

Four Agreements Practical Personal Freedom

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## Summary:

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The Four Agreements: A Practical Guide to Personal Freedom ... In The Four Agreements, 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. The Four Agreements: A Practical Guide to Personal Freedom ... 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. THE BIG IDEAS The Four Agreements - Experience Life The Four Agreements are pretty much an awesome guide on how to do exactly that! 1ST AGREEMENT: BE IMPECCABLE WITH YOUR WORD • The first agreement is the most important one and also the most difficult one to honor.

Don Miguel Ruiz - Wikipedia Miguel Ángel Ruiz Macías (born August 27, 1952), better known by his pseudonym as Don Miguel Ruiz, is a Mexican author of Toltec spiritualist and neoshamanistic texts.

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