



Contact: Allison McDaniel
210-912-4110
amcdaniel@hrpub.com

The Mastery of Self
A Toltec Guide to Personal Freedom
By don Miguel Ruiz Jr.

A Road Map to Reclaiming Your Authentic Self

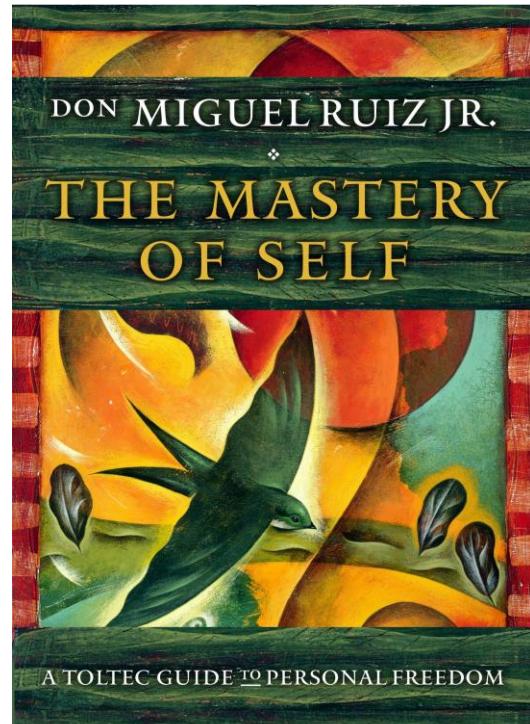
The ancient Toltecs believed that life, as we perceive it, is a dream. We each live in our own Personal Dream, and these come together to form the Dream of the Planet, or the world in which we live.

Problems arise when our perception of the Dream becomes clouded with negativity, drama, and judgment (of ourselves and others), because it's in these moments of suffering that we have forgotten that we are the architects of our own reality and we have the power to change our Dream if we choose.

In *The Mastery of Self*, bestselling author and teacher don Miguel Ruiz Jr. takes the Toltec philosophy of the Dream of the Planet and offers you a road map to reclaiming your Authentic Self. He reveals how the tools of awareness, understanding, and unconditional love can free you from any inhibiting beliefs, stories, or ideas that are keeping you from living the best life possible.

This book can help you discover who you really are at the deepest level, which often lies just beyond any conditioning or domestication you have acquired throughout your life. Once you are in touch with your Authentic Self, you will find that you no longer need to distort the world around you to fit your perception of what "should" be.

In addition to identifying the problem and explaining the solution in the context of his Toltec tradition, don Miguel Ruiz Jr. has included in-depth exercises throughout the book





that will help you put these teachings into practice. The end result is a book that you can return to again and again.

About the Author:

Don Miguel Ruiz Jr. is a Nagual, a Toltec Master of Transformation. He is a direct descendant of the Toltecs of the Eagle Knight lineage and is the son of don Miguel Ruiz. By combining the wisdom of his family's traditions with the knowledge gained from his own personal journey, he now helps others realize their own path to personal freedom.

The Mastery of Self

Don Miguel Ruiz Jr.

Hierophant Publishing

Paperback / \$19.95

ISBN: 978-1-938289-53-8

Available May 23rd!

Available wherever books and eBooks are sold or through Red Wheel/Weiser at (800) 423-7087

orders@rwwbooks.com, www.redwheelweiser.com