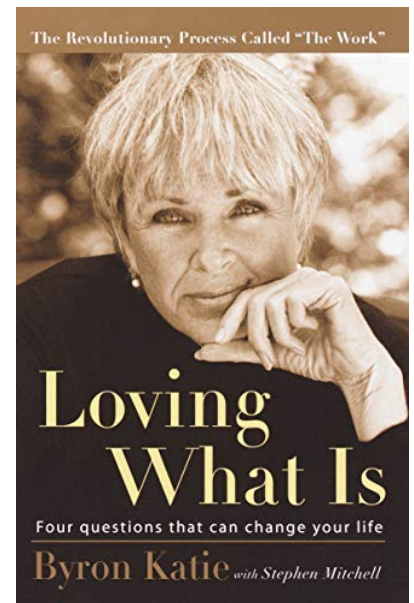


# Loving What Is Book Summary (PDF) by Byron Katie

Ready to learn the most important takeaways from Loving What Is in less than two minutes? Keep reading!



## Why This Book Matters:

Loving What Is helps readers overcome depression by working through their problems using a method known as "The Work."

## The Big Takeaways:

- 1. Knowing why you think the way you do can help you understand where your stress originates.**
  1. If The physical world does not cause you to stress; the way you think does.
- 2. You must reconsider your thoughts and what they truly mean.**
  1. In The Work, the step known as The Turnaround, encourages you to view your thoughts from a different perspective.
- 3. If a situation is out of your control, try not to worry about it.**
  1. Not everything is in your control. Accepting that

fact can help you focus on the things that are in your control, leading you to better outcomes.

**4. The Work isn't just made to help with assessing your thoughts but can be applied to every aspect of your life.**

1. There is rarely a wrong time to reassess a situation like shown in The Work.

**5. The difficulties of life shouldn't possess the power to hurt you.**

1. Though you can't control what life throws your way, you can control the way you think about and approach life.

## **Want To Keep Reading?**

- 1. Read A Longer Form Summary on Blinkist**
- 2. Buy The Book on Amazon**
- 3. Listen To The Audiobook**

## **Watch A Video Summary:**

## **Additional Video From The Author:**