

SELF HELP

[THE BODY DOESN'T LIE: A 3-Step Program to End Chronic Pain and Become Positively Radiant.](#)
BY Vicky Vlachonis and Mariska Van Aalst. HarperOne.

A LASTING PROMISE: A Christian Guide to Fighting for Your Marriage. By Scott M. Stanley, Daniel Trathen, Savanna McCain, B. Milton Bryan. Jossey-Bass, a Wiley imprint.

[LIFE ON PURPOSE: How Living for What Matters Most Changes Everything.](#) By Victor J. Strecher. HarperOne.

[OUTSMARTING ANGER: 7 Strategies for Defusing Our Most Dangerous Emotion.](#) By Joseph Shrand and Leigh Devine. Jossey-Bass, a Wiley imprint.

[SURVIVING YOUR CHILD'S ADOLESCENCE: How to Understand, and Even Enjoy, the Rocky Road to Independence.](#) By Carl Pickhardt. Jossey-Bass, a Wiley imprint.

[WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source.](#) By Alisa Vitti. HarperOne.