



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

*Debbie Ford*

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

Discover a Life Filled with Passion, Meaning, and Purpose

*New York Times* bestselling author Debbie Ford leads us into the heart of the duality that unknowingly operates within each one of us. Providing the tools to end self-sabotage, Ford ultimately knocks down the façade of the false self and shows us how to heal the split between light and dark and live the authentic life within our reach.

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