



newharbingerpublications

5674 Shattuck Avenue • Oakland, CA 94609 • USA

New Harbinger Publications – Who We Are

In 1973, two young men, psychology graduate student Matthew McKay and writer Patrick Fanning, envisioned a lifetime of doing what they love so they started a publishing company. Their values drove their vision and still do today.

We at New Harbinger value books that address the real problems of our readers. We value research-based and clinically proven books, written by respected, experienced clinical professionals. We value books that are concise and easy for every reader to understand. Our dedication to these standards has made us the first choice for general readers and professionals looking for effective, reliable information on a range of mental health, medical, and personal growth topics.

Today New Harbinger is an established brand providing help to millions of people with mental health issues, as well as support for family and friends. The company that pioneered the self-help workbook continues to publish effective, evidence-based books as well as spiritual guides to help as many people as possible live happier and healthier lives.

Our Mission, Vision & Values

Mission: To provide practical and effective tools to help people live happier, healthier lives with less suffering and more fulfillment.

Vision: To provide practical and effective tools to help people overcome suffering in their lives.

Values:

- Integrity: We do what we say we'll do
- Commitment: We show up and work as one toward a shared purpose
- Sustainability: We support goals that create long-term value
- Compassion: We act with kindness
- Trust: We expect honesty and encourage open discussion and mutual support
- Innovation: We seek creatively inspired and flexible solutions to change human experience for the better