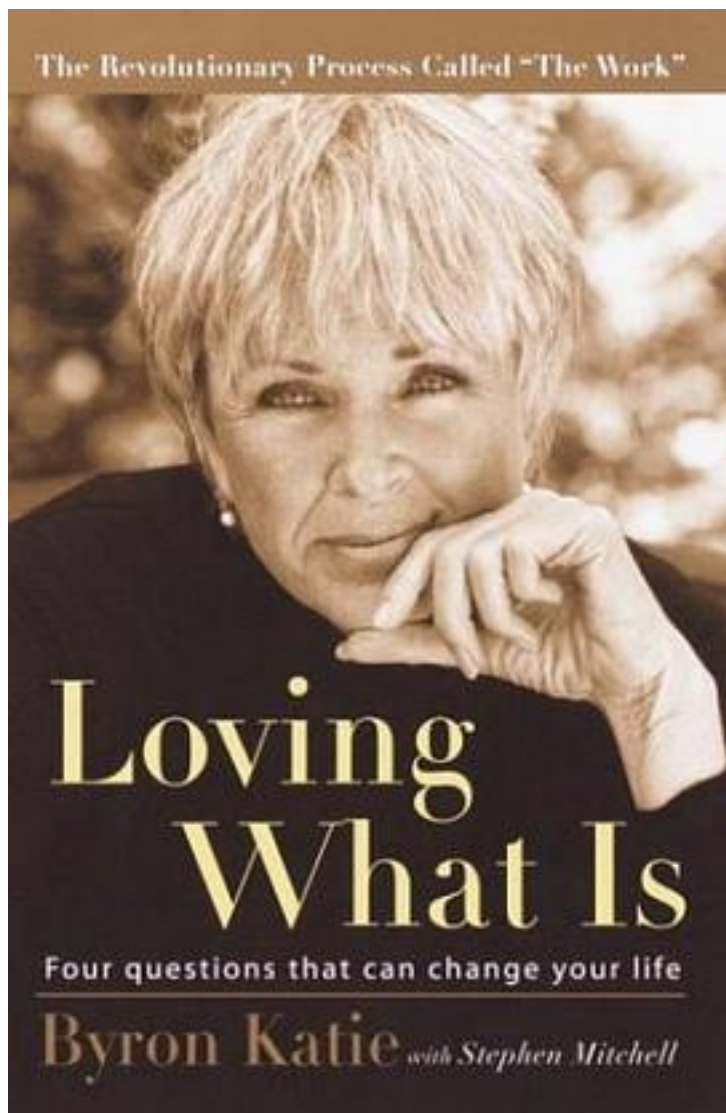


Loving What Is



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著者:Byron Katie

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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.”

From the Hardcover edition.

作者介绍:

目录:

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标签

自我修炼

心理学

心灵

爱

心理

灵性

灵修

思维

评论

GR 4.14 (2300) 据说疯子与天才仅有一线之隔，Byron Katie曾经属于前者，如今属于后者：寥寥几分钟，四句简单的问话，轻松将对方的三观进行180度的翻转，换个角度海阔天空。挺有意思的一本小册子，想被颠倒三观和不怕被颠倒三观的都可以看下，美国原创的当头棒喝) (AU)

活在当下的经典教材

书中介绍的自我询问的方式。在 30 多年间，帮助数百万人重获平静和自由。

The Work很难 但还是要去试

对那些问题我并不想回答“是”或“否”，我想回答“不知道”；痛苦、担心，我也许并不想放下它们。对于拜伦来说，我觉得她只是靠灵修的课程成就了自己的事业。首先，我不知道她是否疯癫过；其次，如果她真的疯癫过那她现在也不太正常，只是变得会靠忽悠人赚钱了而已。

从中文版到英文版，发现英文版的每一句话都丝丝入心，能稍微读懂英文的建议看原版。这是凯蒂从思想到语言的第一手转换。

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书评

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