

## *The Four Agreements Companion Book Miguel Ruiz*

This four-color illustrated edition of *The Four Agreements* celebrates the 15th anniversary of a personal growth classic. With over 10 years on The New York Times bestseller list, and over 9 million copies in print, *The Four Agreements* continues to top the bestseller lists. In *The Four Agreements*, 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. "This book by don Miguel Ruiz, simple yet so powerful, has made a tremendous difference in how I think and act in every encounter." — Oprah Winfrey "Don Miguel Ruiz's book is a roadmap to enlightenment and freedom." — Deepak Chopra, Author, *The Seven Spiritual Laws of Success* "An inspiring book with many great lessons." — Wayne Dyer, Author, *Real Magic* "In the tradition of Castaneda, Ruiz distills

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essential Toltec wisdom, expressing with clarity and impeccability what it means for men and women to live as peaceful warriors in the modern world." — Dan Millman, Author, Way of the Peaceful Warrior

Appealing bookmark based on don Miguel Ruiz' bestseller features Nicholas Wilton's cover art. Listed on the back of the bookmark are The Four Agreements: Be Impeccable with Your Word, Don't Take Anything Personally, Don't Make Assumptions, and Always Do Your Best. Each bookmark is packaged in a clear plastic sleeve.

Coordinating tassel and bead.

Our popular Charming Petites feature eye-catching artwork and a wide array of subjects. Unless otherwise indicated, each has a 24K gold-plated or silver-plated charm to keep on the ribbon bookmark or wear on a bracelet. Excerpts from the best-selling "The Mastery of Love (by the author of "The Four Agreements). "To become masters of love, we have to practice love. The art of relationship is also a whole mastery, and the only way to reach mastery is with practice."

The ancient Toltecs believed that life as we perceive it is a dream. We each live in our own personal dream, and all of our

dreams come together to make the Dream of the Planet. Problems arise when we forget that the dream is just a dream and fall victim to believing that we have no control over it. "The Mastery of Self" takes the Toltec philosophy of the Dream of the Planet and the personal dream and explains how a person can: Wake upLiberate themselves from illusory beliefs and storiesLive with authenticity Once released, we can live as our true, authentic, loving self, not only in solitude and meditation, but in any place--at the grocery store, stuck in traffic, etc.--and in any situation or scenario that confronts us. The Ruiz family has an enormous following, and this new book from don Miguel, Jr. will be greeted with enthusiasm by fans around the world. This new book from don Miguel, Jr. will be greeted with enthusiasm by fans around the world.

The Essential Teachings

Summary of The Four Agreements

How the East Learned to Live with the West

The Straight Talk You Need to Get the Relationship You Deserve

Wisdom from the Four Agreements

The Art of Simple Living

### Predicate Transformer Semantics

Bestselling author and renowned Zen teacher Steve Hagen penetrates the most essential and enduring questions at the heart of the Buddha's teachings: How can we see the world in each moment, rather than merely as what we think, hope, or fear it is? How can we base our actions on reality, rather than on the longing and loathing of our hearts and minds? How can we live lives that are wise, compassionate, and in tune with reality? And how can we separate the wisdom of Buddhism from the cultural trappings and misconceptions that have come to be associated with it? Drawing on down-to-earth examples from everyday life and stories from Buddhist teachers past and present, Hagen tackles these fundamental inquiries with his trademark lucid, straightforward prose. The newcomer to Buddhism will be inspired by this accessible and provocative introduction, and those more familiar with Buddhism will welcome this much needed hands-on guide to understanding what it truly means to be awake. By being challenged to question what we take for granted, we come to see the world as it truly is. Buddhism Is Not What You Think offers a profound and clear path to a life of joy and freedom. In *The Four Agreements*, a New York Times bestseller for over 7 years, Ruiz revealed how the process of our education, or "domestication," can make us forget the wisdom we were born with. Throughout our lives, we make many agreements that go against ourselves and create needless suffering. The Four Agreements help us to break these self-limiting agreements and replace them with agreements that bring us personal

freedom, happiness, and love. In The Fifth Agreement, don Miguel Ruiz joins his son don Jose Ruiz to offer a fresh perspective on The Four Agreements, and a powerful new agreement for transforming our lives into our personal heaven. The Fifth Agreement takes us to a deeper level of awareness of the power of the Self, and returns us to the authenticity we were born with. In this compelling sequel to the book that has changed the lives of millions of people around the world, we are reminded of the greatest gift we can give ourselves: the freedom to be who we really are.

