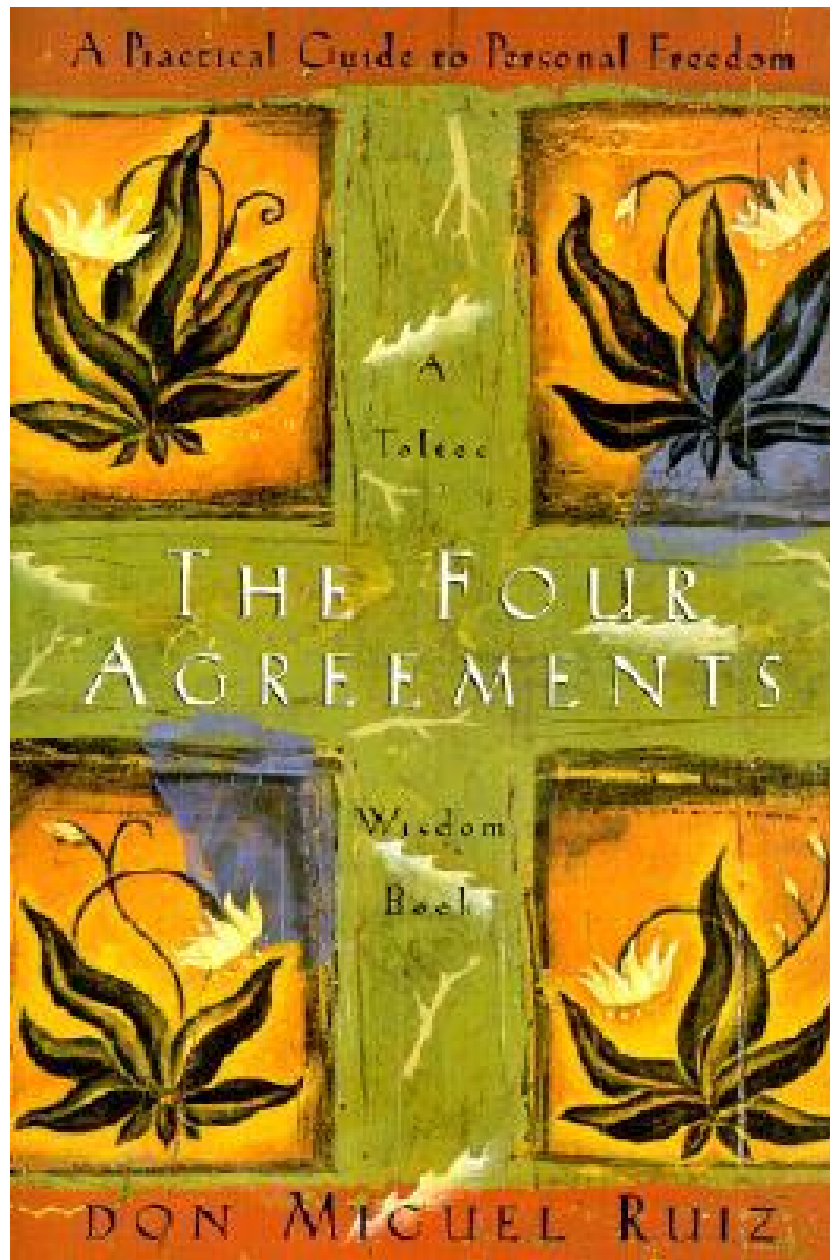


The Four Agreements: A Practical Guide to Personal Freedom Book PDF Download



By:
Miguel Ruiz

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What people Say:

Jim Mitchell

I am reading this book, and even though it is a small book, when I finish page 129, I start over again on page 1. I have been reading it for about fourteen years now, and I suspect I will continue reading it for as long as I can read. A few pages at a time is more than enough to give me something to kick around in my head for a few days or a week.

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This is a book that challenges one to live up to four simple truths, and offers transformational results as a result if one could live a life completely engaged in the four agreements. They are so concise that I can state them here. 1) Be impeccable with your word. 2) Don't take anything personally. 3) Don't make assumptions. 4) Always do your best. Simple huh? Track a day and see how many times you break an agreement (in your actions or your mind). To my constant amazement, I find myself stumbling over one or another of these agreements with some regularity. So it helps to remind myself by the constant reread.

I am not reading with a hope that I will attain some mystical state, but I read because I find the author's explanation of how our mind, our society, and importantly, our relationships work to be insightful, even though it is based on a paradigm that is completely outside my heritage of growing up in a small New England town. Understanding the Toltec dream metaphor is an essential part of realizing the deeper meaning driving our relationships within the world around us. Ruiz does a good job of helping these concepts become clearer.

Reading this book, I have started to formulate a good answer to a question that originally began in childhood. "What is the meaning of life?" is not a good question to be unanswered when one has piled up decades in this mortal realm. Ruiz has helped me drop many of my limited belief structures and has opened up insights into living that are valuable to young and old souls alike.

It is 2017, fourteen years after I wrote this first review, and the book is still on my nightstand by my bed. It is a good read.

