

What is The Work of Byron Katie?

The Work is a simple yet powerful process of inquiry that teaches you to identify and question thoughts that cause all the suffering in the world. It's a way to understand what's hurting you, and to address your problems with clarity.

People who do The Work as an ongoing practice report life-changing results.

- Alleviation of depression: Find resolution, and even happiness, in situations that were once debilitating.
- Decreased stress: Learn how to live with less anxiety or fear.
- Improved relationships: Experience deeper connection and intimacy with your partner, your parents, your children, your friends, and yourself.
- Reduced anger: Understand what makes you angry and resentful, and become less reactive, less often, with less intensity.
- Increased mental clarity: Live and work more intelligently and effectively, with integrity.
- More energy: Experience a new sense of ongoing vigor and well-being.
- More peace: Discover how to become "a lover of what is."

To learn how to do The Work you can go straight to www.thework.com

The Work is now incorporated into longer courses Angela teaches. She is also available to do The Work with you on the phone or in person. For more information on this contact angela@thefoolstory.com