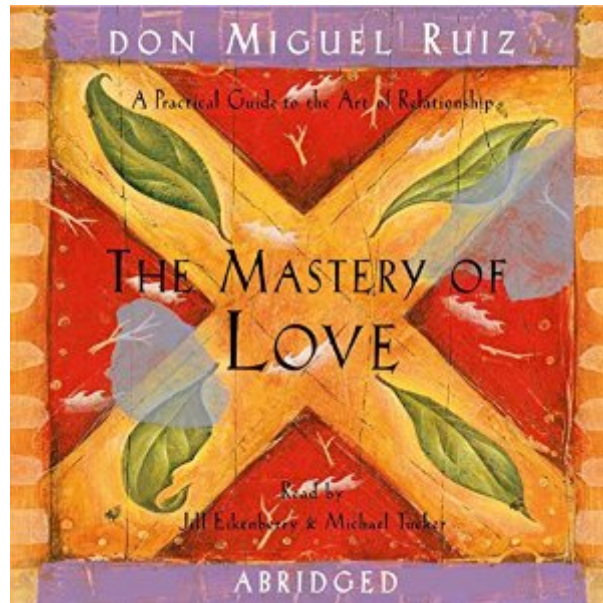


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# The Mastery Of Love: A Practical Guide To The Art Of Relationship



## Synopsis

In this text, Don Miguel Ruiz explains the Toltec perspective on love. In answer to the question of what love really is, he highlights the misplaced expectations that permeate most relationships. --This text refers to the Kindle Edition edition.

## Book Information

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## Customer Reviews

Reading this concise book I had the feeling that I was glimpsing real wisdom, not psychobabble or "self-help". Don Miguel Ruiz takes his interpretation of Toltec wisdom explained beautifully in his previous work "The Four Agreements" and applies these concepts to the realm of human relationships. Ruiz has an easy writing style that is very accessible and a joy to read numerous times. This is a book you can finish in an afternoon sitting, yet its simple truths have the potential to alter profoundly how you view loving relationships as well as your relationship with yourself. There's a lot here. I've read this twice and it's spoken directly to me in ways beyond what I can explain in this review. Don Miguel teaches through parable and direct suggestion the transforming power of self-love. He says that all relationships start with you, and how you feel about yourself. You will allow just as much abuse and what he calls "emotional poison" as you inflict upon yourself. A truly loving relationship requires self love - which is so lacking in most of us. Ruiz compares the ideal relationship to the one we have with our pet - say our dog. The relationship with our dog is perfect because we get exactly what we expect from our dog. We never wish that our dog would be better at being a dog, and we love it freely just as it is. Yet with our mate we tend not to accept them as they are, we expect them to be different, to act in ways they would not naturally act. Then we are

unhappy with them. We think we are in love with them, but really we're in love with how we want them to be. He says that we do not truly accept this person we say we love because we don't accept ourselves. Ruiz tells us that humans hunt for love because we don't have it. We don't have it within ourselves. We hunt for love from other humans who also don't love themselves and are also on the love hunt. Then we are surprised and upset that we don't get the love we want from them, and they feel the same. So true! Other people don't have the love we need, only we do. Don Miguel ends the book with a guide to healing our "emotional body" and also prayers for ourselves.

I have read both this book and *The Four Agreements* several times now and each time I learn something new. After reading this book, you feel that you are completely in control of your life, and of the consequences of the choices you make. This book not only teaches you how to improve the relationships of people in your life, but, more importantly, it teaches you how to improve the relationship you have with yourself. It is well written and read very easily in a few days time. Each time I start to read this book, I don't want to put it down. When I review a book, I usually like to say at least one thing that could be improved about the book. However, with this book, I can only say good things. It's well worth the money, and well worth the time to read. I have recommended it to several of my friends, telling them if it doesn't change their life, I will reimburse them for the cost of the book. So far, I haven't had to reimburse a single person!

My favorite chapter was "the magical kitchen". It truly showed me in retrospect that once you TRULY love yourself you will only do what is in the best interest for your heart and soul. I was in a very dark relationship with a cruel man at the beginning of this book, and by the end I was single and also figured out how I would never allow such disrespect if I loved myself. Since this book has come into my life I love being in my own skin. I have re-read this book several times and my dating life as well as my alone time is so much more pleasureable. I have learned to love myself entirely. Don wrote this book in such a way that regardless what your situation is while reading it by the time you are finished you just feel different. You are finally seeing things with open eyes as things truly are. I recommend this book to anyone who would like to work on themselves because this book is not how to change your man/woman it is what needs to be improved in you.

I particularly like what the author says about unconditional love. I think we have to understand the God loves us unconditionally before we can practice this concept. I learned about God unconditional love in the book and the Book *An Encounter With a Prophet* which removed all of the

support for the negative concepts I had about God. I highly recommend both books.

How can anything new about love and relationship be written - hasn't it all been said? Mr. Ruiz manages to approach love and relationship with a perspective that is so fresh that it opened my eyes to new possibilities. The author reveals the differences between relationships based on love and those based on fear and gently guides the reader to recognize the symptoms when fear is shutting out the warmth and joy that is our birthright. Reading this book is invigorating - I came away excited to practice the author's principles - and I find myself less judgmental and more relaxed about my relationship with my husband. Buy this book - it is an insightful guide to a more satisfying relationships. Another book that contains amazing insights into life is Working on Yourself Doesn't Work - by Ariel & Shya Kane. In this book, the Kanes describe three principles of transformation - they are simple but very potent and contain profound and original insights. Unconscious destructive behaviors and attitudes dissolve in an instant through awareness - a non-judgmental observing of what is. Reading this book resulted in some profound changes in my perceptions of who I was, and, as a result, my life circumstances began to shift - as if by magic. I don't know HOW it worked - only THAT it worked. I highly recommend this book.

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