

The Books

Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-outs, and Triggers \$15

Our brains are doing our best to help us out, but they can be real assholes sometimes. Sometimes it seems like your own brain is out to get you—melting down in the middle of the grocery store, picking fights with your date, getting you addicted to something, or shutting down completely at the worst possible moments. You already told your brain firmly that it isn't good to do these things. But your brain has a mind of its own. That's where this book comes in. With humor, patience, and lots of swearing, Dr. Faith shows you the science behind what's going on in your skull and talks you through the process of retraining your brain to respond appropriately to the non-emergencies of everyday life. If you're working to deal with old traumas, or if you just want to have a more measured and chill response to situations you face all the time, this book can help you put the pieces of the puzzle together and get your life and brain back.

This is Your Brain on Anxiety: What Happens and What Helps \$7

Anxiety it's the worst. Choking, stifling, smothering, tingling, panicking, brain cutting out, bad decisions... You're a human being, so you know exactly what's being said here. Dr. Faith lays it all out in her five-minute therapy series: what anxiety IS (did you know that people wrote about it more in the 1800s than now?), what it's good for (that's right, it's actually a necessary response that helps to keep us alive in bad situations), how to know when it's gone overboard, and practical tips on how to deal with anxiety when it gets bad. This book is a lifesaver for panic attacks, breaking out of flight-or-fight-or-freeze responses, and for chronic anxiety. It's also good for folks who aren't burdened by anxiety daily but want to cope better with those tough life situations that affect us all. Read this and breathe!

Note: The original Anxiety zine became a Dr. Faith's book Unfuck Your Brain; this book version of This is Your Brain on Anxiety is greatly expanded and has about 30% new content that is different than what was in the original zine or book chapter.

The Revolution Will Include Cookies: Recipes to De-Colonize Your Kitchen \$13

You can't fight the man if you're dying from diabetes, heart disease, or any of the host of stressful sicknesses caused by the Standard American Diet (SAD). The Revolution Will Include Cookies contains recipes for any diet, including vegan, paleo, sugar free, and gluten-freedom. Dr. Faith G. Harper brings her humor into delicious, healthy recipes for hungry activists... and you. Get the capitalist patriarchy out of your kitchen and start feeding yourself the good food you deserve!

The Zines

Adulting (zine): How To Be An Adultier Adult \$3

Dr Faith explains the fundamentals of adulting in this mini pocket zine. Spoiler: None of the requirements are about having certain jobs, kids, possessions + debts, or being totally bored and stressed out and hating your life. It's hard work to do adulty stuff well, but the kind of work that's satisfying because it's about being good to yourself and other people and building a life that you're okay with waking up to every day. Keep these hot tips around for when you're making big decisions, dealing with difficult situations, or to give to a friend or kid who's making any kind of big life transition. The truth is, adulting is way more fun than kidding. You got this!

BDSM FAQ: Your Antidote to Fifty Shades of Grey \$4

Our friend Dr. Faith is a counselor who helps a lot of people figure out their big questions in life. And one of the biggest ones she gets, like all the time, is from people who saw or read 50 Shades and think "that sounds hot AF" and want to try out some of the stuff in it but don't know where to start. Or they're worried about what it says about them that they think it sounds sexy to get tied up or tie up their partner. Or they want to do it and their partner doesn't or vice versa. Or... etc. So she wrote this guide answering all her most frequently asked questions about BDSM—which, by the way, stands for a few different things, including Bondage & Discipline, Domination & Submission, Sadism & Masochism... depending on who you ask. There's a lot of other lifestyle lingo in there too, and science-based knowledge about kink play and why people are into it, and a ton of good, solid advice for deciding if and how to explore this side of your sexuality. At the end, there's a little life snippet from an anonymous friend who describes healthy and unhealthy BDSM relationships she's experienced and seen. This is all essential stuff to know, whether you've been trying this out on your own casually, are starting to get into a scene, or even if you're just curious what it's all about! Be safe, respect yourself and others, and communicate, communicate, communicate!

Coping Skills: Tools To Feel Better Without Fucking Around \$3

You know those days when you just can't even? When everything is haywire and everyone, including yourself, seems to be against you, not to mention against reason? Your to-do list is a mile long, your kid is sick, and you just spilled coffee all over yourself as you were about to walk out the door? How do you cope??? We guess you could say "fuck it" and go back to bed with a bottle of whiskey at 10am, but check out these more sustainable and helpful alternatives by Dr. Faith first. Step one: Laughing while you read this zine. Good luck!

