



Who Would You Be Without Your Story?: Dialogues with Byron Katie

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This book is a collection of 15 dialogues that occurred throughout the United States and Europe with **Byron Katie**. Some of the people who worked with Katie have painful illnesses, others are lovelorn or in messy divorces. Some are simply irritated with a co-worker or worried about money. What they all have in common is a willingness to question, with Katie's help, the painful thoughts that are the true cause of their suffering. In every case we see how Katie's acute mind and fierce kindness helps each person dismantle for themselves what is felt to be unshakable reality.

Although these dialogues make fascinating reading—some are both hilarious and deeply moving at once—they are intended primarily as teaching tools. Each took place in front of an audience, and Katie never lost connection with that audience, repeatedly reminding each person in the room to follow the dialogues inwardly, asking themselves the questions the participant must ask. The dialogue between Katie and these volunteers is an external enactment of precisely the kind of dialogue each person can have with their own thoughts. The results, even in the seemingly most dire situation, can be unimagined freedom and joy.

Who Would You Be Without Your Story?: Dialogues with Byron Katie Details

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Author : Byron Katie

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Elizabeth says

This book helped me take a real look at my own way of thinking. I have bought it twice because after giving away my first copy I missed having it in my collection. If you are struggling in life and need to make a change, this book could be just the thing to help you.

Stephanie says

What we all think of as our own personal burden, or personal triumph, or stressful thought is actually not unique, not special, not our own. It is simply the human condition. Katie points out that there is no such thing as a "new" stressful thought. They are all recycled, and more interestingly, OPTIONAL. We can set these burdens down and see past them if we simply choose to do so.

The Work of Katie is actually a life changing experience for those interested in finding out what is true. Recommended, highly.

Lizzie says

I mean... I get it. Katie's approach isn't anything earth-shattering, it's found in Buddhist meditation exercises, in modern psychology with thought replacement techniques, and self-help books everywhere. The issue I took with the book was less about Katie's "Work" and more with her technique. She repeats questions over and over until the person on the other end of the dialogue says "No, it's not true" or "Yes, I would be better without the story." Sometimes it seems to come easy and Katie applauds the person's experience with The Work. Sometimes it comes harder and Katie applauds the eventual acceptance of her view.

Ultimately, there were nuggets of the book that I will keep — she had some good things to say, it certainly wasn't a waste of time. But I don't think this wisdom is best found from Katie — there's so much out there on the power of changing thought, that thoughts aren't realities, the importance of identifying and questioning what we think is true about our experience. I just don't think Katie's "one size fits all, it's so simple!" self-help approach is the best way to really understand the power of thought. She wants the reader, the audience, etc. to acknowledge that the opposite thought of what we're feeling is nearly always true. And it seems to only work in the context of this book under the guise of "judge your neighbor" — and that perspective was worth the read alone. I think we do — or I do, speaking only for myself — project the flaws we don't like to admit we have onto others as their fatal flaws. Here "The Work" makes sense.

There have been many critics of Katie's over the years who have claimed she sells snake oil, that she is a shuckster and a charlatan. I wouldn't necessarily go that far. It's not like she's breaking into Forbes richest 100 or anything. But I did feel both the reader and the person in the dialogue with her were both being bullied into accepting Katie's perspective, and they were convinced with roundabout anecdotal wisdom until they did. It was okay. I'm not disappointed that I read it. But I also won't be recommending it to anyone.

Nancy says

If it has been some time since you read *Loving What Is*, this is the perfect fresh-up. These examples feel just as brutal and weird and unlocking as those in the earlier book, and why would you want it any other way.

Colleen says

Another thought provoking book from Byron Katie. Unlike her other books, this focuses solely on dialogues between Katie and people doing The Work. There are a wide range of topics helpful to anyone interested in knowing the truth and moving forward. By inserting my own beliefs into the dialogues and "listening" to Katie's thoughtful and oftentimes humorous responses on the page, I have found this book to be an invaluable resource in my own Work.

Peter B says

Reframe your life!

If you're stuck anywhere in your life, on some sort of treadmill, this book will definitely help you to start living again. Yes, away from the blame and back to the joy!

Cj Sime says

Interesting philosophy. I didn't like the "dialogue" set up of the book, it starts to feel very redundant after the first 2-3 examples.

Skai Leja says

very interesting illustrations of how to parse the stories we create to understand and explain to others the narratives of our lives, and how we get locked into believing them even when they aren't true, because they serve some purpose. Taking those stories apart makes fresh perspectives possible and often changes our perspective radically. I'd love to see her in action!

Ebony Haywood says

Katie Byron is always inspiring! The biggest lesson I learned from this book is to not get angry or frustrated with my thoughts, but rather approach them with understanding. It's way easier to allow my thoughts to let go of me rather than me trying to let go of my thoughts. :)

Kitty says

I think you either really "get" Katie, or you don't. If you do, you'll like this book. However, if you haven't tried anything by her before, I strongly suggest starting with "Loving What Is: Four Questions That Can Change Your Life", where she better explains how to do The Work. In this book, she's just "doing" The Work with lots of different people, and demonstrating how effective The Work is with nearly any type of problem.

I am continually amazed at how Katie's system of questioning your thoughts really works. Reading this book was like a refresher course, a reminder to keep questioning. And there's just something so positive and upbeat about Katie, that just reading this book made me feel good.

Allison says

I read this in the spring... it was amazing to go through her questions and work through stories I've been holding onto. But it hasn't stuck with me as a continuing practice unfortunately. I should revisit.

Dawn J. says

Some good examples of how we create untrue thoughts or stories about other people or about situations that negatively affect our lives. She shows how to do what she calls "The Work" on your thoughts to identify whether or not we can absolutely know that they are true, or if we are just creating a "story". We all have stories about ourselves and others that bring us down or create negativity in our lives. Her work has inspired me to not only question my responses to others, but also to question my belief about others before responding; it will also aid in my health coaching to help others see where they may be stuck in negative stories in their own lives.

Erika says

I love this book and anything she has written. This too is life changing. What is helpful about this book is that Katie interviews a lot of different people about their particular concerns and you can see how applicable the Four Questions work is to absolutely any area of your life that you want to look at and discover the truth about.

I have been doing the Four Questions work for about three years now and this year I have started doing formal work on it. I have learned so much.

Natalie says

Maybe I'm just not there yet, but I'm always hugely squicked out when she starts turning around abuse. That said, my own studies of the human mind through meditation inevitably lead me to the same conclusions, personally. I'm just not sure how I feel about that or that I would try to tell someone else what to think. For the day to day, I find Byron Katie's work quite invaluable, and this book of dialogues is no exception.

Lorra Fae says

As always, fascinating stuff. This book is transcriptions that Katie has with people doing inquiry - 15 of them on different subjects/beliefs. These are my favourite parts of her other books, so one entirely of dialogues is fantastic. Seeing people transform by this method is awesome, and it's so simple.
