



The Four Agreements: A Practical Guide to Personal Freedom (A Toltec Wisdom Book)

By Don Miguel Ruiz, Janet Mills



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In The Four Agreements, bestselling author don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, The Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.

- A New York Times bestseller for over 8 years
- Over 6 million copies sold in the U.S.
- Translated into 40 languages worldwide



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Editorial Review

Amazon.com Review

Sit at the foot of a native elder and listen as great wisdom of days long past is passed down. In *The Four Agreements* shamanic teacher and healer Don Miguel Ruiz exposes self-limiting beliefs and presents a simple yet effective code of personal conduct learned from his Toltec ancestors. Full of grace and simple truth, this handsomely designed book makes a lovely gift for anyone making an elementary change in life, and it reads in a voice that you would expect from an indigenous shaman. The four agreements are these: Be impeccable with your word. Don't take anything personally. Don't make assumptions. Always do your best. It's the how and why one should do these things that make *The Four Agreements* worth reading and remembering. --P. Randall Cohan

From Publishers Weekly

Ruiz's explanations of Toltec-based cosmography got a major boost recently when publishing pooh-bah Oprah Winfrey mentioned his work on her TV show. Ruiz, whose workshop teachings are distilled here, was born into a Mexican family of traditional healers, became a surgeon in adulthood, then underwent a near-death experience that made him reexamine his life, his beliefs. Like the popular works of the late Carlos Castaneda, Ruiz's teachings focus on dreams and visions. "Dreaming," Ruiz argues, "is the main function of the mind." A series of four "agreements" are detailed, which make up a larger picture of unconditional human faith. Despite the New Age- sounding language, Ruiz is refreshingly clear in the presentation of his ideas. Reading aloud, actor Coyote sounds every bit the enthusiastic old hippie, genuinely excited by the concepts he is spinning. Based on the 1997 Amber-Allen edition. Copyright 1999 Reed Business Information, Inc.

Review

Don Miguel Ruiz s book is a roadmap to enlightenment and freedom. --Deepak Chopra, Author, The Seven Spiritual Laws of Success

An inspiring book with many great lessons. --Wayne Dyer, Author, Real Magic

In the tradition of Castaneda, Ruiz distills essential Toltec wisdom, expressing with clarity and impeccability what it means for men and women to live as peaceful warriors in the modern world. --Dan Millman, Author, Way of the Peaceful Warrior

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From reader reviews:

Robert Robertson:

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