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Authentic Living
Wednesday at 1 PM Pacific
February 18th 2009: Learning to Love What Is

If you were to ask me what is the single hardest thing for us to do, the answer would be learning to love what is. Byron Katie, our guest for today, has developed a very clear pathway to learning to love what is, a process that she calls "The Work." After a ten-year fall into depression, anger and addiction, Byron Katie woke up one morning and realized that all suffering comes from believing our thoughts. By questioning every painful thought she had, she developed this amazing method of inquiry, The Work. Katie has been bringing this work to millions around the world for more than twenty ye

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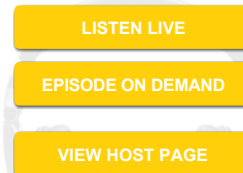
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