



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

Byron Katie, Michael Katz

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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 lack what you long for most—the love of your spouse, the respect of your child, a lover's tenderness, or the esteem of your boss. Through its penetrating inquiry, you will quickly discover the falseness of the accepted ways of seeking love and approval, and also of the mythology that equates love with need. Using the method in this book, you will inquire into painful beliefs that you've based your whole life on—and be delighted to see them evaporate. Katie shows you how unraveling the knots in the search for love, approval, and appreciation brings real love and puts you in charge of your own happiness.

“Everyone agrees that love is wonderful, except when it's terrible. People spend their whole lives tantalized by love—seeking it, trying to hold on to it, or trying to get over it. Not far behind love, as major preoccupations, come approval and appreciation. From childhood on, most people spend much of their energy in a relentless pursuit of these things, trying out different methods to be noticed, to please, to impress, and to win other people's love, thinking that's just the way life is. This effort can become so constant and unquestioned that we barely notice it anymore.

This book takes a close look at what works and what doesn't in the quest for love and approval. It will help you find a way to be happier in love and more effective in all your relationships. What you learn here will bring fulfillment to all kinds of relationships, including romantic love, dating, marriage, work, and friendship.” —Byron Katie

From the Hardcover edition.

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Deborah Brantley:

Nowadays reading books be a little more than want or need but also turn into a life style. This reading routine give you lot of advantages. The benefits you got of course the knowledge the rest of the information inside the book this improve your knowledge and information. The information you get based on what kind of e-book you read, if you want send more knowledge just go with education and learning books but if you want feel happy read one along with theme for entertaining for instance comic or novel. The actual I Need Your Love - Is That True?: How to Stop Seeking Love, Approval, and Appreciation and Start Finding Them Instead is kind of guide which is giving the reader unpredictable experience.

Carol Witt:

This I Need Your Love - Is That True?: How to Stop Seeking Love, Approval, and Appreciation and Start Finding Them Instead is great publication for you because the content which is full of information for you who have always deal with world and have to make decision every minute. This kind of book reveal it information accurately using great coordinate word or we can declare no rambling sentences inside. So if you are read the idea hurriedly you can have whole data in it. Doesn't mean it only offers you straight forward sentences but hard core information with beautiful delivering sentences. Having I Need Your Love - Is That True?: How to Stop Seeking Love, Approval, and Appreciation and Start Finding Them Instead in your hand like keeping the world in your arm, information in it is not ridiculous a single. We can say that no book that offer you world within ten or fifteen moment right but this publication already do that. So , this is certainly good reading book. Hey there Mr. and Mrs. hectic do you still doubt that?

Esther Tackett:

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