



Loving What Is: Four Questions That Can Change Your Life

Byron Katie

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Out of nowhere, like a fresh breeze in a marketplace crowded with advise on how to live, comes Byron Katie and what she calls "The Work." The Work is a revolutionary new way to resolve problems, so simple that even a child can do it, yet so powerful that it can radically change your life. The Work's four questions can be applied to any situation, from everyday conflicts to life-long traumas. In Loving What Is, Byron Katie takes you step-by-step through this transformative process, giving you everything you need to experience freedom and lasting peace in your life. This audio edition features live recordings of people doing The Work with Katie, and the riveting one-on-one dialogues with Katie bring The Work to life in a way that the book can't. The audio also includes bonus material featuring new and expanded dialogues not found in the book.

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