



March 11, 2008 marks the release of Debbie Ford's *tour de force*, **Why Good People Do Bad Things: How to Stop Being Your Own Worst Enemy**. In her most powerful and provocative work to date, Ford boldly unmask the forces that drive people to sabotage their own best efforts; sometimes even destroying all they have worked so hard to build. Offering spiritual solutions to a very human dilemma, she brings the book to a moving and breathtaking conclusion that leaves us changed for good.

We've all heard stories of good people gone astray. Showing up on the evening news and as headlines in the weekly tabloids, they have become a national obsession. In unison, we exclaim, "*What was he thinking!*" – or, "*How could she throw it all away!*" But countless other acts of self-destruction and sabotage take place in our own families, our communities, and in our circle of friends. Despite good intentions, "good people" do some very bad things - and most often without even understanding why.

Why Good People Do Bad Things exposes the pervasive and often hidden impulses that influence our everyday decisions. With this book, one of today's most influential teachers expertly guides us into the heart of the duality that unknowingly operates within each one of us. First unveiling the origins and patterns of self-sabotage in unforgettable prose, Ford then shows us how we can heal the split that has given rise to the false self and finally discover how magnificent life can be when we're acting as our own best friend.

Debbie Ford, bestselling author of *Dark Side of the Light Chasers*, *Secrets of the Shadow*, *Spiritual Divorce*, *The Right Questions*, and *The Best Year of Your Life*, conducts workshops across the country and has been featured on *Oprah*, *Larry King LIVE!*, *Good Morning America*, *The Big Idea* with Donny Deutsch, and Fox News. Debbie also hosts a weekly radio program on HayHouseRadio.com. She lives in La Jolla, California.

"In this book, Debbie Ford very lucidly explains how our attempts to bottle up feelings of guilt, shame, and denial trigger 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**

Contact:

Media Engagements:

Suzanne Wickham
Director of Media Relations, HarperOne
T/ 310 369 7222

Suzanne.wickham@harpercollins.com

Speaking Engagements:

Geeta Singh

geeta@talentexchange.org

General Inquires:

Frankie A. Mazon

Frankie@debbieford.com

Please Visit:

www.debbieford.com for additional information.