

[PDF] A Thousand Names For Joy: Living In Harmony With The Way Things Are

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Description:

In her first two books, Byron Katie showed how suffering can be ended by questioning the stressful thoughts that create it, through a process of self-inquiry she calls *The Work*. 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. The result is an audiobook that allows the timeless insights of the *Tao Te Ching* to resonate anew for us today, while offering a vivid and illuminating glimpse into the life of someone who for 20 years, ever since she "woke up to reality"

one morning in 1986, has been living what Lao-tzu wrote more than 2,500 years ago.

With her stories of total ease in all circumstances, Katie does more than describe the awakened mind; she lets you see it and feel it in action. And she shows you how that mind is yours as well.

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