



The Mastery of Love: A Practical Guide to the Art of Relationship: A Toltec Wisdom Book

By Don Miguel Ruiz

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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. The Mastery of Love includes:

- Why “domestication” and the “image of perfection” lead to self-rejection
- The war of control that slowly destroys most relationships
- Why we hunt for love in others, and how to capture the love inside us
- How to finally accept and forgive ourselves and others

“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.” — don Miguel Ruiz

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Editorial Review

Review

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About the Author

don Miguel Ruiz is the international bestselling author of *The Four Agreements* (a *New York Times* bestseller for over a decade), *The Four Agreements Companion Book*, *The Mastery of Love*, *The Voice of Knowledge*, *The Circle of Fire*, and *The Fifth Agreement*. The teachings of Ruiz are best known for transforming complex human issues into simple common sense — a talent that has earned him millions of fans, international acclaim, and a vote of approval from Oprah Winfrey. Sales of his Toltec Wisdom Series have soared to over 10 million copies in the United States, and have been translated into more than 40 languages worldwide.

Janet Mills is the founder and president of Amber-Allen publishing. She is the co-author, with don Miguel Ruiz, of six books in *The Toltec Wisdom Series*, creator of “The Four Agreements for a Better Life” online course, and editor of Deepak Chopra’s bestselling title, *The Seven Spiritual Laws of Success*. Her life’s mission is to publish books of enduring beauty, integrity, and wisdom, and to inspire others to fulfill their most cherished dreams.

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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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Users Review

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