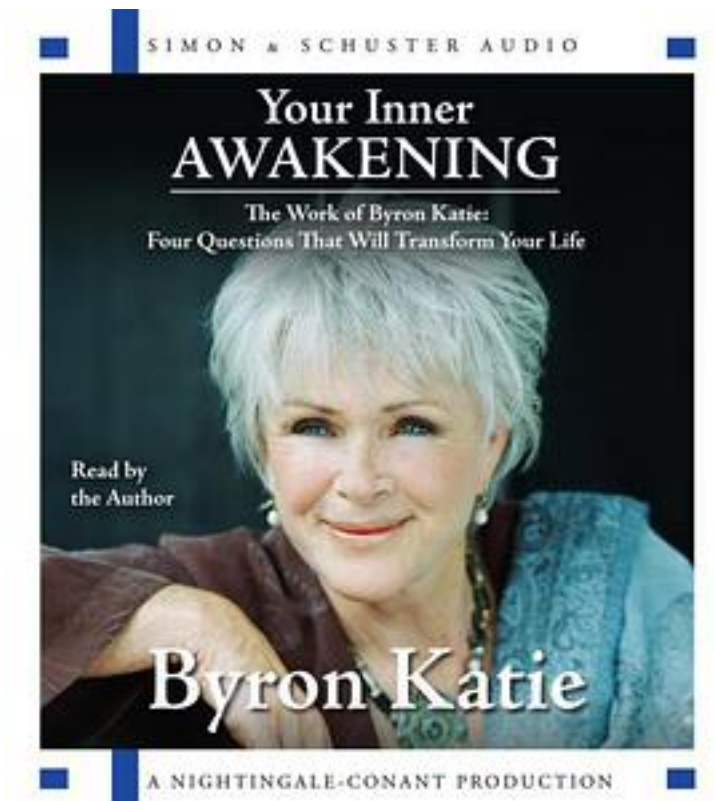


Your Inner Awakening



[Your Inner Awakening_下载链接1](#)

著者:Byron Katie

出版者:Nightingale-Conant

出版时间:2007-2-13

装帧:Audio CD

isbn:9780743562720

Discover the Four Questions that Will Forever Transform Your Life's Journey No matter how much money, status, or success they may have, very few people experience true joy and personal freedom. Byron Katie knows this reality too well. In the midst of a "normal and successful" life, she was sinking deeper and deeper into depression and despair until a sudden, profound insight into how the mind works set her on the path to a life filled with love for everything life brings. Eager to help others find this freedom, Katie developed a revolutionary process to make this transformation practical, a

simple yet powerful method of inquiry known as The Work. The Work's four powerful questions and turnaround (which is a way of experiencing the opposite of what you believe) have transformed the lives of hundreds of thousands of people throughout the world. In Your Inner Awakening , Byron Katie will teach you how to use The Work for yourself to question and undo any stressful thought that keeps you from experiencing mental clarity. You'll discover that trying to let go of a painful thought never works; instead once you have investigated it, the thought lets go of you. Eventually you may find, as so many others have, that peace and joy flow into every area of your life.

作者介绍:

目录:

[Your Inner Awakening_ 下载链接1](#)

标签

灵修

评论

[Your Inner Awakening_ 下载链接1](#)

书评

[Your Inner Awakening_ 下载链接1](#)