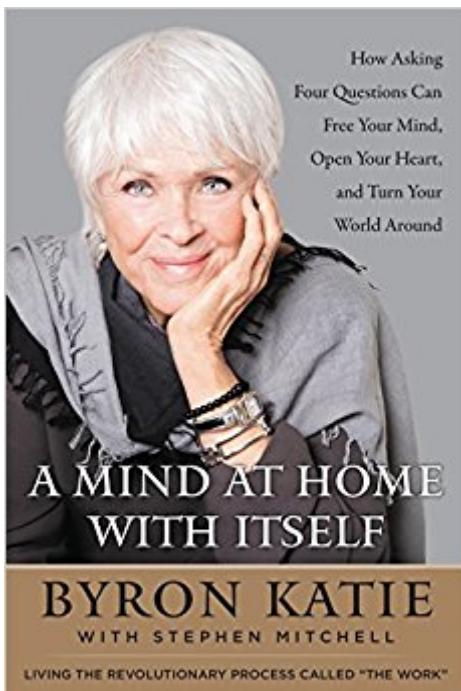


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# A Mind At Home With Itself: How Asking Four Questions Can Free Your Mind, Open Your Heart, And Turn Your World Around



## Synopsis

Internationally acclaimed, bestelling author Byron Katie™s most anticipated work since Loving What IsWe live in difficult times, leaving far too many of us suffering from anxiety and depression, fear and anger. In her new and most anticipated work since Loving What Is, beloved spiritual teacher Byron Katie provides a much-needed beacon of light, and a source of hope and joy.In A Mind at Home with Itself, Byron Katie illuminates one of the most profound ancient Buddhist texts, The Diamond Sutra (newly translated in these pages by Stephen Mitchell) to reveal the nature of the mind and to liberate us from painful thoughts, using her revolutionary system of self-inquiry called "The Work." • Byron Katie doesn't merely describe the awakened mind; she empowers us to see it and feel it in action. At once startlingly fresh and powerfully enlightening, A Mind at Home with Itself offers us a transformative new perspective on life and death.In the midst of a normal American life, Byron Katie became increasingly depressed and over a ten-year period sank further into despair and suicidal thoughts. Then one morning in 1986 she woke up in a state of absolute joy, filled with the realization of how her own suffering had ended. The freedom of that realization has never left her. Its direct result, The Work, has helped millions of people all over the world to question their stressful thoughts and set themselves free from suffering.

## Book Information

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## Customer Reviews

"A truly illuminating and lively hookup of revered ancient Zen Diamond Sutra teachings and a wild and clear-eyed modern sage. It will help you to question deeply, inspire your spirit, and awaken your understanding." • (Jack Kornfield)A Mind At Home With Itself "the words of an ancient

spiritual master illuminated by the words of a modern oneâ "shows us that life beyond suffering is possible, and can take each readerâ 's mind home to its singular, unique, immeasurably precious self.â • (Martha Beck)â œByron Katie has rocked my world and shaken loose my mind more thoroughly than any other spiritual teacher Iâ 've ever encountered. I would recommend A MIND AT HOME WITH ITSELF to anyone like meâ "to anyone who has ever felt like her own mind was a very dangerous neighborhood.â • (Elizabeth Gilbert)â œI think Byron Katie is just a real thing. I love her to death. Sheâ 's pure and her intent is only to serve and she brings people back to reality so quickly. Teaches them not to believe their limiting thoughts and to question them and find the real truth.â • (Tony Robbins)â œA Mind at Home with ItselfÂ points directly to the wisdom within us, the ultimate treasure that resides in the open heart and quiet mindâ "and it shows us exactly how to access it. Its insights sparkle and shimmer from every page.â • (Paul Hawken)â œKatie is at home with her true self. There is both poetry and prose in her words as she guides and points us toward the peace that she is, and knows we are.â • (Jane Lynch)â œThoughts held without awareness can color your life and lead to misery. A Mind at Home with Itself is a door into who you already are and can be if you would only get out of your own way.Â Enter. And take up residency. Being at home is infectious.â • (Jon Kabat-Zinn)

BYRON KATIE discovered inquiry in 1986. She has been traveling around the world since 1992, teaching The Work directly to hundreds of thousands of people at free public events, in prisons, hospitals, churches, corporations, battered womenâ 's facilities, universities and schools, at weekend intensives, the nine-day School for The Work, and her 28-day Turnaround House. She is the author of three bestselling books: Loving What Is, I Need Your Love--Is That True?, and A Thousand Names for Joy. Her other books are Question Your Thinking-Change the World, Who Would You Be Without Your Story?, A Friendly Universe, and, for children, Tiger-Tiger, Is It True? STEPHEN MITCHELLâ 'S many books include the bestselling Tao Te Ching, The Selected Poetry of Rainer Maria Rilke, Gilgamesh, The Gospel According to Jesus, The Book of Job, The Second Book of the Tao, The Iliad, and The Odyssey.

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