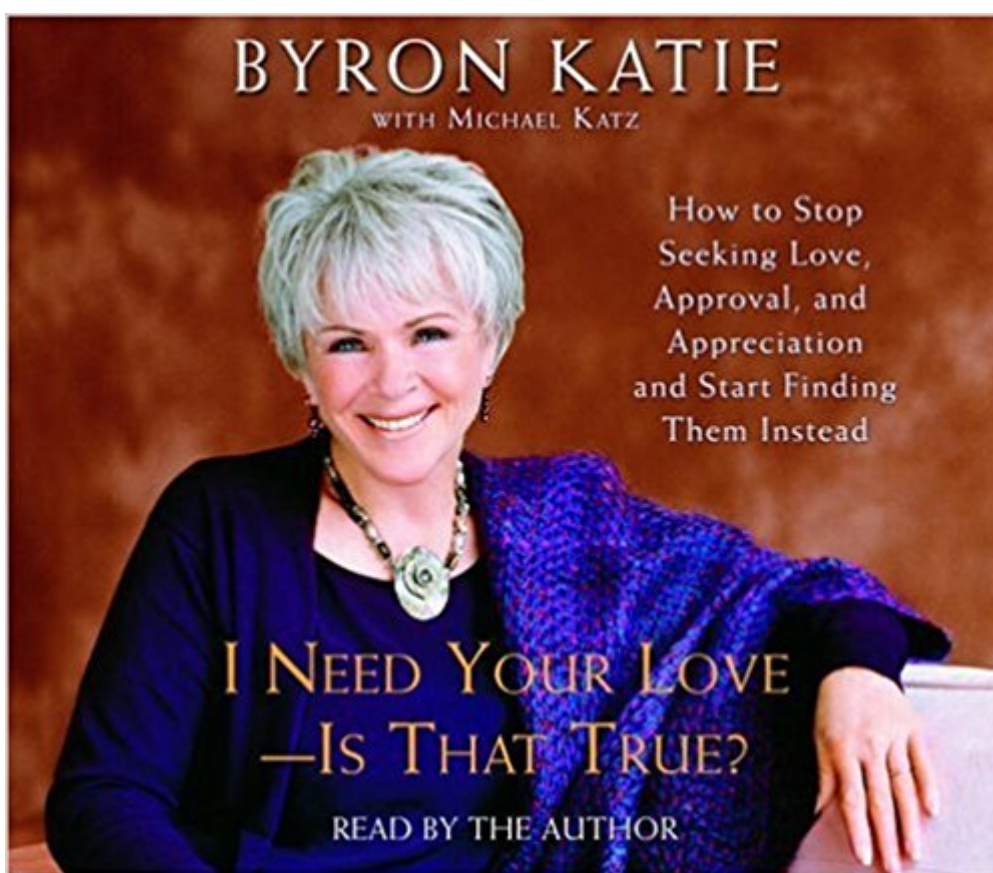


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# I Need Your Love - Is That True?: How To Stop Seeking Love, Approval, And Appreciation And Start Finding Them Instead



## Synopsis

In *Loving What Is*, bestselling author Byron Katie introduced thousands of people to her simple and profound method of finding happiness through questioning the mind. Now, *I Need Your Love—Is That True?* examines a universal, age-old source of anxiety: our relationships with others. In this groundbreaking book, Katie helps you question everything you have been taught to do to gain love and approval. In doing this, you discover how to find genuine love and connection. The usual advice offered in self-help books and reinforced by our culture advocates a stressful, all-consuming quest for love and approval. We are advised to learn self-marketing and manipulative skills—how to attract, impress, seduce, and often pretend to be something we aren't. This approach doesn't work. It leaves millions of walking wounded—those who, having failed to find love or appreciation, blame themselves and conclude that they are unworthy of love. *I Need Your Love—Is That True?* helps you illuminate every area in your life where you seem to lack what you long for—most—the love of your spouse, the respect of your child, a lover's tenderness, or the esteem of your boss. 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. Everyone agrees that love is wonderful, except when it's terrible. People spend their whole lives tantalized by love—seeking it, trying to hold on to it, or trying to get over it. Not far behind love, as major preoccupations, come approval and appreciation. From childhood on, most people spend much of their energy in a relentless pursuit of these things, trying out different methods to be noticed, to please, to impress, and to win other people's love, thinking that's just the way life is. This effort can become so constant and unquestioned that we barely notice it anymore. This book takes a close look at what works and what doesn't in the quest for love and approval. It will help you find a way to be happier in love and more effective in all your relationships. What you learn here will bring fulfillment to all kinds of relationships, including romantic love, dating, marriage, work, and friendship.

