

“In *Go Ahead and Shoot Me*, Doug Heckbert reminds us that when people commit a crime, they are criminal only in that moment. They have lives and ambitions beyond their crimes and the system is supposed to help them find their place in society once their debt is paid.”

—Howard Sapers, from the Foreword

“The book is a significant contribution as it tells the other side of the story in the criminal justice system—not one many people are familiar with.”

— Dr. J. Thomas Dalby, Forensic Psychologist

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GO AHEAD AND SHOOT ME

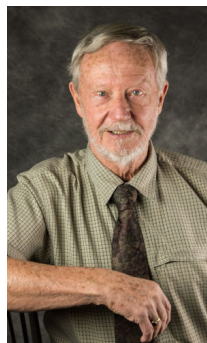
And Other True Cases About Ordinary Criminals By Doug Heckbert

Foreword: Howard Sapers,
Correctional Investigator of Canada (ret.)
Afterword: Detective Debbie J. Doyle (ret.)

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Go Ahead and Shoot Me is a collection of stories written and edited by former probation officer Doug Heckbert about real people who have been convicted of real crimes and who have been on probation, on parole, or in prison. The title story is of a woman who shot her husband upon his insistence and who, like many other subjects in the book, have come to see their offences as being “pretty stupid.” Some stories might be described as ordinary crimes and some are stunningly extraordinary, but all stories show the human side of criminals that Heckbert worked with and came to know, not just the nature of the crimes they committed. By getting inside glimpses of offender’s backstories, motivations, and personalities, *Go Ahead and Shoot Me* shows there is much more to an offender than their criminal behavior. Says Heckbert, “I have always been guided by the mantra, “The criminal is not the crime.”



ABOUT DOUG HECKBERT

Doug’s work experience includes: probation officer and prison caseworker with Alberta Correctional Services; parole officer with the National Parole Service; staff trainer and program director with Native Counselling Services of Alberta; and instructor with MacEwan University. Doug obtained Bachelor and Masters degrees from the University of

Alberta and has taught courses to community groups and conducted research projects concerning offenders.



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