

"WHO WOULD YOU BE  
WITHOUT YOUR STORY?"  
FOR IMMEDIATE RELEASE

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**NEW BYRON KATIE BOOK – "WHO WOULD YOU BE  
WITHOUT YOUR STORY?" – PROVIDES LEARNING TOOLS FOR  
"THE WORK OF BYRON KATIE"**

**Fifteen Dialogues Demonstrate, Personalize the Power of The Process**

OJAI, CALIFORNIA – Since 1986, Byron Kathleen Mitchell has been teaching a way – called "The Work" – for people to identify and question their stressful thoughts, as a path to free themselves from suffering, and open an inner doorway to the lasting experience of joy that exists within. "All the suffering in the world," says Katie, "is caused simply by believing our stressful thoughts."

Now, her new book – her fifth – *Who Would You Be Without Your Story?: Dialogues with Byron Katie* (Hay House, 2008) – provides readers with learning tools to help them personalize "The Work" process, as though they were present in the room with Katie. The book offers 15 edited dialogues that Katie had with people throughout the U.S. and Europe. They are not organized by topic (though there is an extensive Topic Index at the back of the book) because the real subject is the process of The Work, which is evident in each dialogue.

The conversations in the book cover the kinds of situations that most of us face sometime in our lives, from painful illnesses, feelings of isolation and rejection, and messy divorces, to the daily irritations that cause us unhappiness – annoying co-workers, worrisome rent increases, and the like. Readers will identify with many (if not all) of the topics, but it is the process of The Work itself that shines and offers readers guidance in addressing their own issues.

Katie discovered this method of liberation from suffering in the first moment of her own spiritual opening. The four questions and turnaround were already there in that first

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moment. In her Foreword to the new book, editor Carol Williams states, "Katie's primary realization was that every painful feeling ... is the result of believing a thought that isn't true." The Work then uses these four questions to examine the thought –

- Is it true?
- Can you absolutely know that it's true?
- How do you react—what happens—when you believe that thought?
- Who would you be without the thought?

After this exercise, one turns the thought around to its several opposites, and finds specific examples of how each "turnaround" might be as true or truer than the original thought. For example, if the painful thought is *My husband doesn't love me*, the turnarounds might include *My husband does love me*, *I don't love my husband*, and *I don't love myself*. This process has the uncanny ability to free one from the tyranny of stressful thinking. "Anyone with an open mind can do The Work," Katie says.

Katie reached the turning point in her life when she was in her early thirties, living in Barstow, California. "I was in a ten-year downward spiral of depression, paranoia, agoraphobia, rage, self-loathing, and failure," she recalls. She had constant thoughts of suicide, weighed over 200 pounds, and, for the last two years, was often unable to leave her bedroom.

One day, asleep on the floor of a halfway house, where she had gone in despair, she awoke and had the experience that changed her life forever. "I opened my eyes," she recalls, "and saw a world that no one had ever told me about. Everything in it was beautiful. I was in love with everything, in love with myself. And in that same instant, the essence of the four questions and turnaround were born in me. I understood then that when I believed my thoughts, I suffered, but when I questioned them, I didn't suffer. And I recognized that this was true for every human being."

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This happened in February, 1986. Shortly afterward, her home began to fill with people who had heard about her and had come to learn. She was able to communicate her inner inquiry in the form of specific questions that anyone who wanted freedom could apply on his own, without her. Soon she began to be invited to meet with small gatherings in people's living rooms. Her hosts often asked her if she was "enlightened." She would answer, "I'm just someone who knows the difference between what hurts and what doesn't."

In 1992, she was invited to northern California, and The Work spread very fast from there. Katie accepted every invitation. She has been on the road almost constantly since 1993, demonstrating The Work in church basements, community centers, and hotel meeting rooms, audiences from the hundreds to the thousands. And The Work has found its way into all kinds of organizations, from corporations, law firms, and therapists' offices to hospitals, prisons, churches, V. A. treatment centers, and schools. It is now popular in other parts of the world where Katie has traveled. All across America and Europe there are groups of people who meet regularly to do The Work.

"I understand suffering," Katie says. "Doing The Work with people who are suffering does not affect or exhaust me. It's my heart's desire. And I love it that it's so easy for people to do, and so life-transforming. You don't need any background to do it, no education. All you need is an open mind."

In 1998, she offered the first School for The Work, which people had been requesting for a long time. The present version of the School lasts for nine days and takes place four times a year; hundreds of people fly in to participate in it from all around the world.

In 2002, Katie's first book was published: the bestselling *Loving What Is*, which she co-wrote with her husband, Stephen Mitchell, the eminent writer and translator. Three books followed: *I Need Your Love--Is That True?* (co-written with her literary agent, Michael Katz), *A Thousand Names for Joy* (co-written with Stephen Mitchell), and *Question*

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*Your Thinking, Change the World: Quotations from Byron Katie.* And now her fifth, *Who Would You Be Without Your Story?*

"People want to find a way out of their suffering," Katie says. "They just don't know how to do it. And The Work is a simple and very powerful way. My people recently have been reading the books of my friend Eckhart Tolle. Eckhart shows us the *what*. The Work shows us the *how*. After people do The Work, they're left with a kinder world, and a kinder self. And that's just a beginning."

Byron Katie may be a wife and mother and carry her own suitcase. But she is also an embodiment of the clarity and love that move us — one human being at a time — out of suffering and into freedom. "If we can end the war within ourselves, we can end the wars among us." For more information and Katie's complete schedule, visit [www.thework.com](http://www.thework.com).

Katie will be in Louisville, Kentucky on Wednesday, April 22, 2009 and Thursday, April 23, 2009 at Unity of Louisville Church. For details, visit [unityoflouisville.org/katie](http://unityoflouisville.org/katie) or call 502-583-5559, ext. 14.

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