Do you want to feel happier, more positive and less stressed? Do you feel anxious or overwhelmed by your fast-paced life? Do you want to break the cycle of unhappiness and achieve inner peace? If you answered 'yes' to one of these questions, then this book is for you. Manuel Villa, Spain's Mindfulness and Zen expert, and Marc Reklau, author of many international bestsellers, have joined forces to bring you Mindful Zen Habits. Can we really change our life in 30 days? Yes, we can-by changing our habits and doing little things a little bit differently day after day. Changing the habit of excessive thinking, of not giving enough room to our emotions, breaking the routine of not listening to our body-all of this and more can indeed transform our life. In this book, you will learn: How to enjoy the present moment How to calm down your thoughts How to improve your focus and productivity How to finally find peace of mind How to create lasting habits And so much more... You will find teachings and tools that your mind, your heart and your body need to undertake. We are eager to accompany you on this

exciting journey. It is a great self-help book that will appeal to different kinds of readers who want to create a happier, healthier and more successful life. The book contains proven tips, tricks and exercises that can improve a person's life drastically. Mark Reklau and Manuel Villa believe in creating new habits and practise the exercises consistently and shows the readers how just 30 days can make all the difference. The book includes fun and easy little tricks and techniques that will help the readers to create the life they want.

Don Miguel Ruiz illuminates the fear-based beliefs and assumptions that undermine love and lead to suffering and drama in our relationships. He shows us how to heal our emotional wounds, recover the freedom and joy that are our birthright, and restore the spirit of playfulness that is vital to loving relationships.

Using the Four Agreements to Master the Dream of Your Life  
Special Edition

A Practical Guide to Inner Peace

The Mastery of Love CD

The Five Levels of Attachment

A Communion with Our Creator : Inspiration and Guided Meditations for Living in Love and Happiness

How to Discover and Master the Power Within You

**"Don Miguel Ruiz's book is a roadmap to enlightenment and freedom." - Deepak Chopra,**

**Author, The Seven Spiritual Laws of Success. In this powerful book, and its companion, we learn the source of self-limiting beliefs that rob us of joy and create needless suffering. The Four Agreements - deceptively simple, but incredibly powerful - offer us a code of conduct that can transform our lives to a new experience of freedom, true happiness, and love.**

**The Five Levels of Attachment picks up from where Don Miguel Ruiz, Jr's father's book, The Four Agreements, left off. Building on the principles found in his father's international bestseller (2.5 million copies sold in the US), Don Miguel explores the ways in which we attach ourselves inappropriately to beliefs and the world. This is ancient wisdom for finding your true self. Ruiz explores the five levels of attachment that cause suffering in our lives. The five levels are: • Authentic Self • Preference • Identification • Internalization • Fanaticism Accessible and practical, The Five Levels of Attachment invites us to look at our own lives and see how an unhealthy level of attachment can keep us trapped in a psychological and spiritual fog. He then teaches us to reclaim our true freedom by cultivating awareness, detaching, and discover our true selves.**

**A central problem in the design of programming systems is to provide methods for verifying that computer code performs to specification. This book presents a rigorous foundation for defining Boolean categories, in which the relationship between specification and behaviour can be explored. Boolean categories provide a rich interface between program constructs and techniques familiar from algebra, for instance matrix- or ideal-theoretic methods. The book's distinction is that the approach relies on only a single program construct (the first-order theory of categories), the**

**others being derived mathematically from four axioms. Development of these axioms (which are obeyed by an abundance of program paradigms) yields Boolean algebras of 'predicates', loop-free constructs, and a calculus of partial and total correctness which is shown to be the standard one of Hoare, Dijkstra, Pratt, and Kozen. The book is based in part on courses taught by the author, and will appeal to graduate students and researchers in theoretical computer science.**

**Fear is the source of all of the negative agreements we've made with life. It can alienate us from the joy that is our birthright. When we are able to look at our lives without fear or judgments, we realize that reality can be whatever we want it to be. Beyond Fear leads seekers of the Toltec way of freedom and joy on their spiritual journey into a state of empowerment. More expansive and in-depth than The Four Agreements, Beyond Fear contains information on life after death, prophecies about the evolution of humanity, and exercises and ceremonies to walk readers through the process of shedding fear and becoming spiritually and emotionally alive.**

