



FROM THE AUTHOR OF *THE NEW YORK TIMES*  
BESTSELLER *THE FOUR AGREEMENTS*

# THE FOUR AGREEMENTS

COMPANION BOOK

DON MIGUEL RUIZ



WITH JANET MILLS

USING THE FOUR AGREEMENTS  
TO MASTER THE DREAM OF YOUR LIFE

don Miguel Ruiz and

The Four Agreements Companion Book: Using the Four Agreements to Master  
the Dream of Your Life (Toltec Wisdom)



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The 4 Agreements introduced a simple, but powerful code of conduct for attaining personal freedom and true happiness. don Miguel Ruiz This companion book is normally a must-read not merely for those who enjoyed don Miguel's first reserve, but for anyone who is prepared to keep suffering behind, also to master the art of living in our natural condition: happiness. Keys to recover your will, your faith, and the power of your word • Success stories from individuals who have utilized The Four Agreements "The Four Agreements certainly are a tool for transformation, leading you to stop judging, mainly yourself, and to begin practicing another life-style. The Companion Reserve includes: • Practice ideas to help you become the master of your existence • A dialogue with don Miguel about living The Four Agreements • How to break the domestication that will keep you enslaved by fear •" — Now The Four Agreements Companion Reserve goes even further across the journey to recuperate the awareness and wisdom of your genuine self.



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The Four Agreements companion book is almost as good as the original book. I read both together so it is a little bit hard to separate both. Only say everything you mean. Recently someone was harping at me about something they didn't like. I didn't take what they said individually. I apologized for what I truthfully thought I had a need to apology for, but then inside I let the rest just pass through me without getting disturbed. Great book... upsetting another person. Push back and enjoy life. That contract about not really taking everything personally is the one I am working on the most in order that is the best example. This is a workbook. It is a lot more reasonable to stand in the area of saying that I know not everything is about me. If you will go through, think, and write, you may use the instructions in this book to actually assist you to escape self condemning thoughts you agreed with earlier in life. All of the agreements are helpful. It is work. This book is a guide to the 4 agreements. The smallest glimmer of truth will push back the darkness. Loved this book Loved this book. It helped me peel the proverbial onion a little deeper in terms of recognizing my reactions to old programming that no more serves me. Avoid using the term to speak against yourself or to gossip about others. I would suggest it for anybody who truly really wants to live life to the fullest. ; ) This is a very good Companion book This is an excellent Companion book, mostly for the ones who've just gotten into implementing the Four Agreements into their lives. The book gives you various exercises, mostly writing exercises, to discover where certain lies come from. They help you gain perspective about what lies you have, and just why, and what effect that basically do have, and everything you actually REALLY want. :) Five Stars Life changing book. Personally i think I purchased this book a little too late, as a lot of my lies had been already destroyed and how I felt about a lot of them already significantly changed. Anyhow, still I try performing the exercises with the tiny lies that still remain. One very interesting workout is making your 'Reserve of Law', a list of all the lies you come across. You are likely to keep track of all of your lies for at least a season, and write them down. This book will, for me, quite definitely help the ones who just began fighting the Liar and Judge, or who've trouble overcoming their lies. it totally helps to broaden your understanding, it can help you look at factors from different angles and to apply them practically.. i'd recommend it if you've browse the four agreements before. read the four agreements once again and use this companion; Five Stars This companion book is fantastic at helping you navigate your thought and belief systems to grow. But hey, I cannot say the book is wrong. Talk to others as clearly as you can in order to avoid misunderstandings, sadness, and drama. i'd recommend it if you have read the four agreements before totally supports the guided reflection and application of the four agreements.. This book expands and goes with the book "The Four Agreements". If you're searching for something, this is \$8 of something. It really is worth the work. The bottom line is, the four agreements are: The Four Agreements are very simple, but very profound. This is an extremely profound book that could really help less you to a very good place in life. The Four Agreements are:- Be Impeccable With Your Words and phrases- Don't Take Anything Personally- Don't Make Assumptions- Constantly Do Your Best- When he says become Impeccable TOGETHER WITH YOUR Word, he means you should always speak, with integrity. I really discovered these books to become very helpful. It had taken me deeper into practicing awareness and manifesting my desire. Use the power of your term in direction of truth and like. With just that one agreement, you can completely transform your daily life.- when he says Don't Make Assumptions, he means you need to discover the the courage to ask questions and to express what you really want. If you are immune to the opinions and activities of others, you won't become the victim of needless struggling. What others state and do is definitely a projection of their very own reality, their own desire..- when he tells us Don't Take Anything Personally, he implies that nothing others do is due to you.- When he says Constantly Do Your Best, he means your very best is going to change from moment to second, nevertheless, you must simply do your best, and you will avoid self-judgment, self-abuse, and regret. To embrace and live each of the Four Agreements is to find yourself experiencing personal freedom--perhaps as nothing you've seen

prior.If my review helped you, please click on "Helpful" below and many thanks for reading my critique.I purchased this Companion book only after I've been reading (and rereading more than three times) the 4 Agreements, the Mastery of Love and the Voice of Knowledge. The queries are deep and really make you reflect on your childhood, beliefs, and behaviors. Change your life You see why is a successful person with what you have accepted about yourself all of your life. Whatever This book lets you know what you should know at this time in life. The complete Inca-Aztec wisdom factor is so schticky it's hard to believe people swallow this. Great book to help keep you on the correct path. This is a short but very spiritual and powerful book. Great read Great read Good book Good book Excellent companion book! If you loved The Four Agreements, and you also still want more, after that this publication is you! Don Miguel Ruiz has knocked it out of the park once more! That creates such peace within me where before I'd have become very upset with myself for well. I have read it three times Great book. I have read it 3 x. Same holds true for all of this authors books. Awesome! Generally something not used to learn, discover. guide to life i have read all of his books



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