



Amar lo que es (Spanish Edition)

Byron Katie

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Una mañana, tras años de estar sumida en una profunda depresión y de pensar obsesivamente en el suicidio, Byron Katie se sintió invadida por un estado de dicha absoluta. Lo que se despertó en Katie fue un proceso silencioso de interrogación personal que la condujo a acabar con su sufrimiento. La libertad que le proporcionó ese conocimiento nunca la ha abandonado y, ahora, en *Amar lo que es*, también tú puedes descubrirla mediante *El Trabajo*, el método creado por la autora que consta sencillamente de cuatro preguntas que, aplicadas a un problema específico, te permiten ver lo que te perturba desde una óptica nueva. Una vez que hemos hecho *El Trabajo*, alcanzamos el punto en el que somos capaces de amar verdaderamente lo que es, tal como es, y nos convertimos en amantes de la realidad. Como dice Katie: Lo que provoca nuestro sufrimiento no es el problema, sino lo que pensamos sobre el mismo. Paso a paso, y mediante ejemplos claros, *Amar lo que es* te enseñará a poner en práctica este proceso revolucionario. / This book will show you step-by-step, through clear and vivid examples, exactly how to use this revolutionary process for yourself. You'll see people do *The Work* with Katie on a broad range of human problems. Many people have discovered *The Works* power to solve problems; experience a sense of lasting peace and find the clarity and energy to act, even in situations that had previously seemed impossible.

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