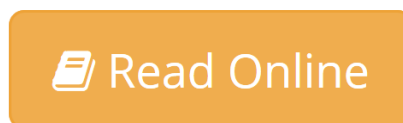


Loving What Is: Four Questions That Can Change Your Life

By Byron Katie, Stephen Mitchell



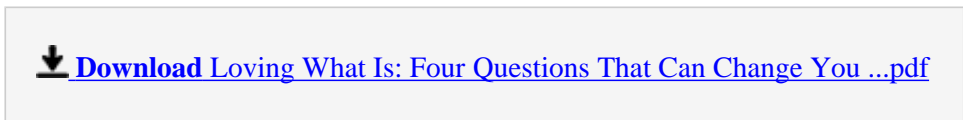
Loving What Is: Four Questions That Can Change Your Life By Byron Katie, Stephen Mitchell

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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Editorial Review

Amazon.com Review

Remember the phrase "question authority"? *Loving What Is* is a workbook on questioning authority--but in this case, what is in question is the authority of our own fundamental beliefs about our relationships.

Known simply as "The Work," Byron Katie's methods are clean and straightforward. The basis is a series of four questions addressed to your own lists of written assumptions. Whether you're angry with your boss, frustrated with your teen's behavior, or appalled at the state of the world's environment, Katie suggests you write down your most honest thoughts on the matter, and then begin the examination. Starting with, "Is it true?" and continuing with explorations of "Who would you be without that thought?" this method allows you to get through unhelpful preconceptions and find peace. An integral part of the process is "turning the thought around," and at first this can seem like you're simply blaming yourself for everything. Push a little harder, and you'll find a very responsible acceptance of reality, beyond questions of fault and blame.

The book is filled with examples of folks applying The Work to a variety of life situations, and reading other's examples gets the idea across pretty clearly; chances are you'll find your own frustrations echoed on the pages a few times. Many chapters are divided into specific topics, such as couples, money, addictions, and self-judgments, with one chapter devoted to exploring the method with children.

Questioning your own authority is never an easy process, but it seems well worth the potential rewards--stress-free choices, peace, and affection for those closest to you. --*Jill Lightner*

From Library Journal

A thrice-married housewife and mother of three who once suffered from depression, Katie presents what she calls "the Work," a series of questions to help alter bad thinking patterns and reveal painful truths. So that readers might see the method in action, she has reproduced edited dialogs among herself and participants at her workshop. Direct and easy to follow, her book could indeed produce results for readers battling run-of-the-mill work and relationship problems. However, Katie and coauthor/husband Mitchell, a translator of the Bhagavad Gita, would like their audience to believe that this is heads above a standard self-help book: in Mitchell's compelling introduction, he compares Katie's process to the Socratic method and the Zen Koan and posits that it will enhance any other program or religion. These are heady claims, and it's up to the reader to decide whether the authors deliver on their promises. With the publicity campaign and author tour, there will likely be demand in public libraries. Susan Burdick, MLS, Reading, PA
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From [Booklist](#)

This new self-help title explains the hows and whys of Katie's philosophy and work. Katie suffered from severe depression for more than 10 years, but in 1986, after moving into a halfway house for women with eating disorders, she discovered a new way of thinking and working through tough emotions like sadness, anger, jealousy, and despair. Katie's philosophy, which she calls "The Work," consists of four questions that seek to untangle complex emotions by changing the reactions and thought processes of the person seeking help. Instead of focusing on feeling anger, Katie suggests what she calls "inquiry," or assessing why we feel anger toward someone or something and how we can react another way. Responding to and thinking differently about a situation are the keys to following Katie's work successfully. She gives many examples of her interviews with people tackling "The Work." *Michelle Kaske*

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Users Review

From reader reviews:

Sherry Spears:

Do you have favorite book? For those who have, what is your favorite's book? Book is very important thing for us to know everything in the world. Each book has different aim or even goal; it means that book has different type. Some people feel enjoy to spend their the perfect time to read a book. These are reading whatever they acquire because their hobby is actually reading a book. How about the person who don't like studying a book? Sometime, individual feel need book after they found difficult problem or perhaps exercise. Well, probably you should have this Loving What Is: Four Questions That Can Change Your Life.

Allison Sala:

Information is provisions for anyone to get better life, information presently can get by anyone at everywhere. The information can be a knowledge or any news even restricted. What people must be consider while those information which is inside the former life are hard to be find than now could be taking seriously which one would work to believe or which one the resource are convinced. If you find the unstable resource then you buy it as your main information we will see huge disadvantage for you. All of those possibilities will not happen within you if you take Loving What Is: Four Questions That Can Change Your Life as your daily resource information.

Andrew Murphy:

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John Coffin:

This Loving What Is: Four Questions That Can Change Your Life is brand-new way for you who has curiosity to look for some information mainly because it relief your hunger of information. Getting deeper you onto it getting knowledge more you know otherwise you who still having small amount of digest in reading this Loving What Is: Four Questions That Can Change Your Life can be the light food in your case because the information inside this particular book is easy to get through anyone. These books acquire itself in the form which can be reachable by anyone, yeah I mean in the e-book contact form. People who think that in publication form make them feel drowsy even dizzy this e-book is the answer. So there is not any in reading a e-book especially this one. You can find what you are looking for. It should be here for you. So , don't miss that! Just read this e-book style for your better life and knowledge.

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