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The Complete Idiot's Guide to Toltec Wisdom

Sheri Rosenthal DPM

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Open the mind to new possibilities...

Born out of the ancient Toltec society in the central valley of Mexico, this advanced philosophy incorporates the knowledge of science, art, and the spirit to form a perfect model of transcendence. Toltecs believed humans live in a world of dreams that can lead to self-love and respect - the keys to personal freedom. With this guide, readers can explore the knowledge of the Toltecs, taking charge of their lives and becoming fully aware for the first time.

? Foreword from don Miguel Ruiz, the master of Toltec wisdom and author of The Four Agreements

? Filled with practical tools that readers can employ immediately

? This is the perfect introduction to the subject

? Rosenthal is a Toltec Mentor trained by Ruiz himself

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