Defriending: Navigating the Friendship Breakup \$4

Friend breakups can be as bad as romantic breakups. Actually, they can be worse, way worse, because there's no roadmap for them. Dr. Faith walks you through this unfortunately universal life event. First off, figuring out if you can save the friendship (and if you want to), and giving that a try. Second off, all the ways people break up with friends, rated on a scale of relative healthfulness, with some scripts for having those hard conversations. Finally, tips for recovering from your friend break-up, whether you're the breaker-upper, or the break-upee. Sad to say that this is a useful skill set for everyone of every age. Read and decide how you'll handle the imminent or ongoing friend split in your life, or evaluate how you've handled them in the past and be prepared to do it better in the future. Pro tip: All this advice is also helpful for relationship break-ups and divorces, quitting your job, or moving on in general from entanglements that may be toxic or may simply not be working out.

Dating: It's Not Relationshiping (and That's a Good Thing) \$4

Dating used to be a thing that most people did for a while. Now it's faded to take up a cramped and awkward space in between hooking up and instantly moving into together. If you woke up all alarmed and find yourself wanting all that old shit, letters and sodas, read this zine and get on with doing the stuff that makes up dating. Like having FUN, remember that? And trusting your guts. And taking it slow. Dr. Faith breaks it down for you with good boundaries, wise counsel, funny jokes, and of course lots of swearing.

Emotional Freedom Technique (EFT): Combining Ancient Acupressure With Modern Science \$4.00

"Tapping," aka EFT, is a technique that uses Traditional Chinese Medicine to clear emotional blocks. It's free, it's easy, and it works. Best of all, you can sit yourself down and do it for yourself—you don't have to wait for anyone, pay money, or get awkward in front of other people. Dr. Faith tells you exactly how.

Getting Over it \$4

Is it time to get over it? You know, whatever the thing is that's got its claws in you-- family stuff, addictions, horrible misdeeds done to you or by you, a boss that sucks, anger at your ex, resentment of a friend or a sibling, fear of catastrophic climate change, dread of a Trump presidency, the realization that you're never going to write songs like Patti Smith... *whatever* it is, these things can seriously hold you back in life for a good long time. Moving on is, fortunately, more than possible, and whenever you're ready, this zine is here to help. Get up on over that damn thing, with the kind, tough aid of Dr. Faith, who knows what is up.

Relationshiping: Love Differently, Because Rules are for Games \$3

by Dr. Faith G. Harper

Are you in a relationship? Used to be? Want to be? This little zine is your antidote to typical dating and relationship rules. Most of the "rules" are all about tricking or manipulating someone into dating you, and then keeping them guessing... not to mention trying to fit yourself into an unrealistic mold of feminine beauty or masculine machoness. Whatever. Dr. Faith cuts through the crap with some sharp guidelines on how to be a human being in an adult, loving, mutual relationship. It's constant work, but at the same time it's the simplest thing you can do. It starts with not tricking, cheating, or hating the other person or yourself, and moves on to chocolate cake.

STI FAQ: Keep Calm and Learn Real Facts About Sexually Transmitted Diseases \$4 (by Dr. Faith G. Harper, Aaron Sapp, MD and Bonnie Scott)

Got an STI? (That's short for sexually transmitted infection.) Or just worried you'll get one? Or does the thought that you might have one already wake you up gasping at 2am? That's some scary stuff. In this informative and crass zine, two sex therapists and a doctor cut through the crap around STIs and tell you what you actually need to know about herpes, HPV, Chlamydia, gonorrhea, and HIV/AIDS. This is all the stuff you actually needed to know back in high school health class, delivered in a way you can actually wrap your mind around it and take appropriate action as an adult.

Surviving: Getting Through The Shit Life Throws At You \$3.00

This is a zine for getting through it when life is piling it higher and deeper, the political and personal and social disasters that we know always come in waves. Getting Over It was about getting past whatever happened in the past; Surviving is about making it through the present. Even if you don't believe you can survive this, Dr. Faith believes it for you, and offers some basic tools that anyone can use to make it one more day.

This is Your Brain on ANGER: What It Is, How To Deal \$4

If you've ever been so pissed off that you did things that you regretted, or ruined your own day and some other people's too... or if you feel angry every. single. day. and it's affecting your health and sleep and love of life... or if you've got very good reason to be mad as hell, and you aren't going to take it anymore... this zine will explain what the hell is going on in your brain and how to retrain yourself to deal with enraging situations more productively and without ruining your sleep. This is Your Brain on Anger gives you a short, heady dose of neuroscience and cultural explanation of what anger is and what it does to you, and then gives you a handy four-step checklist to help you deal with maddening situations AFTER (or before) the fact... and then also some solid tips for dealing with anger while it's immediately overwhelming you... and finally a story about a productive use of anger. Because your brain actually knows what it's doing, and anger can be a good thing sometimes—just not if it's ruining your life.

