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I Need Your Love - Is That True?: How to Stop Seeking Love, Approval, and Appreciation and Start Finding Them Instead [Byron Katie, Michael Katz] on Amazon.com. *FREE* shipping on qualifying offers. In Loving What Is , bestselling author Byron Katie introduced thousands of people to her simple and profound method of finding happiness through ...I Need Your Love - Is That True?: How to Stop Seeking Love, Approval, and Appreciation and Start Finding Them Instead Kindle EditionThe following dialog appears in Loving What Is. NOTE: Byron Katie's response to reader comments on this post may be read here>> Mary, reading the statements from her Worksheet: I hate my husband because he drives me crazy — everything about him, including the way he breathes.Dealing with people who put you down can be a painful and hurtful experience. Sometimes the scars even last a lifetime. I know I've certainly experienced put downs from people at various times throughout my life.