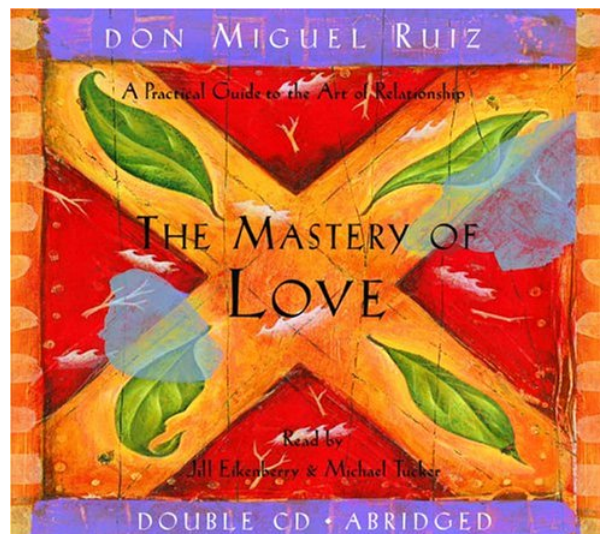
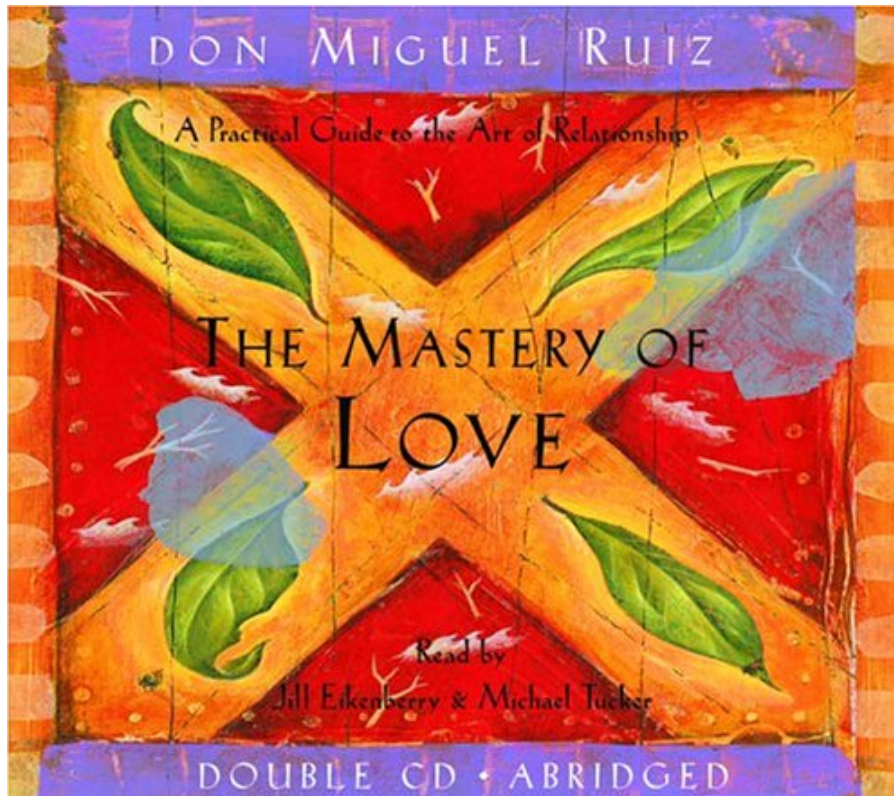


THE MASTERY OF LOVE: A PRACTICAL GUIDE TO THE ART OF RELATIONSHIP (TOLTEC WISDOM) BY DON MIGUEL RUIZ



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Review

Happiness can only come from inside of you and is the result of your love. When you are aware that no one else can make you happy, and that happiness is the result of your love, this becomes the greatest mastery of the Toltec: the Mastery of Love. --From the book

About the Author

Don Miguel Ruiz lives in San Diego, CA.

From AudioFile

The human mind is afflicted with a disease called fear--a chronic vigilance about being hurt that causes negative behaviors. The author says that awareness, freedom, and love are the essence of who we really are, and are central to the Toltec tradition, which was practiced in southern Mexico by ancient artists and scientists. There are both mental health and spiritual aspects to these teachings, which emphasize the ways we distort life's potentials and diminish our own power. Though Ruiz is an excellent and compact writer, his message of opportunity falls short of inspiring in this recording by two otherwise talented actors. The narration makes the work sound uneven and overly intellectual. T.W. © AudioFile 2006, Portland, Maine--
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Illuminates the fear-based beliefs and assumptions that undermine love and lead to suffering and drama in relationships. Using insightful stories to bring his message to life, he shows how to heal emotional wounds, recover the freedom and joy that are every persons birthright, and restore playfulness to relationships.

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Most helpful customer reviews

30 of 31 people found the following review helpful.

This book has changed my life and the lives of many others.

By Nathan E.

I have owned at least six copies of this book in the last ten years. It absolutely changed my internal metric for loving others and myself. My life has been so positively impacted by it that I have given a copy to every serious partner I have had, my mother, and my best friend. Everyone I know who reads this book finds a depth of wisdom and comfort in Ruiz perspective that they come away changed from the experience of

absorbing the knowledge contained within. If you have ever reflected on or struggled with any intimacy issues, co-dependency, anger, self-hatred, or been called bitter/bitchy/etc. I highly recommend you read this masterpiece. It provides simultaneous insight into how to properly process the baggage we all carry and sometimes throw at others, as well as how to love in an artful, cultivated, conscious, and pure manner. Reading this book won't "fix" anything in yourself or life, but it will provide you with a radical perspective on how to love, how to be loved, and how to handle your own emotions in a way that offers others your very best.

6 of 6 people found the following review helpful.

The Mastery of Love Hits Home

By Janell Lewis

The Mastery of Love hits home. Do you often wonder why we think the way we do or react/act the way we act when it comes to a loving relationship with another individual? I never considered that the way I love is learned through years of experience. When things happen, negative or positive, they effect our long term reactions to similar events. Don Miguel Ruiz does a wonderful job at explaining some of the psychological factors that effect the way we love. This book helped me look at my partner in a new light. It is a short and inspiring read. I'd recommend this book to everyone, I've even bought it for a few of my friends as gifts for their birthday's.

2 of 2 people found the following review helpful.

First you need to know: what is love?

By R. Roderick Rowe

It's difficult to give this review an adequate title. In reading this work I have taken yet another step towards self knowledge, towards a more complete SELF. This author starts at the very beginning in order to build a mastery of love: your human self. The overwhelming message is that you must first love and accept yourself before you can love and accept another. The truly stunning part of the entire document is that he has established that the traditional methods of raising and rearing young humans is an act of domestication. This domestication then becomes the root of the many barriers to self love and therefore the ability to truly love others, whether it be familial love, friendship love or romantic love. The only remaining question, which brings its own set of follow-on questions is: is there a better way to instill necessary skills and knowledge in the young, or should we find a way to apply a cure for the domestication once we have reached maturity? This book is a "must read" for anyone who is trying to awaken their inner self.

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