

WHAT DEBBIE'S PEERS ARE SAYING

"Debbie Ford is a light in the dark. She took me to my darkest trenches and back with humor and grace...she is there to help people to look at their shadow so they can live brighter, fuller, more whole lives."

-Drew Heriot, director of *The Secret*

"The clarity with which Debbie Ford communicates has inspired, comforted, and fueled me to continue growing and aligning myself with my life purpose. I am forever grateful to her for sharing her compassionate wisdom in the ways she has."

~**Alanis Morissette**, Grammy-winning singer/songwriter

"Debbie Ford systematically outlines the process to wholeness and transformation."

~**Deepak Chopra**, author of over 49 books, including *Perfect Health* and *How to Know God*

"Debbie Ford guides us past the self-punishing patterns that often bind us. Her ideas are exceptionally compelling."

~**Marianne Williamson**, author of *A Return to Love* and *the Age of Miracles*

"Debbie Ford's work with the shadow is some of the most transformative and important on the planet. While others are skimming the surface, Debbie goes straight for the jugular - which leads instantly to the heart. I've taken the Shadow Process workshop myself and highly recommend it to everyone I know."

~**James Twyman**, author of *Emissary of Light*

In praise of Debbie's groundbreaking books...

Why Good People Do Bad Things: How to Stop Being Your Own Worst Enemy

In clear, straightforward language, Debbie Ford explores the struggles between the dark and bright sides of our personalities, exposing those early fears, wounds and shame which drive us toward a life plagued with self-sabotage. With insight and compassion,

she takes the reader on a journey past the warning signs and the dysfunctional masks we wear, toward the antidotes which ultimately bring us back to our authentic selves. An exceptionally helpful book. - **Paul Babiak, Ph.D.**, coauthor of *Snakes In Suits: When Psychopaths Go To Work*

This masterpiece of unflinching clarity is Debbie Ford's most important and brilliant book. So much of our personal desolation and public destructiveness streams from our pathological inability to acknowledge and so begin to heal our shadow. Everyone I believe needs the fiercely compassionate and humbly guidance of this stunningly naked book. - **Andrew Harvey**

In this book, Debbie Ford brilliantly exposes the greatest human tragedy: the loss of the authentic self by ineffective parenting and the resulting split that ravages the life of the self and its consequences for others. I heartily recommend this book to everyone. - **Harville Hendrix, Ph.D.**, author of *Getting the Love You Want*

In this book, Debbie Ford very lucidly explains how our attempts to bottle up feelings of guilt, shame, and denial triggers destructive behavior both towards ourselves and others. She then goes on to prescribe the techniques that bring about the healing process and the discovery of our authentic higher self. Anyone who reads this book will find the means to become whole once again. - **Deepak Chopra**, Author, *Third Jesus: The Christ We Cannot Ignore*

Why Good People Do Bad Things is a sage discussion of the dualistic nature of the human mind that so few people truly grasp as clearly and compassionately as Debbie Ford. Hers is a voice that passionately calls us all to face into our capacity to hurt ourselves and each other and charts a path for self-acceptance and self-forgiveness. - **Richard Moss, MD**, author of *The Mandala of Being*

Spiritual Divorce: Divorce as a Catalyst for an Extraordinary Life

This book is about being whole, just when we thought we had been broken apart. This book is a miracle. - **Neale Donald Walsch**

This book is like a balm for the broken heart of those who divorce. Debbie Ford takes an experience of devastating emotional impact and shows how to turn it into a blessing. Ford delivers...on every page. —**Marianne Williamson**

The Dark Side of the Light Chasers

In this groundbreaking book, Debbie Ford teaches us to recognize, embrace, and ultimately love all aspects of ourselves. Highly recommended. —**Dean Ornish, M.D.**

The Right Questions

Both practical and profound, this book will provide you with a powerful framework to make life-changing choices. –Cheryl Richardson

The Secret of the Shadow

Acknowledge. Reclaim. Evolve. These are the core action steps Debbie Ford illustrates in this empowering new book. –James Redfield