

FOR IMMEDIATE RELEASE  
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**OMEGA TO HOST NEW YORK CITY EVENT  
FEATURING DEEPAK CHOPRA,  
DEBBIE FORD & MARIANNE WILLIAMSON**

***Three New York Times Best-selling Authors Launch New Book:  
The Shadow Effect: Illuminating the Hidden Power of Your True Self***

RHINEBECK, NY – Omega Institute is pleased to announce it will host an evening event with Deepak Chopra, Debbie Ford, and Marianne Williamson as they celebrate the launch of their new book, *The Shadow Effect: Illuminating the Hidden Power of Your True Self*. The New York City event will be held at the Manhattan Center, May 13, 2010, at 8:00 p.m. This is a rare opportunity to spend an evening with three of the most internationally acclaimed teachers and authors of our time. The evening includes conversation, inspiration, clips from *The Shadow Effect* movie, and a book signing with all three authors.

“Deepak, Debbie, and Marianne have been part of Omega’s esteemed faculty for many years. We are thrilled to support their latest endeavor and to give people this unique opportunity to experience them together,” said Carla Goldstein, director of external affairs and the Women’s Institute at Omega. “The Shadow Effect helps us to better understand and make peace with our own human psyche, and in turn improve our relationships with others, and the world.”

Their new book, *The Shadow Effect: Illuminating the Hidden Power of Your True Self*, brings together their shared knowledge of one of the biggest obstacles to happiness: our shadow, the dark side of ourselves that we deny but that still impacts how we live. The book is a practical guide to help us learn to embrace our shadow, release past grievances, and achieve our dreams and happiness. The book is available at Amazon, Barnes & Noble, Borders, and Powell’s Books.

The event is being cosponsored by Harper One and Liiv.com. Tickets are general admission and the event begins at 8:00 p.m. in The Grand at the Manhattan Center in New York City (311 West 34th Street, between 8th and 9th Avenues). Books and DVDs will be available for purchase.

Tickets are only \$39, and can be purchased at [eOmega.org/theshadoweffect](http://eOmega.org/theshadoweffect) or by calling 800.944.1001. *Tickets are non-refundable.*

A limited number of media passes are available. Photography restrictions may apply. To apply for a media pass, visit [eOmega.org/press](http://eOmega.org/press).

**Deepak Chopra, MD** is author of more than 50 books translated into more than 35 languages, including numerous *New York Times* best-sellers. *Time* magazine heralds Chopra as one of the top 100 heroes and icons of the century and credits him as "the poet-prophet of alternative medicine."

**Debbie Ford** is the author of six books, including the *New York Times* best-seller *The Dark Side of the Light Chasers* and *Why Good People Do Bad Things*. She is creator of the Shadow Process Workshop and founder of The Ford Institute for Integrative Coaching.

**Marianne Williamson** has helped millions reconnect to their spirituality and find inner peace. She is author of 10 books, including the #1 *New York Times* best-sellers, *A Return to Love* and *Everyday Grace*. She is founder of Project Angel Food and cofounder of The Peace Alliance.

#### **About Omega Institute for Holistic Studies**

*Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on 195 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York and at exceptional locations around the world. eOmega.org*

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