

## A Thousand Names for Joy: Byron Katie -- Part 1

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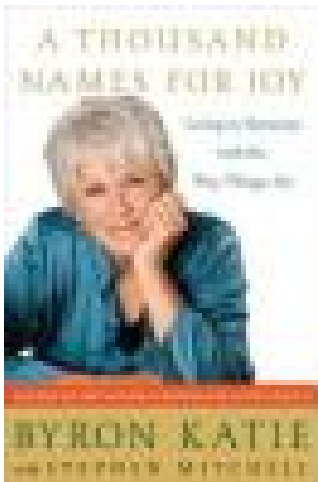


Byron Katie

### Reality rules! (26 min.)

Reality absolutely rules, Byron Katie tells Tom Fox. "It is what it is. When we really understand that, it gives us so much energy and power because we are not at war with what is." This is where the power is, she says. "But if we're frightened or burned out or stressed out and exhausted, we don't have the energy to change the world or to even see what is available to shift the moment."

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### A Thousand Names for Joy

Byron Katie is the author, along with her husband, Steven Mitchell, of *A Thousand Names for Joy*. She is also the author of two other books, *Loving What Is* and *I Need Your Love? Is That True?* In her first two books, Katie dealt with suffering and how it can, in her words, 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 the reader to discover the freedom that lives on the other side of inquiry.

### About the Book

For *A Thousand Names for Joy*, 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 life and death, good and evil, love, work, and fulfillment. The result is a book that allows the insights of the Tao Te Ching to resonate anew, while offering a life of someone who for twenty years has been living what Lao-tzu wrote more than 2,500 years ago.

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