

Byron Katie has one job: to teach people how to stop suffering. When Katie appears, lives change. As she guides people through her simple yet powerful process of inquiry, called The Work, they find that their stressful beliefs—about life, other people, or themselves—radically shift. Through this process, Katie gives people the tool to set themselves free.

In 1986, at the bottom of 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. She saw—she experienced with her own eyes and skin—that no one is separate from anyone or anything.

Many people have moments of clarity. But Katie went further. Questioning every painful thought she had, she developed an amazing method of inquiry she called The Work.

The Work asks four simple questions that turn stressful thoughts around. When you Work with a thought, you see around it to the choices beyond suffering. One thought at a time, you transform the way you experience your life.

Katie has been bringing The Work to millions of people around the world for more than twenty years, starting when people in her hometown knocked on her door because they'd heard she could help. She throws herself lovingly and tirelessly into Work in prisons, hospitals, churches, V. A. treatment centers, corporations, universities, and schools. Her free public events, weekend workshops, nine-day School for the Work, and 28-day residential Turnaround House bring long-awaited liberation to people across the world.

Eckhart Tolle says, "Byron Katie's Work is a great blessing for our planet." *Time* magazine calls Katie "a spiritual innovator for the new millennium."

Byron Katie has written four bestselling books: *Loving What Is, I Need Your Love—Is That True?*, *A Thousand Names for Joy*, and *Question Your Thinking, Change The World*. Her newest book, *Who Would You Be Without Your Story?: Dialogues with Byron Katie*, was released in October 2008.

At www.thework.com, you will find Katie's blog, free materials to download, audio and video clips, a schedule of events, a free hotline with a network of Work facilitators, archived interviews, a press room, the BKI Store, registration and information for The School and Turnaround House, and much more!

www.thework.com