

FOR IMMEDIATE RELEASE:

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Paperback Edition of Dr. Shanker's Self-Reg Book Released

The long-awaited paperback edition of Dr. Stuart Shanker's latest book, *Self-Reg: How to help your child (and you) break the stress cycle and fully engage with life*, will be released on July 4. The hardcover edition of *Self-Reg*, published in June 2016, quickly became an Amazon top-seller in several categories and has garnered so much international interest that it has already been published in eight different countries and translated into five languages (German, Polish, Czech, Korean and Dutch).

Written for parents, but also relevant to educators and mental health professionals, *Self-Reg* lays out the science, theory and practical application of Shanker Self-Reg®, Dr. Shanker's powerful method for understanding and alleviating the negative impacts of stress in children, youth and adults. Shanker's book helps parents distinguish between misbehaviour and stress behavior and detect hidden stressors that affect children's behaviour and mood. Armed with this knowledge, readers will learn about a framework and method that helps both children and adults enhance self-regulation by developing greater stress awareness and learning strategies for reducing and recovering from stress.

Dr. Shanker, who recalls being first introduced to writer Graham Green novels via Penguin Paperbacks, says he is particularly thrilled to see his latest book coming out as a Penguin paperback. "This is very big for me personally, because, when Penguin Paperbacks were first introduced, they created an opportunity for *anyone* to get these books. The paperbacks were inexpensive, but had a lovely design. They represented a deliberate attempt to make knowledge accessible to everyone. And that's why I'm so excited about this release. Having *Self-Reg* come out in paperback makes the book accessible to more people. Everyone can share in it."

Self-Reg: How to help your child (and you) break the stress cycle and fully engage with life is available through retail and online booksellers everywhere. The MEHRIT Centre had developed a group discussion guide for people who want to work through *Self-Reg* as part of a study group. The guide is available free-of-charge on the TMC website. <https://self-reg.ca/self-reg-discussion-guide/>

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