

## LOVING WHAT IS BY BYRON KATIE%0A

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Byron Katie's famous book 'Loving What Is' has touch and changed the lives of countless readers. With her simple self-inquiring questions, she teaches the power of thoughts inquiring. To see beyond our thoughts and stories is all it takes to change radically our way of perceiving the world - a world that is a perfect mirror to our inside world.

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Byron Katie shares how she created the four questions that are part of The Work, a process of inquiry featured in her book "Loving What is

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It took years to correct the thought patterns and the way I felt about myself and others. In Byron Katie's book with Stephen Mitchell, Loving What Is: Four questions that can change your life, the light came on. I searched my soul for the truth, and it enlightened every situation around me by me doing the 'work' of writing it down.

[About Byron Katie | The Work](#)

Byron Katie, founder of The Work, has one job: to teach people how to end their own suffering. As she guides people through the powerful process of inquiry [Loving What Is Summary - Byron Katie | Download PDF](#)

We recommend Loving What Is to all psychologists, people feeling stressed all the time, and people suffering from depression. About Byron Katie, Byron Katie is an author and speaker that based on her experience with depression, shares her methods of turning unhappiness upside down, with the purpose of helping people have better lives.

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The morning walk is a core element of Byron Katie's School for The Work. The School is an immersion in freedom. Books by Byron Katie include, Loving What Byron Katie Loving What Is - Scribd

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