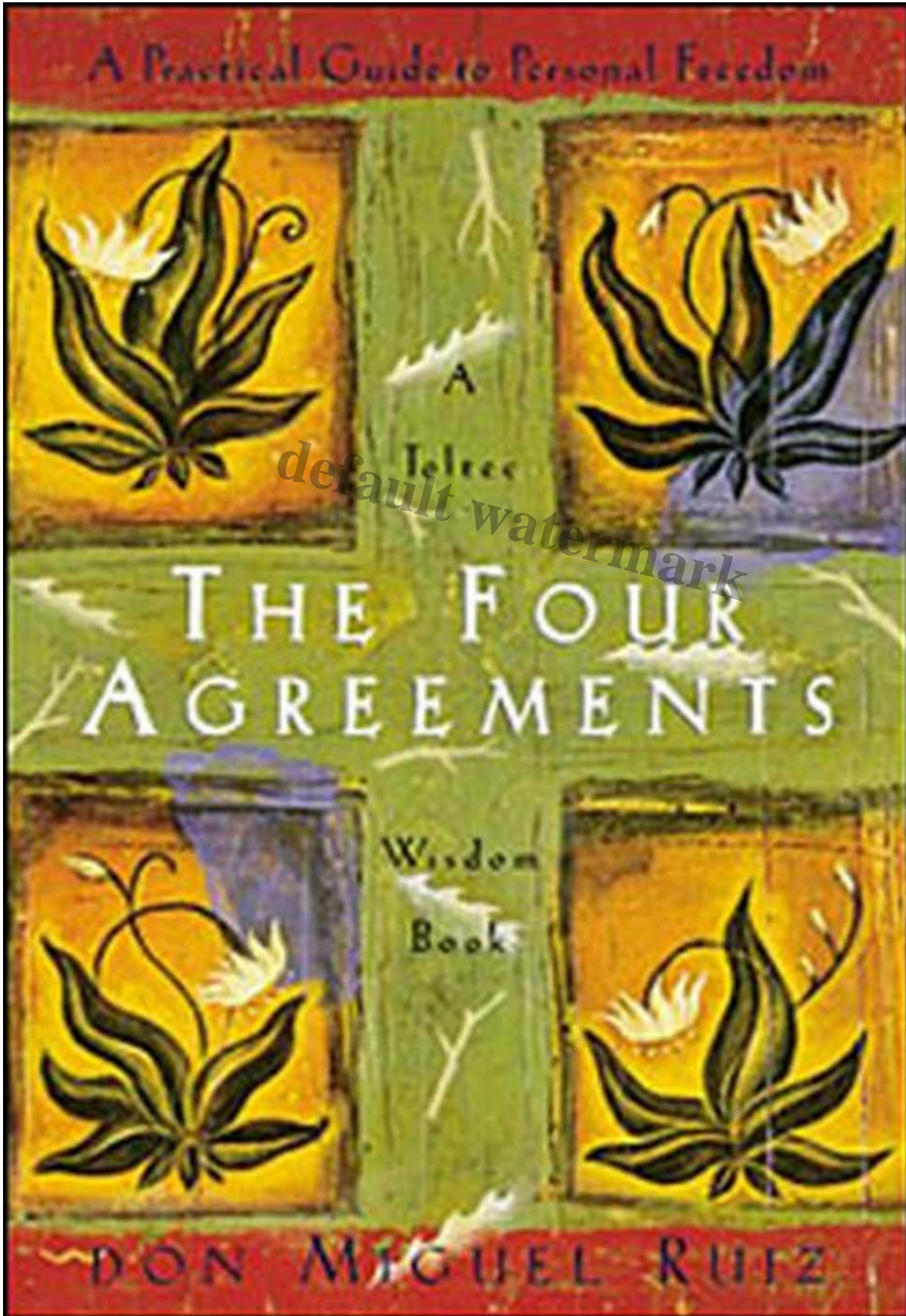


The Four Agreements

Description

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I love books! I have many which I've had for years, but still haven't read yet. One of these days I will. What happens is I hear of a book or read a review about one and buy it. Instead of reading it immediately, it sits on my shelf while I continue to add books to my collection. [The Four Agreements](#) by Don Miguel Ruiz is a book I heard about years ago. I think it was one of comedian and talk show host, Ellen DeGeneres's favorite books. I liked author Don Miguel Ruiz's book so much that I've purchased some of his other books as well such as [The Mastery of Love](#). Based on ancient Toltec wisdom, [The Four Agreements](#) reveals the source of self limiting beliefs which is based on agreements we have made with others, our self and society. The Four Agreements are:

1. Be Impeccable with Your Word

2. Don't Take Anything Personally

3. Don't Make Assumptions

4. Always Do Your Best

Number one is especially hard, but probably the most important. The chapter on not taking anything personally has been the most transforming for me. I sometimes still catch myself falling into that trap, but I'm more aware of it now. If you are interested in reading more about *The Four Agreements* you can click [here](#). It's a quick read and very practical. I will be giving away two copies. To enter the giveaway just leave me a comment on what your favorite book is. This offer is open until Wednesday, December 12. If you read my blog through email and don't see a comment option just click on the title which takes you to my blog and the comment bar will be at the top or bottom of my post.

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Author

queenie