

Download I Need Your Love Is That True How To Stop Seeking Approval And Appreciation Start Finding Them Instead Byron Katie

Katie shows you how unraveling the knots in the search for love, approval, and appreciation brings real love and puts you in charge of your own happiness. “Everyone agrees that love is wonderful, except when it’s terrible. I Need Your Love - Is That True? describes, with many interesting examples, how questioning our assumptions underlying our worries can relieve those worries. She assumes that whatever we are thinking behind those feelings of anger, fear, depression are less true than we assume. Changing our thoughts behind dysphoric feelings changes the feelings based on the false assumptions. It sounds too simple to be true, but through her numerous examples, she shows how it works. I Need Your Love - Is That True?: How to Stop Seeking Love, Approval, and Appreciation and Start Finding Them Instead [Byron Katie, Michael Katz] on Amazon.com. *FREE* shipping on qualifying offers. In Loving What Is , bestselling author Byron Katie introduced thousands of people to her simple and profound method of finding happiness through ... Through its penetrating inquiry, you will quickly discover the falseness of the accepted ways of seeking love and approval, and also of the mythology that equates love with need. Using the method in this book, you will inquire into painful beliefs that you’ve based your whole life on—and be delighted to see them evaporate. Katie shows you how unraveling the knots in the search for love, approval, and appreciation brings real love and puts you in charge of your own happiness.