



Who Would You Be Without Your Story?

Byron Katie

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This book is a collection of 15 dialogues that occurred throughout the United States and Europe with Byron Katie. Some of the people who worked with Katie have painful illnesses, others are lovelorn or in messy divorces. Some are simply irritated with a co-worker or worried about money. What they all have in common is a willingness to question, with Katie's help, the painful thoughts that are the true cause of their suffering. In every case we see how Katie's acute mind and fierce kindness helps each person dismantle for themselves what is felt to be unshakable reality. Although these dialogues make fascinating reading—some are both hilarious and deeply moving at once—they are intended primarily as teaching tools. Each took place in front of an audience, and Katie never lost connection with that audience, repeatedly reminding each person in the room to follow the dialogues inwardly, asking themselves the questions the participant must ask. The dialogue between Katie and these volunteers is an external enactment of precisely the kind of dialogue each person can have with their own thoughts. The results, even in the seemingly most dire situation, can be unimagined freedom and joy.

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From reader reviews:

William Stone:

Often the book Who Would You Be Without Your Story? will bring you to definitely the new experience of reading any book. The author style to describe the idea is very unique. Should you try to find new book to study, this book very suited to you. The book Who Would You Be Without Your Story? is much recommended to you to read. You can also get the e-book through the official web site, so you can quickly to read the book.

Mary Jones:

Spent a free the perfect time to be fun activity to do! A lot of people spent their sparetime with their family, or their own friends. Usually they performing activity like watching television, likely to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own free time/ holiday? May be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the book untitled Who Would You Be Without Your Story? can be good book to read. May be it could be best activity to you.

Scott Schiller:

Playing with family inside a park, coming to see the marine world or hanging out with good friends is thing that usually you will have done when you have spare time, after that why you don't try thing that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Who Would You Be Without Your Story?, you can enjoy both. It is very good combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout folks. What? Still don't have it, oh come on its called reading friends.

Roy Jordan:

That book can make you to feel relax. That book Who Would You Be Without Your Story? was multi-colored and of course has pictures on the website. As we know that book Who Would You Be Without Your Story? has many kinds or type. Start from kids until youngsters. For example Naruto or Detective Conan you can read and believe you are the character on there. Therefore not at all of book are usually make you bored, any it can make you feel happy, fun and relax. Try to choose the best book for you and try to like reading that will.

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