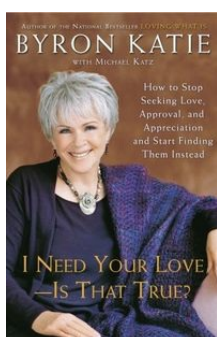


I NEED YOUR LOVE - IS THAT TRUE?: HOW TO STOP SEEKING LOVE, APPROVAL, AND APPRECIATION AND START FINDING THEM INSTEAD

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I've always been just me, but I was the last to know that it was all right. Byron Katie, *I Need Your Love - Is That True?: How to Stop Seeking Love, Approval, and Appreciation and Start Finding Them Instead* //

There's no reason to believe that thoughts match reality. As you move through life, thoughts appear like shots in the dark. They are no more than vague attempts to figure out what's going on around and inside you. When you're seeking love and approval, many thoughts are aimed at deciphering the behavior of the people...

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