

Who Would You Be Without Your Story?



[Who Would You Be Without Your Story? 下载链接1](#)

著者:Byron Katie

出版者:Hay House

出版时间:2008-10-15

装帧:Paperback

isbn:9781401921798

This powerful book is a collection of 23 dialogues with Byron Katie that occurred throughout the United States and Europe. Some of the people who worked with Katie had painful illnesses, others were lovelorn or in messy divorces, some were simply irritated with a colleague or worried about money. What they all had in common was a willingness to question, with Katie's help, the painful thoughts that are the true cause of all suffering. In every case we see how Katie's acute mind and fierce kindness helped each person dismantle for themselves what was felt to be unshakable reality. Although these dialogues make fascinating reading, some are both hilarious and deeply moving at once, they are intended primarily as teaching tools. The result, even in the seemingly most dire situation, can be an unimagined freedom and joy.

作者介绍:

目录:

[Who Would You Be Without Your Story? 下载链接1](#)

标签

心理学

灵修

评论

[Who Would You Be Without Your Story? 下载链接1](#)

书评

[Who Would You Be Without Your Story? 下载链接1](#)