

The Four Agreements

The Four Agreements: A Practical Guide to Personal Freedom
 by Don Miguel Ruiz; 138pages
 A quick read in the bathroom. Though the Four Agreements seem simple; They are very well
 crafted and build upon each other. It is deceptive how powerful the combination becomes.

- 1) Be Impeccable With Your Word
- 2) Don't Take Anything Personally
- 3) Don't Make Assumptions
- 4) Always Do Your Best

My review of the book written in my newsletter Living Intentionally

The Four Agreements: A Practical Guide to Personal Freedom by Don Miguel Ruiz; 138pages - a quick
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I recommend this book with a caveat. It is a little fluffy in the beginning but the meat of the book is good stuff. Ruiz pulls the marketing angle of ancient mystics/ cultures a la Celestine Prophecy. Ruiz however, gets down to business once he starts discussing the four agreements.

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 other. It is deceptive how powerful the combination becomes.

- 1) Be Impeccable With Your Word
- 2) Don't Take Anything Personally
- 3) Don't Make Assumptions
- 4) Always Do Your Best

I love #1. The word IMPECCABLE is precise. According to Ruiz, in Latin impeccable means to be without
 sin. And Sin, in Latin, means to do harm to oneself. "Being Impeccable is not going against
 yourself. When you are impeccable, you take responsibility for your actions, but you do not
 judge or blame yourself." p31.

I suggest that if you think you will get detoured from this book by the mystical aspects - skim the intro and jump right
 into the agreements.

If only the people of the world would live by these simple, yet profound Four Agreements