



Question Your Thinking, Change The World: Quotations from Byron Katie

By Byron Katie

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Question Your Thinking, Change The World: Quotations from Byron Katie

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In this powerful book of quotations, Byron Katie talks about the most essential issues that face us all—love, sex, and relationships; health, sickness, and death; parents and children; work and money; and self-realization. The profound, lighthearted wisdom embodied within is not theoretical; it is absolutely authentic. Not only will this book help you on many specific issues, but it will point you toward your own wisdom and will encourage you to question your own mind, using the four simple yet incredibly powerful questions of Katie's process of self-inquiry, called The Work. Katie is a living example of the clear, all-embracing love that is our true identity. Because she has thoroughly questioned her own mind, her words shine with the joy of understanding. "People used to ask me if I was enlightened," she says, "and I would say, 'I don't know anything about that. I'm just someone who knows the difference between what hurts and what doesn't.' I'm someone who wants only what is. To meet as a friend each concept that arose turned out to be my freedom."

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Editorial Review

Review

"Byron Katie's work is a great blessing for our planet' Eckhart Tolle"

About the Author

Since 1986, **Byron Katie** has introduced The Work directly to millions of people throughout the world at free public events; in prisons, hospitals, churches, corporations, universities, and schools; at weekend intensives; and at her nine-day School for The Work. She is the author of the best-selling books *Loving What Is; I Need Your Love—Is That True?*; and *A Thousand Names for Joy*.

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