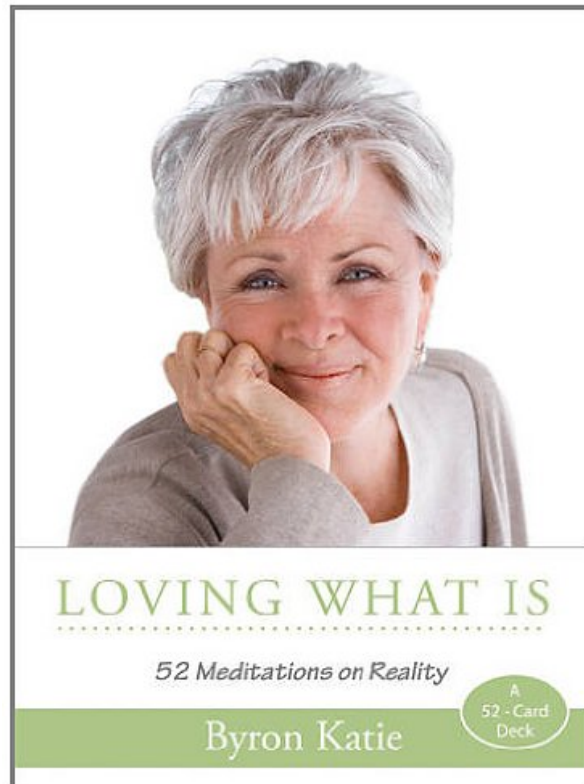
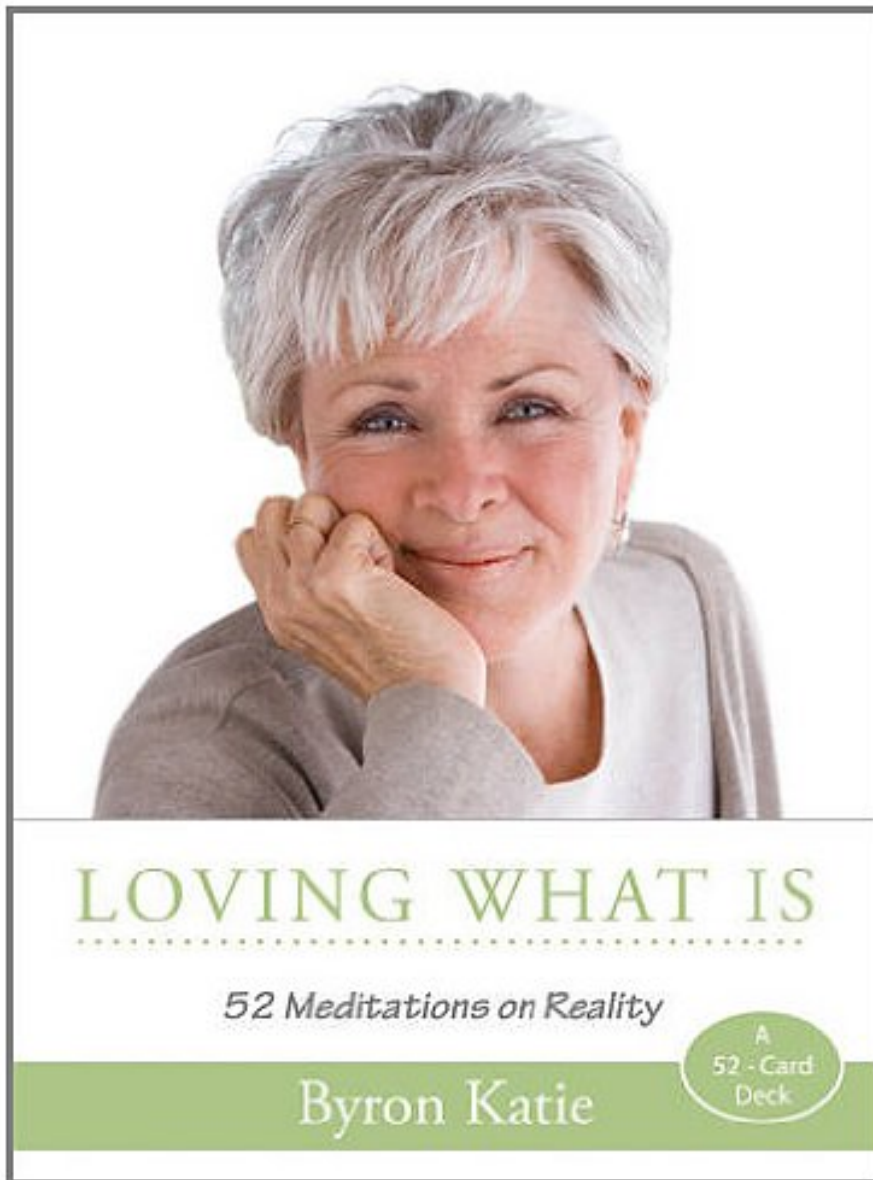


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Byron Katie's six books include the bestselling Loving What Is, I Need Your Love--Is That True?, and A Thousand Names for Joy. She resides in Ojai, California, with her husband Stephen Mitchell, and is the founder of the revolutionary process of self inquiry called The Work. Visit her at [www.thework.com](http://www.thework.com).

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Byron Katie is known throughout the world for her clarity, humor, and open heart. Fifty-two of her most insightful and provocative sayings have been collected here in a deck of cards that can be carried anywhere and used at any time. It is Katie's hope that by living with these insights, people will open more fully to their own truths and become lovers of what is.

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I discovered that happiness is a reality based on radically accepting things I ...

By James M. Hussey

I have read most of Katie's books, seen videos, done the work. It can be life transforming to realize that your thoughts are creating your reality. Once I began questioning my thoughts, at least the negative ones, I discovered that happiness is a reality based on radically accepting things I have no control over. Not everyone is ready for this work. It does require a level of psychological sophistication. It isn't a cult, though some of the true believers try to make it one. Honestly, having traveled many miles through a spiritual journey, Katie's 4 Questions and the Turnaround have done more than many other self help tools. As a professional therapist for many years, a meditation teacher for 34 years, and a trauma therapist, I wholeheartedly recommend *The Work*. It is work, it challenges your every belief, and it can help you discover happiness.

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Very good.

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