



# The Four Agreements: A Practical Guide to Personal Freedom

*Miguel Ruiz*

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## **The Four Agreements: A Practical Guide to Personal Freedom** Miguel Ruiz

In *The Four Agreements*, don Miguel Ruiz reveals the source of self-limiting agreements that rob people of joy and create needless suffering. Based on ancient Toltec wisdom, the Four Agreements offer a powerful code of conduct that can rapidly transform anyone's life to a new experience of freedom, true happiness, and love. These agreements are deceptively simple: Be impeccable with your word (speak with integrity; say only what you mean); Don't take anything personally (nothing others do is because of you); Don't make assumptions (find the courage to ask questions and express what you really want); Always do your best (and you will avoid self-judgment, self-abuse, and regret). Peter Coyote's resonant reading emphasizes the power in these remarkable tenets.

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