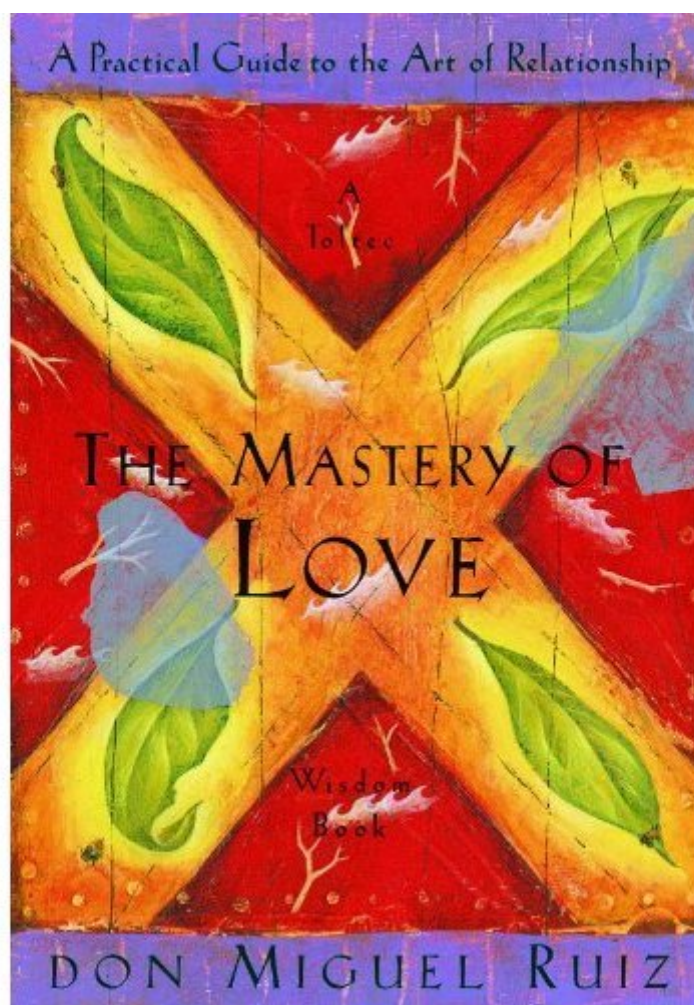


The book was found

The Mastery Of Love: A Practical Guide To The Art Of Relationship (A Toltec Wisdom Book)



Synopsis

In *The Mastery of Love*, Don Miguel Ruiz illuminates the fear-based beliefs and assumptions that undermine love and lead to suffering and drama in our relationships. Using insightful stories to bring his message to life, Ruiz shows us how to heal our emotional wounds, recover the freedom and joy that are our birthright, and restore the spirit of playfulness that is vital to loving relationships.

Book Information

File Size: 294 KB

Print Length: 210 pages

Publisher: Amber-Allen Publishing (July 7, 2011)

Publication Date: July 7, 2011

Sold by:Â Digital Services LLC

Language: English

ASIN: B005BSQWVM

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #5,709 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22 inÂ Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Happiness #73 inÂ Books > Health, Fitness & Dieting > Mental Health > Happiness #146 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting

Customer Reviews

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.

It's a self help book so before you go into it remind yourself that it doesn't have to be taken literal and in any case take away what you think is best. that being said, I love this book. I used to be critical on self help books for reasons I don't want to get into, but this book brought a fresh perspective in an aspect that gets warped by media and culture. In the end I would recommend it to those who want to be a little happier with their lives.

This is one of those books that puts everything we struggle with in relationships into simple terms and makes it feel like it's possible to truly change and create a more valuable life. Going through some challenging moments in life, I'm realizing I can pick this book up and it will ground me, calm me, and give me true perspective. I will always be a better human by practicing the ways of love. Highly and whole heartedly recommend. Enjoy!

Love this book, it's been writing so simple and yet reveals so many secrets on how to be happy and love and live your life to the fullest. A must read!!!!Aida

I studied psychology, have read many self-help books and have spent thousands of dollars on therapy yet this one book has transformed my life...literally overnight! It is a must read for every human on the planet.

This fabulous book is a way-shower! This is spiritual awakening book that is worth your time to read. I needs to be read more than once. I loved Miguel Ruiz's The Four Agreements, and I am truly loving this. I'm purchasing his other books soon!

I love reading anything by Don Miguel Ruiz because the message is always clear and simple. Life is always worth living and enjoying with the people you love. I feel I can take and leave certain things from his teachings and still find a common ground. I particularly enjoyed reading chapter 4 'The track of love; The track of fear' in which he says, that "Love has no obligations, fear is full of obligations." According to his teachings love free us from obligations because in love we desire to do things for others, while, in the track of fear, "whatever we do is because we have to do it, and we

expect other people to do something because they have to do it". (p.59)

Wow, this is a very helpful book on how to feel about love, about myself and about others. Thank you so much Don Miguel Ruiz. So insightful. Today its so hard to know how to feel about things and this book has helped me. Much love to all who are seeking.

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