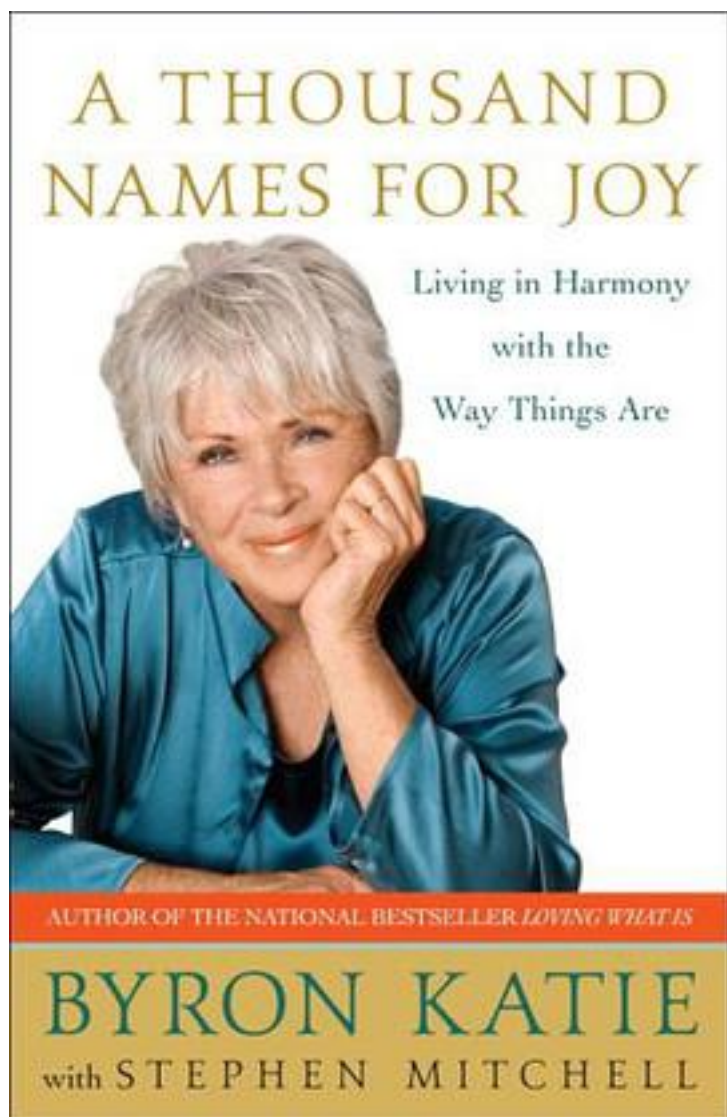


A Thousand Names for Joy



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著者:Byron Katie

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Inspired by the "Tao Te Ching", this is Byron Katie's inspiring and pragmatic approach to achieving an awakened mind and living more simply and profoundly. Using the template of the 81 chapters of the 'Tao Te Ching', she talks about her own experience of living in harmony with the way things are, and the difference between what hurts and what doesn't. Katie has written two books that teach how suffering can be relieved by questioning the thoughts that create it, the thoughts that argue with reality. This questioning takes courage and, in this her third book, she gives readers profound encouragement by showing them the freedom and love that live on the other side of self-inquiry. Many people believe that although enlightenment was attainable thousands of years ago by a few great saints or ascetics, such a state is out of reach of anyone living in the modern world, let alone themselves. This richly detailed account has the ability to change that belief. Katie's comments on life, and how to live it, are profound, vibrant, funny and crystal clear and all rooted in the familiar circumstances of everyday life.

作者介绍:

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