



Loving What Is: Four Questions That Can Change Your Life

Byron Katie, Stephen Mitchell

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Out of nowhere, like a breeze in a marketplace crowded with advice, comes Byron Katie and “The Work.” In the midst of a normal life, Katie became increasingly depressed, and over a ten-year period sank further into rage, despair, and thoughts of suicide. Then one morning, she woke up in a state of absolute joy, filled with the realization of how her own suffering had ended. The freedom of that realization has never left her, and now in **Loving What Is** you can discover the same freedom through The Work.

The Work is simply four questions that, when applied to a specific problem, enable you to see what is troubling you in an entirely different light. As Katie says, “It’s not the problem that causes our suffering; it’s our thinking about the problem.” Contrary to popular belief, trying to let go of a painful thought never works; instead, once we have done The Work, the thought lets go of us. At that point, we can truly love what is, just as it is.

Loving What Is will show you step-by-step, through clear and vivid examples, exactly how to use this revolutionary process for yourself. You’ll see people do The Work with Katie on a broad range of human problems, from a wife ready to leave her husband because he wants more sex, to a Manhattan worker paralyzed by fear of terrorism, to a woman suffering over a death in her family. Many people have discovered The Work’s power to solve problems; in addition, they say that through The Work they experience a sense of lasting peace and find the clarity and energy to act, even in situations that had previously seemed impossible.

If you continue to do The Work, you may discover, as many people have, that the questioning flows into every aspect of your life, effortlessly undoing the stressful thoughts that keep you from experiencing peace. **Loving What Is** offers everything you need to learn and live this remarkable process, and to find happiness as what Katie calls “a lover of reality.”

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Sarah Maddocks:

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Jennifer Garza:

In this 21st centuries, people become competitive in most way. By being competitive now, people have do something to make these individuals survives, being in the middle of the actual crowded place and notice through surrounding. One thing that often many people have underestimated this for a while is reading. Yep, by reading a e-book your ability to survive boost then having chance to stand than other is high. To suit your needs who want to start reading a new book, we give you this kind of Loving What Is: Four Questions That Can Change Your Life book as beginning and daily reading guide. Why, because this book is more than just a book.

Janelle Coe:

The reason why? Because this Loving What Is: Four Questions That Can Change Your Life is an unordinary book that the inside of the publication waiting for you to snap it but latter it will jolt you with the secret it inside. Reading this book adjacent to it was fantastic author who write the book in such amazing way makes the content inside of easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of advantages than the other book include such as help improving your ability and your critical thinking technique. So , still want to hesitate having that book? If I have been you I will go to the reserve store hurriedly.

Marge Lee:

Is it you actually who having spare time in that case spend it whole day by simply watching television programs or just resting on the bed? Do you need something new? This Loving What Is: Four Questions That Can Change Your Life can be the answer, oh how comes? It's a book you know. You are consequently out of date, spending your free time by reading in this completely new era is common not a geek activity. So what these ebooks have than the others?

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