



The Truth Behind Addiction

By Byron Katie

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With Katie's help, investigate the thinking that fuels addictive behavior. Ground-breaking for addicts and their families, and anyone interested in a life of greater freedom. 3 CD set, 160 minutes

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Editorial Review

About the Author

Byron Katie's six books include the bestselling *Loving What Is*, *I Need Your Love--Is That True?*, and *A Thousand Names for Joy*. She resides in Ojai, California, with her husband Stephen Mitchell, and is the founder of the revolutionary process of self inquiry called The Work. Visit her at www.thework.com.

Users Review

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