

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, 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. 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 â€œThe first agreement is the most important one and also the most difficult one to honor.

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