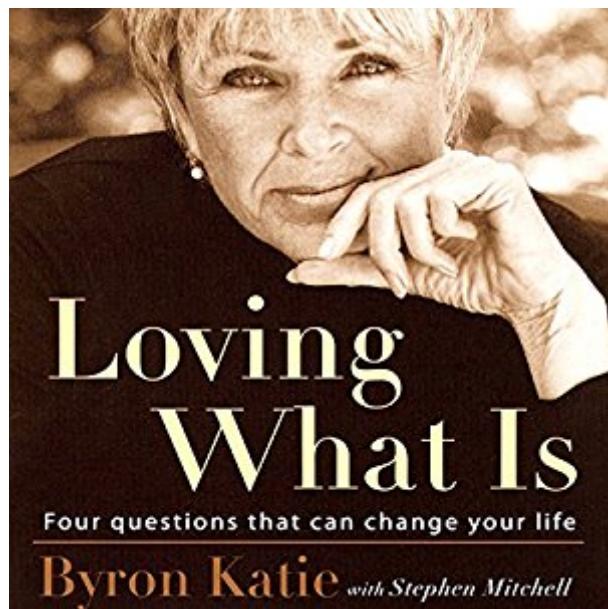


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# Loving What Is: Four Questions That Can Change Your Life



## Synopsis

Out of nowhere, like a breeze in a marketplace crowded with advice, comes Byron Katie and "The Work". In the midst of a normal life, Katie became increasingly depressed and, over a 10-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. I am working toward my goals and my mind is more stress-free than it's ever been. Neither of these books offer new age mumbo jumbo. They are written by real people with real life experience who have been able to construct effective action plans that work for a wide variety of individuals. I am just one success story in a sea of others.

Paradigmatic. Byron Katie offers with her simple but penetrating concept what a good therapist offers over a period of time. Sitting with her questions creates a bridge to releasing unsupported ideas and replacing them with truth that we can own, sustain and live freely with. I encourage everyone to read this book. You will be less stressed in your relationships.....and acquire fresh eyes for living more effectively, peacefully.

To realize that my happiness depends on me, my thinking, my story which I tell myself each day is very liberating. And to be given such an easy way to look at my story ,it almost seems too simple.

But, boy is this a powerful way to live. Thank you Byron Katie for bringing joy to my thinking.

My son turned me on to this book-and although I haven't gotten through a lot of it yet-it is a great read...and of course-a wise message. Loving what IS. And questions to ask and answer so that you can ponder this mystery of why we are here.

The book gives a good message - that we have to change our thinking as we cannot always change our situations. Looking at things from a different angle gives a different perspective. Byron Katie gives the questions that one needs to ask in order to see more clearly. However, I did not find anything really new or different in her offering. Basically, Katie offers a direct way to analyze your thinking. The message, however, to look at things and question what we see , does not give any greater insight than other metaphysical and spiritual books have given. I was disappointed. I expected more.

I've been in and around "The Rooms" over twenty years. I've been in and around councilors longer than that. Most people wouldn't be as honest, I'm hoping to help someone with this, so judge if you want. Anyway, the presentation of this material is very clear-- incisive, really. Very little of any knowledge is "new", but often presented differently. There are stripes of many things in the wisdom in this book-- it is very easy to read, and not for the faint of heart, if you're comfortable living in illusions and beliefs that you think serve you. If you're in pain, are they really? Stress, angry, depression, etc. There are many ways to a better place. Byron Katie's work is a solid one. I love the simplicity of it, the power in it. It isn't entirely new to me, but the way she does it is. If you are truly willing, and committed to seeking the Truth about yourself, this will help you get there. Denial is more comfortable, yes. For a while, but not forever. I encourage you to explore what lies in this book and see for yourself.

Although I preferred BK's "All War Belongs on Paper", this book is very good. I respect BK - the woman has integrity - a rare quality. Her words, wisdom, insights and candor have provoked profound changes in me. I also recommend reading her "21 ways to stay in peace" (free downloadable from her website).The inquiry layout is simple enough once you understand that there are no wrong answers, just gently looking at your truth then seeing who you are without your dramatic, painful stories or judgements. She invites you to the inquiry, never trying to change who you are.Anything else I could say (positive) is only redundant. Read all the reviews. It's hard to be

defiant or critical of anything she says or writes. It would only force one back to themselves and BK doesn't mind. It's not her business.

Meh. This book is basically just conversations with other people and how they answer the four questions. I was expecting something different because a couple friends of mine raved about this. Not my thing. Mindfulness helps much better.

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