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*Mark Givens*

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## Byron Katie - Lessons Learned From Byron Katie And The Work

You're about to discover how to live a life of greater peace and understanding. Byron Katie is a phenomenal individual who has really mastered self-love and perspective. Over the last two years, I've studied her work and it has changed my life. In this book I'll be sharing my top takeaways from Byron Katie's The Work and share some other profound lessons and principles i've learned through studying her. I'm confident this book will bring high value to you, helping you open your mind, treat yourself better, and perceive the world in a healthier way.

## Here Is A Preview Of What You'll Learn...

- The Life and Work of Byron Katie
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- A Few Concepts and Principles
- Top 50 Quotes
- Much, much more!

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