Mikaela

I'd like to propose this book as required reading for the course, Life. Make four simple agreements with yourself and living becomes so much easier, so much lighter:

1. Be impeccable with your word

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

2. Don't take anything personally

Nothing others do is because of you. What others say and do is a projection of their own

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2. Don't take anything personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Jessica

I was surprised. I thought I would really like this book. A friend of mine told me the basic ideas were to be impeccable with your word, don't take things personally, don't make assumptions, and always do your best. To me, these sounded great: be honest, be forgiving, give others a chance to say what they think and try your best...or so I thought!

The ideas were actually more along the lines of: don't send out poisonous words that put spells on people, don't let others poison you with their spells

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to be impeccable with your word, don't take things personally, don't make assumptions, and always do your best. To me, these sounded great: be honest, be forgiving, give others a chance to say what they think and try your best...or so I thought!

The ideas were actually more along the lines of: don't send out poisonous words that put spells on people, don't let others poison you with their spells (pretty strange, right?), don't have expectations of others, and yes, try your best.

My husband and I were going to read this together, but by page 16 he couldn't take it anymore! I needed to read it for our book group so I continued on solo.

I found the explanations for these ideas unnecessarily described as being from black or white magic, unnecessarily loaded with examples and I felt the author was talking down to me.

Also, by far the book's biggest flaw, the information, if it hadn't been so swollen by overexplaining EVERY single concept, could have been presented in half OR LESS of the length!!!! Really, an elementary student might need all the over-simplified explanations supported by numerous examples, but even a teenager would have felt that Ruiz is beating a dead horse! (As my husband and I did by page 16!)

Another friend told me that the ideas in this book reminded her of things she's heard before and gave as an example *You Are Special*, a great children's book by Max Lucado. I suggest reading that instead of this book.

The book's ideas felt religious and might be okay for someone who is without religion and looking for some principles to govern their life. But, for me, as a Christian, I felt that these concepts were not only familiar but succinctly summed up in "love one another" and "try to be like Jesus."

I really didn't like the book, but I suppose that I don't have to worry about the author taking it personally! :)

Suz

This is my second time reading this book and I picked it up again because I felt I was compromising too much in my life and it was affecting my core. I have a chapter to go but here's the summary:

The book cites four agreements that, with practice, will lead you to a happier state of living, essentially and dramatically, lead you out of your living hell. The idea is focused 100% on you. You can only control yourself and only honor yourself.

1. Be impeccable with your word. Your word is your power

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The book cites four agreements that, with practice, will lead you to a happier state of living, essentially and dramatically, lead you out of your living hell. The idea is focused 100% on you. You can only control yourself and only honor yourself.

1. Be impeccable with your word. Your word is your power to create the events in your life. It can create positive events or destructive events. Impeccable means "without sin". So the idea here is that you use your word without sin against yourself. You take responsibility for your actions but you do not judge and blame yourself. There is a big difference. And as you practice your impeccable word don't you think the very actions which might have caused you to judge and blame yourself before will decrease and it will become easier to truly know the difference between taking responsibility and punishing yourself (over and over again).

2. Don't take anything personally. Don't take compliments or insults or anything in between personally. If you know who you are and are impeccable with your word (i.e.: being yourself, not going against yourself) then you will get better and better at not allowing others to shape how you feel about yourself. This particular chapter I struggle with because I personally like to build people up by showing them how I feel about them and what I think about who they are. It is a rare thing for me to tell someone something negative unless i am trying to be a friend to help them through something and they need to hear it. However, I will re-read this to try to gain more meaning and understanding out of it.

3. Don't make assumptions. This almost requires no comment. We do this ALL the time. I know I do. You hear someone explaining their situation and as they are you are summarizing it in your own words in your head, filling in blanks because you want to have the complete picture. Except it's not the complete picture because rather than ask questions to fill in the blanks, you used your own experience and assumptions to do so.

4. Always do your best so that you will not judge and punish yourself. Do things because you want to do them and do your best, not for some reward. Enjoy your life. Live it now. And your best may not be the same every day if you're sick, tired, or you've fallen victim to beating yourself up. Doing your best means doing your best with the previous 3 agreements also and it means you may not always live up to your desire to always honor them. But it's your best so don't judge yourself.

Chris

I never thought I would fall for a book by someone who would allow this picture of himself to adorn the back cover:

I can't explain it. I'm not one to be floored by silly, little self-help books full of spirituality and cliches and horrible stories and simple advice. But I was. This book might just change my life.

I'll hand the rest of this review over to David Foster Wallace:

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I'll hand the rest of this review over to David Foster Wallace:

"It seems to me that the intellectualization and aestheticizing of principles and values in this country is one of the things that's gutted our generation. All the things that my parents said to me, like 'It's really important not to lie.' OK, check, got it. I nod at that but I really don't feel it. Until I get to be about 30 and I realize that if I lie to you, I also can't trust you. I feel that I'm in pain, I'm nervous, I'm lonely and I can't figure out why. Then I realize, 'Oh, perhaps the way to deal with this is really not to lie.'

That seems to me like something our generation needs to feel."