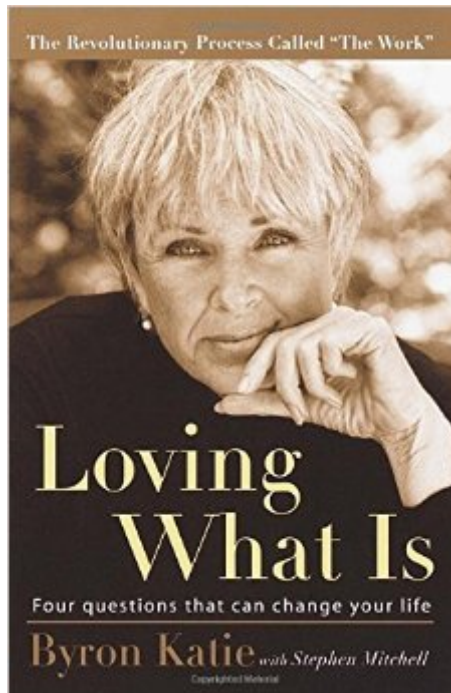


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# Loving What Is: Four Questions That Can Change Your Life



## Synopsis

Out of nowhere, like a breeze in a marketplace crowded with advice, comes Byron Katie and her book *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."

## Book Information

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## Customer Reviews

Suffering comes in all shapes and sizes, but one of the key components of suffering is often fear. I have often experienced fear and anxiety in a variety of situations, even though I knew my worries were unfounded and irrational. I often ruminated on my problems to the point where I felt like I was constantly having an anxiety attack. I turned to things like alcohol and other drugs to keep my mind off the problem at hand, but that only delayed the inevitable. When I would sober up, the problem was still there and I would have not made any progress on solving it. This book details a simple, step-by-step guide on how to go through "The Work" toward healing and ending suffering. It has literally been a lifesaver for me. It is practical and actionable, and I use these methods in my everyday life. I also found 21 Things You Should Give Up To Be Happy. It is a book that is just as practical and actionable as Loving What Is, but it takes a slightly different approach. It posits that giving up concepts and ideas is the best way to achieve happiness. Using advice in this book along with "The Work," I have been able to clear my head and focus on my goals. I no longer worry about what other people think, and I've started planning my life more around concrete goals and less around the aimless wander. 21 Thing You Should Give Up To Be Happy talks about the "aimless wander" as one thing you should give up. My anxiety was always on high alert, but it didn't need to be!! I'm glad I found these two books, because I've been to produce much more positive effects throughout my life.

this would be it. I'm an ordained Christian minister, and I'd give out \*this\* book before the Bible itself. That's how powerful her simple approach IS. It is literally the key to end all suffering. Sounds too good to be true? It isn't. I have been a student of psychology, personality and spirituality ever since I was a young girl. I studied theology in college, minored in psychology, have dozens of self-help and self-discovery books on my shelves, been a student of cognitive psychology and Toltec Wisdom (ala "The Toltec Way" by Gregg and "The Four Agreements" by Ruiz)...From these, I came to believe that my own thoughts create my own suffering. It's never the person or situation that causes me grief; it's the story I \*tell\* myself \*about\* the person or situation that is the problem! Yet, although I knew this intellectually, I had a hard time dismantling all my core beliefs and judgments. My intellect likes mind candy and the accumulating of knowledge, but it wasn't enough to put me over the edge to freedom. But this book did. It is all the above disciplines combined, but MUCH more. I

was having anxiety attacks and an irrational fear of death and dying; this book helped snap me out of it immediately (along with the grace of God). Loving What Is is not by a counselor or some New Age guru; it's by a normal woman who was on the floor of a half way house, feeling bitter and angry, who had an epiphany when she asked herself a series of 4 simple questions. Her depression lifted, and she was a new woman in ONE instant. Since then (1986) she has shared her message, and it's changed thousands of lives. To see what The Work is about, visit her website at [TheWork.com](http://TheWork.com). This book is a life changer. The information it contains can replace all self-help books...

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