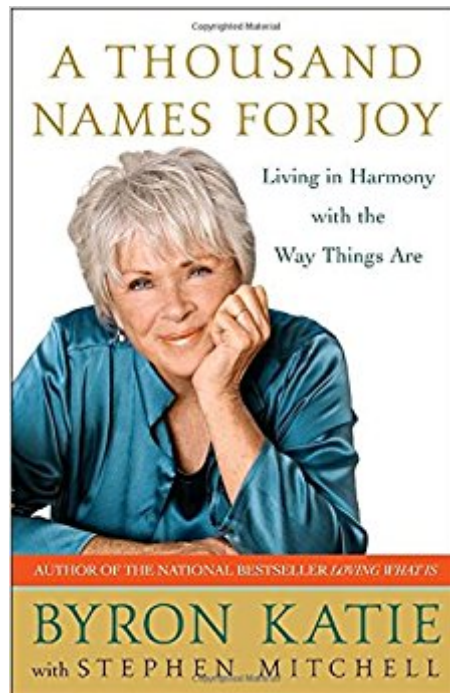




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# **A Thousand Names For Joy: Living In Harmony With The Way Things Are**



## Synopsis

“Byron Katie is one of the truly great and inspiring teachers of our time. I encourage everyone to immerse themselves in this phenomenal book.”  
• Dr. Wayne W. Dyer  
In her first two books, *Loving What Is* and *I Need Your Love*, Byron Katie showed how suffering can be ended by questioning the stressful thoughts that create it. Now, in *A Thousand Names for Joy*, she encourages us to discover the freedom that lives on the other side of inquiry. Stephen Mitchell, the renowned translator of the *Tao Te Ching*, selected provocative excerpts from that ancient text as a stimulus for Katie to talk about the most essential issues that face us all: life and death, good and evil, love, work, and fulfillment. With her stories of total ease in all circumstances, Katie does more than describe the awakened mind; she lets you see it, feel it, in action.

## Book Information

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## Customer Reviews

This unusual collaboration brings together the *Way* (the Tao) and the *Work*, Katie's form of self-inquiry and path to joy. Katie is the author of *Loving What Is*, and Mitchell, the noted translator of the Tao, is her husband. In each chapter of this new book, Mitchell has presented Katie with a passage from the Tao and noted down her exposition on the theme. (This oral format can result in choppy, repetitive text.) Katie's own "awakening" came in 1986, after 10 years of depression. One morning she felt a sense of freedom from her overwhelming distress, a feeling she calls "a falling-away of the self." This freedom, she claims, is available to anyone who practices the *Work*,

which consists of asking oneself four questions intended to turn around fixed ideas and dismantle painful, knotted thoughts about the past. Four dialogues Katie has conducted with seekers illustrate the Work in action. Her belief that reality is good and can only be grasped if we live in the present moment resonates with many traditional spiritual teachings, and in this genuine and fresh spiritual manifesto, Katie's engaging personality springs from the page. (Feb. 6) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

“Byron Katie is one of the truly great and inspiring teachers of our time. She has been enormously helpful to me personally. I love this very wise woman, and I encourage everyone to immerse themselves in this phenomenal book.”  
• Dr. Wayne W. Dyer  
“A Thousand Names for Joy is a vivid and powerful portrait of the awakened mind. I am captivated by Katie's clear mind and loving heart, which offer the world a simple process to find joy. Who knew? Katie did, and what a blessing she offers to us all.”  
• Iyanla Vanzant, founder, Inner Visions Institute  
“Katie's teachings and everyday life are pure wisdom. A Thousand Names for Joy shows us the way to inner peace, and she directs us there fearlessly, relentlessly, and with utmost generosity. I have rarely seen anyone's spiritual teachers included embody wisdom as powerfully as Katie in her passionate embrace of each and every moment.”  
• Roshi Bernie Glassman  
“Byron Katie's Work . . . acts like a razor-sharp sword that cuts through illusion and enables you to know for yourself the timeless essence of your being.”  
• Eckhart Tolle, author of The Power of Now  
From the Hardcover edition.

I just finished this book and will read it again and again. The Work is amazing. There are many paths to acceptance of what is that speak of observing our thoughts. For me, this simple form of inquiry resonates with Truth and Love. This book is a perfect companion to Self-Inquiry of any kind; to Seekers who think they long for the 'experience' of Non duality; to those who KNOW they are what they seek and still fall prey to the mind-induced illusion of suffering. This book points to the moment-to-moment awakening to what already is, bathed in Perfection and Love. I'm filled with gratitude.

The mind must be very open and interested to receive the freedom and JOY available to be experienced in the midst of ordinary, mundane circumstances! Byron Katie is a TREASURE!!! She

knows and lives the TRUTH beyond mind, body, world. Allowing mind/body/world/TRUTH to merge is the exquisite opportunity here! May you be so blessed as to be drawn to this amazing book!

This book gives a clear insight into Byron Katie's view as an awake and enlightened person in today's world.

A wee bit strange. I've really tried to love this book, but some ideas are just too far reaching even for an open-minded person as I am. I love the Tao the Ching but can't quite sync with the two philosophies melding.

I truly love Byron Katie and was so excited to get this, but as sometimes happens with people in her industry, after a while, they get a little 'out there' - this was too 'out there' for me. I loved it when she took on the real issues with which people struggle, not elongating and pausing on the word, "breeze" or "leaf". Yes, it's awesome and important to 'smell the roses', so to say, and her work is usually AMAZING! I wish the style she chose to convey her message in this book resonated more with "The Way Things Are", it didn't work for me. Will always love her original works!

I find Byron Katie's, "The Work", very challenging and very helpful. I love her honesty and kindness. She is in love with life's reality whatever it offers. For her "reality is simple and hold no secrets. It's whatever is happening and when you argue with it, you loose". (I paraphrase) Which doesn't mean to her that there is not room for many improvements. As I often find it difficult to live in harmony with life I reread this book to garner insight to life's questions. Reading Steven Mitchell's book on the Tao Te Ching and comparing it to Byron Katie's writings is wonderful meditation and provides me with a different understanding of Lao-tzu's ancient work.

I got this from the library many times cause I appreciated it... and now I own it and plan to read it along with another book.

too far out there for me in some areas...but I was also told it's not a good one to start with her work so....

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