



The Simple Little Rule: The Golden Rule Rediscovered

Mike Ellerkamp

Balboa Press (Jun 9, 2017)

Softcover \$13.99 (180pp)

978-1-5043-8149-9

The Simple Little Rule delves beyond behavior modification to a deeper view of practical morality.

The Simple Little Rule: The Golden Rule Rediscovered by Mike Ellerkamp crosses boundaries of faith and culture. The Golden Rule is an aphorism that few people would disagree with, even across vastly different ideologies. So why isn't it the prevailing way people live? That question is the heart of Ellerkamp's work, leading him to ponder how a person can truly live by the Golden Rule.

The book explores the Golden Rule throughout history. The author's deepening understanding breaks down the five supporting principles that make the Golden Rule philosophically complete as well as intensely practical: wisdom, justice, moderation, courage, and discipline. Ellerkamp draws from a wide range of spiritual and practical wisdom, from Plato to Aristotle, from Lao Tzu to Confucius, from Jesus to Buddha.

Ellerkamp's investigation stems from his personal thirst for spirituality and his unease with the way morality is simplistically and ineffectively applied, but this is more than a personal story. It's also much more than dry information, even though it's packed with research. This balance of personal and intellectual is fitting because the Golden Rule is innately personal, but it also has deep cultural and ideological roots, and its implications affect the way people interact from the intrapersonal level all the way to whole societies.

The book harnesses an open, boundaryless perspective that welcomes humanism and the divine. It balances the simplicity and complexity of the Golden Rule and shows how the practical—what we do—comes from the theoretical—what we think. Ellerkamp's voice is intelligent, calm, and warm. His book is full of clear reasoning but without a persuasive edge; he allows ideas to speak for themselves, and people to determine their response.

The Golden Rule is a timely principle in today's world of unrest and activism, but unlike many voices in today's culture, Ellerkamp presents a refreshingly optimistic view. He shuns the cynicism and despair that sometimes feel so rampant. This quality of believing the best of people, both as individuals and as a whole, is a gift to all who read his book; it's an inspiring example of following the Golden Rule.

Ellerkamp's insights and study transcend particular faiths or belief systems. This approach might make people committed to specific religions uncomfortable, but it will be hard for anyone to disagree with his conclusions, and in fact, his broad insights may enrich their personal beliefs.

The Simple Little Rule delves beyond behavior modification to a deeper view of practical morality.

MELISSA WUSKE (September 14, 2017)

Disclosure: This article is not an endorsement, but a review. The author of this book provided free copies of the book and paid a small fee to have their book reviewed by a professional reviewer. Foreword Reviews and Clarion Reviews make no guarantee that the author will receive a positive review. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.