



I Need Your Love - Is That True?: How to Stop Seeking Love, Approval, and Appreciation and Start Finding Them Instead

By Byron Katie, Michael Katz

Random House USA Inc. Paperback / softback. Book Condition: new. BRAND NEW, I Need Your Love - Is That True?: How to Stop Seeking Love, Approval, and Appreciation and Start Finding Them Instead, Byron Katie, Michael Katz, In "Loving What Is," bestselling author Byron Katie introduced thousands of people to her simple and profound method of finding happiness through questioning the mind. Now, "I Need Your Love"--"Is That True?" examines a universal, age-old source of anxiety: our relationships with others. In this groundbreaking book, Katie helps you question everything you have been taught to do to gain love and approval. In doing this, you discover how to find genuine love and connection. The usual advice offered in self-help books and reinforced by our culture advocates a stressful, all-consuming quest for love and approval. We are advised to learn self-marketing and manipulative skills--how to attract, impress, seduce, and often pretend to be something we aren't. This approach doesn't work. It leaves millions of walking wounded--those who, having failed to find love or appreciation, blame themselves and conclude that they are unworthy of love. "I Need Your Love"--"Is That True?" helps you illuminate every area in your life where you seem to...



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