



A Thousand Names for Joy: Living in Harmony with the Way Things Are

Byron Katie, Stephen Mitchell

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“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–Is That True?* 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.



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