



BAY AREA COACHES PRESENT DEBBIE FORD

Internationally acclaimed author and lecturer **Debbie Ford** will present a sneak preview of her upcoming documentary release “*If Shadows Could Talk*” along with her signature workshop, “*Embracing Your Shadow*.” The screening will take place Friday evening, May 1, 2009, from 7-10 p.m followed by the workshop on Saturday, May 2 from 9 a.m. to 5 p.m. Both events are open to the public, and will take place at the Unitarian Church, 1187 Franklin St., in San Francisco, CA. Tickets are on sale now at www.bayareacoaches.org.

IF SHADOWS COULD TALK. This film with contributions from some of the most brilliant and evolutionary thinkers of the 21st century, including Deepak Chopra, Marianne Williamson, Mark Victor Hansen, James Van Praagh, and others, is a world-class cinematic experience that pulls no punches as it tells the fascinating story of why we do what we do and fear what we fear. It’s a chilling and revealing inquiry into the conflicting forces of darkness and light that compete for attention within every human being.

EMBRACING YOUR SHADOW. In this interactive one-day workshop, you will discover the profound secret of your shadow and unlock the confidence, power, creativity and freedom to fully be your most magnificent self. Debbie will guide you to understand the force that holds you back, sabotages your efforts and repeatedly steers you toward making bad choices. She will demonstrate how to heal the split between light and dark to live the authentic life that is within your reach. The secret is learning to embrace your dark impulses, your imperfections, your mistakes and your heartache - in other words, your “shadow.” As Debbie explains, “The shadow is the hidden key that unlocks a life beyond your wildest imagination, a life where you are destined to live your highest potential.”

New York Times best-selling author Debbie Ford is an internationally recognized expert in the field of personal transformation. Creator of the Shadow Process Workshop, Debbie is a pioneering force in incorporating the study and integration of the shadow into modern psychological and spiritual practices. Featured last spring on ABC TV’s *Ex-Wives Club*, Debbie has also appeared on *Oprah*, *Good Morning America*, *Larry King Live*, *The Big Idea* with Donny Deutsch, and *Fox & Friends*. Debbie’s six groundbreaking books, including *The Dark Side of the Light Chasers*, *Spiritual Divorce*, and the just-released *Why Good People Do Bad Things*, have sold over 1 million copies, are translated into 32 languages, and are used in institutions of learning worldwide.

“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

Event Information:

“If Shadows Could Talk”
Screening/Q&A with Debbie Ford
Friday, May 1, 2009
7 p.m. to 10 p.m.
Unitarian Church
San Francisco, CA
\$19.95 Early Bird thru 04/01

“Embracing Your Shadow”
Workshop with Debbie Ford
Saturday, May 2, 2009
9 a.m. to 5 p.m.
Unitarian Church
San Francisco, CA
\$129 Early Bird thru 04/01

To Register Please Visit:

<http://www.bayareacoaches.org/>
for additional information.