Note: This zine was expanded to become a chapter in Dr. Faith's book *Unfuck Your Brain*

This is Your Brain on Depression \$4

People who have never been depressed have no idea what it's like. And people who have know all too well how tough depression can be to live with. Dr. Faith explains the brain science behind depression (complete with Zuul references) and talks you through the different options out there for getting better. Because yes there are things you can do to feel good again (including drugs but avoiding spiraling successions of drug cocktails). If you need solid expert advice from someone who can also make you laugh your ass off, this zine's for you!

Note: This zine was expanded to become a chapter in Dr. Faith's book *Unfuck Your Brain*

This is Your Brain on Grief: What to Do and Say (and Not) for Yourself and Others \$4

Dr. Faith adds to her series of zines, writing this time about Grief. It's hard to imagine anyone else being able to make understanding the grieving process... well, funny, while also being totally real and compassionate. As always, Faith nails it. This zine contains words of solace and helpful wisdom for when you're dealing with grief ... but most of all it's full of helpful advice for when you are trying to figure out how to support someone else in their grief and what to say. Grieving is a natural part of life, and having the space to do it the way you need to is vital. Show this zine to the people around you when you need them to give you that space and comfort.

Note: This zine was expanded to become a chapter in Dr. Faith's book *Unfuck Your Brain*

This is Your Brain on PTSD: Trauma Recovery Using Brain Science \$5

Do you freak the fuck out at the weirdest possible times? Are there some normal life things that you just don't do or places you just don't go? Do you sometimes feel like you're living in an airless box with an arsenal of anti-everyone weapons on a hair trigger? You could be having a trauma reaction gone on autopilot that's taken over your life. Dr. Faith walks you through it: first, all the different things trauma can be (pro tip, traumatic events aren't necessarily always huge and dramatic), how it affects your life, and how to use neuroscience to work your way through it and out the other side. Whether you're looking to heal from the past and move on or just want to understand more about how the brains of the people around you might work, this zine is practical and sciencey and profane. Good stuff.

Note: This zine has a lot of overlap with Dr. Faith's book *Unfuck Your Brain* (but has some new content and exercises)

The Revolution Won't Forget the Holidays \$4

Recipes for Food Allergies and Special Diets that Don't Suck! Are you on an anti-inflammatory diet and dreaming all day long about cookies, ice cream, and cake? Did your doctor hit you with FODMAPS restrictions? Did you commit 100% to doing a Whole30 and then realize the holidays are coming up? Is your cousin vegan *and* gluten-free and you have no idea what to make for Turkey Day? Don't worry about it, Dr. Faith has recipes for you all!

Note: This is available as a free PDF download for any individuals who purchase the book "The Revolution Will Include Cookies"...just email Dr. Faith your proof of purchase and she will send you a copy

Unfuck Your Brain Workbook \$5

Learn to name your feelings, evaluate your reactions, discover your triggers, recognize your successes, and plan your emotionally healthy future with this zine. Within you'll find the companion worksheets to Dr. Faith G. Harper's hit book *Unfuck Your Brain*, plus helpful exercises to calm your breathing and regulate your emotions in any situation. Unfuckening is totally possible!

WOKE PARENTING: Doing our Best to Raise Intersectional Feminist, Empathic, Engaged, and Generally Non-Shitty Kids by Dr. Faith G. Harper and Bonnie Scott

Got kids in your life? This zine is full of helpful wisdom about raising them to be socially aware, respectful of others, willing to speak up and stand up for what's right, and comfortable in their own skin. Not sure how to talk to your kid about boundaries and

consent? What about staying safe around potentially hostile authority figures? What if your kid is obsessed with gendered stuff in a way that makes you uncomfortable? What do you say when your kid loudly comments about someone's race or gender or body on the bus? How do you teach your kid about the world's injustices and still let them know they're safe and loved? Bonnie and Faith are parents and therapists and have been around all these blocks more than a few times. Read this and start your own conversations to build a better world for the next generation.

Working: Makin' Paper Without Losing Your Mind or Selling Your Soul \$4

Are you freaking out about work? Horrified at the idea of getting to the office? Have a boss that makes you want to burn your building down?

Doctor Faith to the rescue in this quick-read zine dedicated to helping you get through those bad, bad days when you're watching the seconds tick past until you can gtfo. Some of it may seem obvious at first, but how many times do you actually sit down and think about these things, or talk them through with others? If you're two steps from flipping your desk over and screaming, now might be the time

This is Your Brain on Addiction \$4

Addictions replace relationships, says Dr. Faith, in her latest series of zines that use brain science and swearing that'll make you laugh, think, and take the practical steps you need to. If you would like to not be addicted anymore, then this zine walks you through the array of options, from total abstinence programs to the many shades of harm reduction and replacing your problem relationship with more positive things. Worth reading if you're struggling with addiction yourself or if you're wondering how to help someone else.

Note: This zine was expanded to become a chapter in Dr. Faith's book *Unfuck Your Brain*