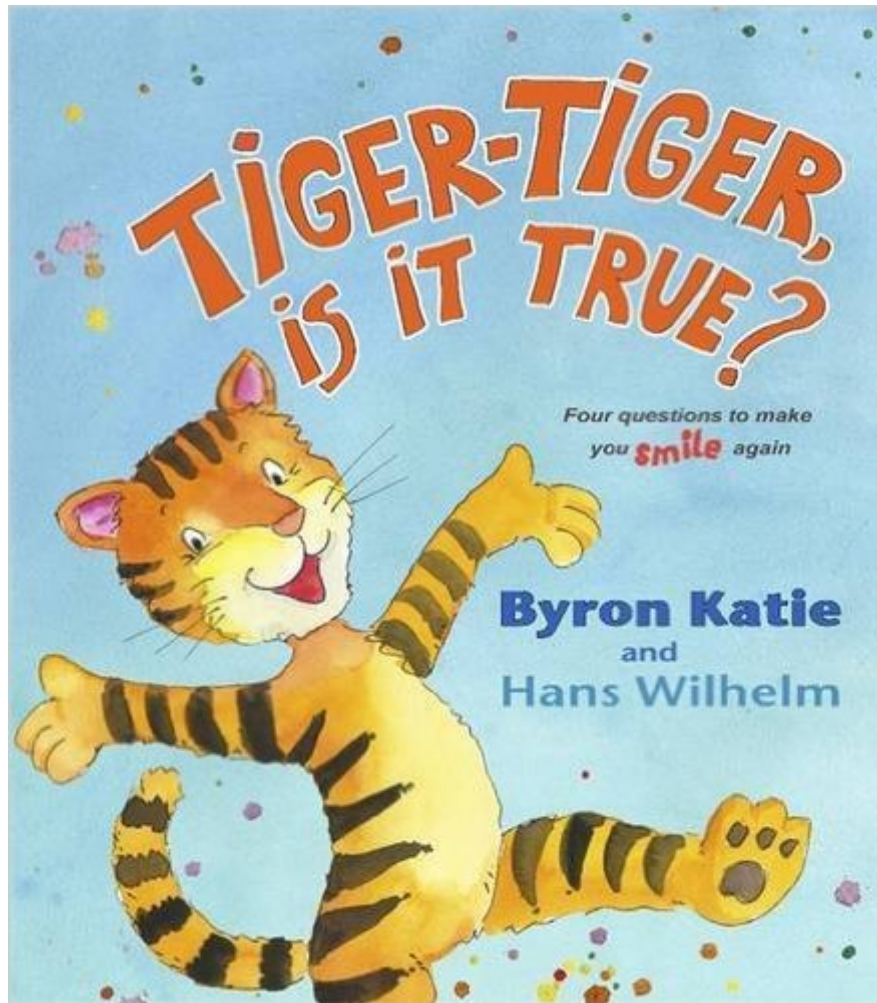


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# Tiger-Tiger, Is It True?: Four Questions To Make You Smile Again



## Synopsis

Tiger-Tiger, Is It True? is a story about a little tiger who thinks that his whole world is falling apart: his parents don't love him, his friends have abandoned him, and life is unfair. But a wise turtle asks him four questions, and everything changes. He realizes that all his problems are not caused by things, but by his thoughts about things; and that when he questions his thoughts, life becomes wonderful again. This is a heartwarming story with a powerful message that can transform the lives of even very young children. Byron Katie's wisdom-filled words and Hans Wilhelm's vivid, magical illustrations combine to make a book that will become one of the classics of children's literature.

## Book Information

Hardcover: 32 pages

Publisher: Hay House (November 15, 2009)

Language: English

ISBN-10: 140192560X

ISBN-13: 978-1401925604

Product Dimensions: 0.5 x 9.8 x 11 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (84 customer reviews)

Best Sellers Rank: #64,779 in Books (See Top 100 in Books) #25 in Books > Children's Books > Animals > Turtles #54 in Books > Children's Books > Animals > Lions, Tigers & Leopards #378 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect

Age Range: 4 - 10 years

Grade Level: Preschool - 5

## Customer Reviews

"Nobody cares, and nobody likes me. Tiger-Tiger felt anger tears welling up in his eyes. Suddenly there was a ripple in the water. It was Turtle." - From the book Deceptively simple but profoundly transformative, Byron Katie's four-questions of self-inquiry has changed thousands of lives. First presented in the book Loving What Is and in later books such as I Need Your Love: Is That True?, The Work presents a powerful method for examining distressing thoughts, asking first "Is it true?" and then working towards turning the questions around for a reality that is not only truer, but far less painful. In her first children's book Tiger-Tiger Is It True?, Katie teams up with illustrator Hans

Wilhelm to introduce The Work to children. When Tiger-Tiger gets out of the "wrong" side of bed, he laments, "It's going to be one of those days"...and he's right. His parents argue at breakfast, he was picked last for games, and his friend Zebra decided to play with someone else. Consumed with anger and sadness, he sits by the water crying until Turtle surfaces and asks him "What's up?" Gently but persistently, Turtle prods Tiger-Tiger to reexamine his assumptions through the four questions; "You say that nobody cares about you and nobody likes you. Is that true? Are you sure?", he begins, and then leads Tiger-Tiger through The Work. By the end of the book, Tiger-Tiger realizes that when he isn't thinking thoughts like "nobody cares" and discovers that he would be happy if he could never believe that thought again, he rejoices: "I would be a happy tiger! I would feel great! I could do anything, and nothing would bother me!" he exclaims. Illustrated with cheerful watercolors and expressive characters, Tiger-Tiger Is It True?

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