

The Work of Byron Katie as facilitated by Thom Herman

**A Weekend Workshop held on November 2-4, 2007
in the Northampton / Springfield, Massachusetts Area**



The Work is a simple yet powerful process of inquiry that teaches you to identify and question the stressful thoughts and beliefs that cause your suffering. The Work helps you to work through these painful and challenging issues, and bring yourself to a place of clarity and more personal happiness.

Thom Herman has been studying, teaching and doing The Work of Byron Katie for over ten years. He is a Certified Facilitator in The Work and has a Ph.D. in Transpersonal Psychology, as well as a thriving psychotherapy practice in Northampton, MA. In Thom's Words:

"I characterize The Work as "Life Beyond Therapy". This is the tool I had been looking for to empower myself and individuals to not need therapy and to continue to lessen their suffering. As I identified my stressful thoughts and wrote them down and questioned them, the world, as I thought it was, began to release. On the other side of my confusion and exhaustion was delight, energy and understanding." (For more about Thom go to ThomHerman.com)



CERTIFIED FACILITATOR

Schedule of workshop is Friday evening, Saturday all day and evening, and Sunday morning.

Workshop will be held at the Abundant Wellness Center in Chicopee, MA. (15 min. from Northampton)

Cost of the Workshop is \$195.00 for the entire weekend. Does not include meals or lodging.

Payment by Check or Credit Card (via PayPal).

For information about the workshop and to sign up call Joe Burros at 413-303-1698.

For information about the Work of Byron Katie please visit her web site at www.TheWork.com

The following Books by Byron Katie describe the techniques and philosophy of The Work.

