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

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**The Four Agreements A Practical**

In The Four Agreements shamanic teacher and healer Don Miguel Ruiz exposes self-limiting beliefs and

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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.

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rapidly transform our lives to a new  
experience of freedom, true happiness,  
and love.

**The Four Agreements: A Practical  
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The Four Agreements - A Practical Guide  
To Personal Freedom - A Toltec Wisdom  
Book Unknown Binding - January 1, 1997

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Book, Miguel Ruiz The Four Agreements, was published in 1997 and has sold around 5.2 million copies in the U.S. and has been translated into 38 languages. The book advocates personal freedom from beliefs and agreements that we have made with ourselves and others that are creating limitation and unhappiness in our lives.

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**The Four Agreements: A Practical  
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Free download or read online The Four Agreements: A Practical Guide to Personal Freedom pdf (ePUB) book. The first edition of the novel was published in 1997, and was written by Miguel Ruiz. The book was published in multiple

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Using “The Four Agreements” to live a  
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Mills. Many times there are things in our

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lives that we don't like, that we want to change, but we make the same mistakes, the same choices, expecting that the result will be different.

## **The Four Agreements Official Website**

The Four Agreements: A Practical Guide to Personal Freedom is a self-help book

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by bestselling author Don Miguel Ruiz with Janet Mills. The book offers a code of conduct based on ancient Toltec wisdom that advocates freedom from self-limiting beliefs that may cause suffering and limitation in a person's life. First published in 1997, the book has sold over 8.2 million copies in the US and has been translated into 46



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languages worldwide. The book gained popularity after being endorsed by Oprah Win

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Like. “You can have many great ideas in your head, but what makes the difference is the action. Without action upon an idea, there will be no

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manifestation, no results, and no reward". — Don Miguel Ruiz, *The Four Agreements: A Practical Guide to Personal Freedom*. tags: inspirational , toltec-wisdom , wisdom.

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Saussure and Derrida. Both Saussure  
and Derrida (and many, many others)  
did work on how we form ideas in our  
heads based on language.

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In The Four Agreements, don Miguel Ruiz  
reveals the source of self-limiting beliefs

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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.

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## **The Four Agreements - The Four**

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The Four Agreements offers useful insight and a generous helping of inspiration that imparts wisdom in an accessible manner. It provokes thought and encourages the reader to self-reflect and to want to do and be better. It's also a helpful tool for ensuring more effective communication in your relationships.



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