

MEDIA CONTACT:

Eleanor Fishbourne - (512) 891-6100
efishbourne@greenleafbookgroup.com

FOR IMMEDIATE RELEASE

Beyond Quick Fixes Hits the USA Today Bestseller List!

September 9th, 2026 (Austin, TX): *Beyond Quick Fixes: Essential Ingredients for Better Mental Health and a Fulfilling Life* by Dr. Celeste Birkhofer (Greenleaf Book Group Press debuted at #138 on the USA Today bestseller list this week. <https://www.usatoday.com/booklist>

Drawing on decades of professional expertise and life-changing personal experience, Dr. Birkhofer reveals that true well-being is not found in fleeting quick fixes. It is cultivated from a foundation of essential capabilities developed from within. *Beyond Quick Fixes* transcends simplistic solutions, offering a comprehensive, research-informed, and deeply compassionate framework for meaningful transformation.

Dr. Celeste Birkhofer is a licensed clinical psychologist and adjunct clinical faculty member at Stanford Medical School, Department of Psychiatry and Behavioral Sciences. She maintains a private psychotherapy practice, teaches and supervises Stanford psychiatry residents, and is on the clinical advisory board for the Jed Foundation—a nonprofit dedicated to promoting emotional well-being in teens and young adults and reducing suicide risk.

About Greenleaf Book Group:

Greenleaf Book Group is a publisher and distributor best known for its innovative business model, distribution power and award-winning designs. Named one of the fastest-growing companies in the United States by *Inc. magazine*, it has represented more than 4,600 titles, including over 70 that have hit *The New York Times*, *The Wall Street Journal*, and *USA Today* Best Seller lists. You can learn more about Greenleaf at www.greenleafbookgroup.com.

For more information or to schedule an interview with CEO Tanya Hall, contact Eleanor Fishbourne at efishbourne@greenleafbookgroup.com or 512-891-6100.