• Byron Katie  
From the Hardcover edition.

## Book Information

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## Customer Reviews

Katie reintroduces the form of self-questioning called "The Work" that she originally presented in *Loving What Is*, but here she tackles relationships "and what spoils them. According to Katie (writing with the help of Katz, who is also her agent), rather than seeking love and approval from others, you need to find them in yourself. What often blocks that love is one's perception of reality: "If you believe your stressful thoughts, your life is filled with stress. But if you question your thoughts, you come to love your life and everyone in it." "The Work" is central to the process of taking a judgmental thought "such as "my partner is supposed to make me happy" "and subjecting it to four powerful questions, such as "Is it true?" and "Who or what would I be without the thought?" Then Katie suggests turning the thought around and considering different options, such as making yourself happy and making your partner happy. Finally, she suggests ways to find love and acceptance in yourself. Katie's chatty style and her use of detailed dialogues and simple exercises will make many readers feel transformation is inevitable. (On sale Mar. 22) Forecast: A 15-city author tour should help launch this to the sales levels of *Loving What Is* (110,000 copies in cloth and paper). Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to the Audible Audio Edition edition.

Katie's first self-help book, *Loving What Is* (2001), was a best-seller. This volume applies her method, called "the Work," and uses it to help readers resolve issues concerning love. The Work consists of asking oneself three questions about a troubling issue and then turning the premise around and asking the opposite questions. Adherents of this technique who read the first book probably don't need this one, since it covers much of the same territory. As before, the text takes the form of dialogues between Katie and those practicing the Work, thus demonstrating how asking the questions and evaluating the answers yield results. For instance, a woman who felt her father

didn't love her gains insights about her own attitudes toward him and herself through asking not why didn't he love her but why didn't she love him. This technique seems so simple that it's hard to make a whole book out of it, but like most self-help gurus, Katie, with the aid of coauthor Katz, manages just fine. Ilene Cooper Copyright © American Library Association. All rights reserved --This text refers to the Audible Audio Edition edition.

Byron Katie has developed maybe one of the best tools I've seen to help me with my relationship with love. Through inquiry I have been able to see how I create barriers to feeling the love that I am. And bonus I can see how I camps improve all of my relationships, especially my most intimate. Thank you for this work!

I've known about Byron Katie for many years and decided to get this to refresh my habits. What an inspiring teacher. I'm amazed when I mention her to people who I think would know of her work the surprise on their faces. This is fantastic and truly a life changer!

Byron Katie is brilliant and extremely insightful. I Need Your Love-Is That True is a deep and insightful book. After seeing Byron live I decided to read her written word and incorporate it into my daily life. Byron makes you question your thoughts and has you turn them around to look at them from another perspective. You begin to realize that we, as individuals, are our own worst enemy. You being to feel set free from the thoughts that make you feel hopeless, helpless, less-than, paralyzed, and rejected. I truly recommend anything written by Byron Katie, but especially this book, I Need Your Love -Is That True!

I love this book. Will change your how outlook on relationships and help you take your power back.

Byron Katie delivers a powerful work to awaken anyone to the true nature of reality, offering techniques which expose the deception of both the mind and emotions, revealing the beauty of each one of us and those we interact with and love. A must read.

Katie writes simply and profoundly about the difference between reality and ones thoughts. We are trained to think our thoughts are reality, yet Katie's asks 4 simply-yet difficult questions that challenge the thinking that has only become brought misery, sadness and pain. What is, is not our thoughts. Questioning our thoughts creates the path to authenticity, truth and love of ourselves.

Sometimes you have to really work to apply what you pick up from a book, but this book was effortless to apply. I read it and thought "good point!" and I just kept thinking about the points as they came up in my life. I never even got through the whole book, that's how effective the author was. She also writes with a tone of understanding and it's very encouraging for something that might be a sensitive subject.

Byron Katie has helped me so much with her 4 questions. Is it true? Can you absolutely know it is true? Is it stressful believing this thought? What is the turn a round? Is it as true or truer? You are a gift to the human race and if more people were reading your books and teaching them in school, I believe this planet would be much better off.

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