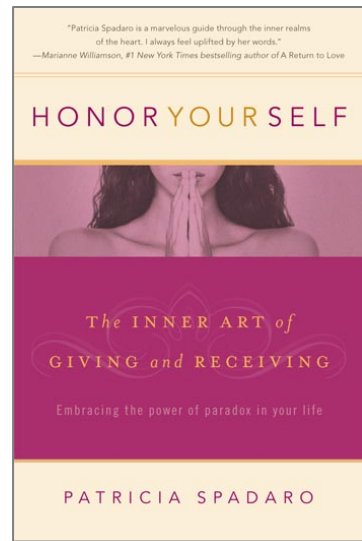




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