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The Work of Byron Katie Official Site

The Work is a way to identify and question the thoughts that cause all your suffering. Everything you need in order to do The Work is available free on this website. Elizabeth Gilbert, author of Eat Pray Love and Big Magic Newsletter. Sign-up here to receive insights and news from Byron Katie. Email Address. Subscribe Social Media

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Loving What Is Quotes Showing 1-30 of 41 As long as you think that the cause of your problem is out there as long as you think that anyone or anything is responsible for your suffering the situation is hopeless.

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