

WHO DRIVES YOU NUTS? LEARN HOW TO DRAW THE LINE.

Distracted drivers often make us crazy—and for good reason. There are more than 100,000 red light running auto crashes yearly in the U.S., resulting in some 90,000 injuries and 1,000 deaths, according to a report by traffic engineers in Texas. We all have people in our lives, red light runners or otherwise, who drive us crazy. Unfortunately, they are often people we interact with on a daily basis: family members, coworkers, neighbors, and even spouses can all be “crazy-makers” who take us to the end of our rope. How do we deal with them? Dr. David Hawkins, known as The Relationship Doctor, helps people discover healthy means of resolving conflict and strengthening relationships. Offering insight for those caught unavoidably in the craziness of a disordered person’s life, he teaches people to:

- ⌘ **Enact healthy boundaries for unhealthy relationships**
- ⌘ **Avoid getting “hooked” by a crazy-maker’s tactics**
- ⌘ **Avoid falling into the role of rescuer**
- ⌘ **Stop enabling crazy-making behavior**
- ⌘ **Recognize the different categories of crazy-makers**

Examining each type of crazy-maker—Sufferer, Egotist, Aggressor, Control Freak, and Borderline—Dr. Hawkins identifies the different strategies they use to gain control of others and create chaos. Using real-life examples from his counseling experience, he teaches us to understand these controlling personalities and respond to their irresponsible behavior with positive actions that make us less susceptible to their demands. Hawkins emphasizes the need for firm boundaries and provides clear direction for successfully avoiding getting “hooked” by the various tactics of each type of crazy-maker.

“Every minute you spend on the crazy-maker’s line is draining, even exhausting. But it is completely preventable. With the right skills, you can avoid being hooked or find a way to quickly be released.”

Many people have lived with the consequences of a disordered person’s behavior for so long that they feel powerless to resist falling into the crazy-maker’s net. They may even fail to recognize normal behavior. Now, Dr. Hawkins offers vital help for those trapped in destructive relationships. Teaching us to develop healthy life skill tools, he helps us change what we can control—our own response, perspective, and communication—to ultimately find the hope of peace in chaos.



Dr. David Hawkins is a clinical psychologist who has spent more than 30 years equipping people

to resolve life issues. In addition to counseling individuals, groups, and families through his private practices, he is the voice of reason at seminars, conferences, and community events, where he addresses difficult topics, such as marriage, parenting, depression, and domestic violence.

Dr. Hawkins has sold some 350,000 copies of his 20 books, including: *When the Man in Your Life Can’t Commit*, *Nine Critical Mistakes Most Couples Make*, *Does Your Man Have the Blues?*, *When Pleasing Others Is Hurting You*, and *Saying It So He’ll Listen*. Dr. Hawkins’ training manuals on domestic violence, parenting skills, and other topics of significance are popular resources for many counseling professionals and agencies.

An advice columnist for *Crosswalk.com*, Hawkins also pens a column for *The Longview Daily News*. A former radio and television host, he is an experienced media personality and a regularly featured guest on Alabama’s *Faith Radio* and *Not Just Talkin’ the Talk* in San Antonio, Texas. He has appeared on programs produced by the *Christian Broadcasting Network*, *Focus on the Family*, Fox TV and many other networks.

Media Personnel:

To request a free review copy or to schedule an interview, please call—Radio Publicist Jeana Newman, 888-501-8208; or Print/Internet Publicist Dave Bartlett, 877-307-0662.

Bio Sketch

DR. DAVID HAWKINS

Dr. David Hawkins is a respected psychologist, conference speaker, and author who for more than 30 years has challenged, encouraged, and equipped men and women to resolve personal issues that impact the quality of their lives.

In addition to counseling individuals, groups, and families through his private practices, Dr. Hawkins regularly speaks at retreats, conferences, community events, and churches. He has served as a keynote speaker at a domestic violence forum and writes a weekly advice column for Crosswalk.com. Dr. Hawkins' training manuals on domestic violence, parenting skills, and other topics of significance are popular resources for many counseling professionals and agencies. He has been interviewed as a relationship expert in Redbook magazine and has served as a visiting professor at International Christian University.

In his latest book, *Dealing with the CrazyMakers in Your Life*, Dr. Hawkins offers strategies for coping with people who fail to take responsibility for their lives and wreak havoc in their relationships. Nearly all of us have someone in our lives who makes us feel crazy. Since we are forced to interact continuously with these CrazyMakers, because we are married to them, related to them, or work with them, Dr. Hawkins offers help for those caught unavoidably in the craziness of a disordered person's life. With clear explanations, examples, and real life solutions, Dr. Hawkins explains the unique traits of CrazyMakers and empowers us to stop getting "hooked" by them. He demonstrates how to develop healthy life skill tools and boundaries and how to successfully confront a person who drives us crazy. Anyone trapped in another person's cycle of disorder will discover ways to change their own response, perspective, communication, and ultimately find the hope of peace in chaos.

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Dr. Hawkins hosted the award-winning regional television show Community Forum and co-hosted the weekly radio program *Right Where You Live*. He also produced a pilot for Trinity Broadcast Network titled The Relationship Café. He has been interviewed on *Focus on the Family*, *The 700 Club*, *100 Huntley Street*, and numerous programs produced by Christian Television Network, Trinity Television, Cornerstone TV, and LeSea Broadcasting. He is also frequently heard on Alabama's Faith Radio, Moody Broadcasting's *Midday Connection*, and *Not Just Talkin' the Talk* in San Antonio, Texas.

Attending schools in Washington and Oregon, Dr. Hawkins earned Bachelor of Arts, Masters of Social Work, Masters of Psychology, and Doctor of Psychology degrees. He also holds a Certificate in Spiritual Direction. Dr. Hawkins lives with his wife on Washington's South Puget Sound, where he enjoys sailing, biking, and skiing.



*Dealing with the
CrazyMakers in
Your Life*

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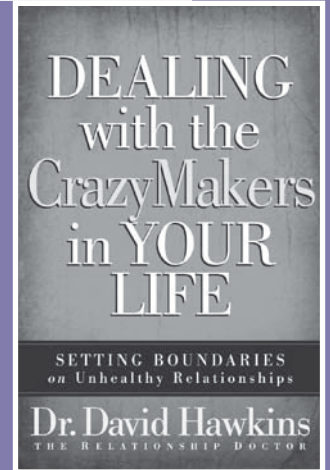
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Interview Questions



for Dr. David Hawkins, author of
Dealing with the CrazyMakers in Your Life

- ◇ What is your definition of a CrazyMaker?
- ◇ Can you briefly describe each type of CrazyMaker, (Sufferer, Egotist, Aggressor, Control Freak, Borderline) and explain how they create chaos in our lives?
- ◇ You say that CrazyMakers are “storm centers.” What does that mean?
- ◇ Tell us what you mean when you say CrazyMakers often take energy from us, as opposed to giving energy to us.
- ◇ In your book, you talk about getting “hooked” by CrazyMakers. Can you explain what this means, and how it happens?
- ◇ The Sufferer is so passive. How does he or she create chaos?
- ◇ How do we give CrazyMakers control over our lives?
- ◇ How can people use our weaknesses to control us?
- ◇ How does denial hurt both us and the CrazyMakers?
- ◇ Tell us what you mean when you talk about the importance of “coming alive.”
- ◇ How important is it to have strong boundaries with CrazyMakers?
- ◇ Can you give us an example of a simple boundary someone can enact to deal with a CrazyMaker?



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