**3-Book Boxed Set**

**Ethical Principles and Guidelines for the Protection of Human Subjects of Research :**

**Appendix**

**MINDFUL ZEN HABITS**

**The Four Agreements Beaded Bookmark**

**The Proven Power of Being Kind to Yourself**

**A Practical Guide to Personal Freedom**

**The Belmont Report**

## Read PDF The Four Agreements Companion Book Miguel Ruiz

Improving the dynamic relationship between nature and human well-being is a pressing issue of our time. Landscapes embody this tight interconnectedness and serve as unique sustainability learning hubs, showcased by the global rise of place-based and holistic landscape stewardship initiatives. Incorporating these exciting developments, this book explores the principles of landscape stewardship and their function in fields such as agriculture, ecological restoration and urban green infrastructure. It provides insights into the challenges and the potential of landscape stewardship and identifies future paths for the science and practice of landscape-related sustainability efforts. Aligning analytical perspectives with practical applications, it brings together contributions from leading scholars and innovative models of landscape stewardship from all around the world, making it an essential resource for anyone interested in developing sustainable human-nature relationships.

Using inspirational stories to impart the ancient wisdom of the three Toltec masteries--awareness, transformation, and love--the author examines the common fallacies that can undermine love, and tells listeners how to gain wisdom, avoid fear, and end the battle for control with their partners.

The State of Food Security and Nutrition in the World gives updates on the prevalence of undernourishment globally and the absolute number of undernourished, as well as the latest estimates for a number of global nutrition targets. This latest edition looks at the role of economic slowdowns and downturns in the rise of hunger and makes policy recommendations to safeguard food security and nutrition worldwide.

The Four Agreements Companion Book takes you further along the journey to recover the awareness and wisdom of your authentic self. This book offers additional insights, practice ideas,

a dialogue with don Miguel about applying The Four Agreements, and true stories from people who have transformed their lives.

Finding Freedom Beyond Beliefs

Mathematics for Physics

The Circle of Fire

Buddhism Is Not What You Think

Using The Four Agreements to Master the Dream of Your Life

A Practical Guide to the Art of Relationship

Kant and the Demands of Self-Consciousness

*In The Circle of Fire (formerly published as Prayers: A Communion With Our Creator) Ruiz inspires us to enter into a new and loving relationship with ourselves, with our fellow humans, and with all of creation. Through a selection of beautiful essays, prayers, and guided meditations, Ruiz prepares our minds for a new way of seeing life, and opens our hearts to find our way back to our birthright: heaven on earth. The result is a life lived in joy, harmony, and contentment. In my teachings, "The Circle of Fire" ceremony celebrates the most important day of our lives: the day when we merge with the fire of our spirit, and return to our own divinity. This is the day when we recover the awareness of what we really are, and make the choice to live in*

*communion with that force of creation we call "Life" or "God." From that day forward, we live with unconditional love in our hearts for ourselves, for life, for everything in creation. This book, first published in 2001 as "Prayers: A Communion with Our Creator," will remind you of what you really are. It has always been my favorite book, and now in honor of my favorite prayer, it has been appropriately renamed "The Circle of Fire." -- don Miguel Ruiz*

*Not being of the West; being behind the West; not being modern enough; not being developed or industrialized, secular, civilized, Christian, transparent, or democratic - these descriptions have all served to stigmatize certain states through history. Drawing on constructivism as well as the insights of social theorists and philosophers, After Defeat demonstrates that stigmatization in international relations can lead to a sense of national shame, as well as auto-Orientalism and inferior status. Ayşe Zarakol argues that stigmatized states become extra-sensitive to concerns about status, and shape their foreign policy accordingly. The theoretical argument is supported by a detailed historical overview of central examples of the established/outsider dichotomy throughout the evolution of the*

*modern states system, and in-depth studies of Turkey after the First World War, Japan after the Second World War, and Russia after the Cold War.*

*An engagingly-written account of mathematical tools and ideas, this book provides a graduate-level introduction to the mathematics used in research in physics. The first half of the book focuses on the traditional mathematical methods of physics – differential and integral equations, Fourier series and the calculus of variations. The second half contains an introduction to more advanced subjects, including differential geometry, topology and complex variables. The authors' exposition avoids excess rigor whilst explaining subtle but important points often glossed over in more elementary texts. The topics are illustrated at every stage by carefully chosen examples, exercises and problems drawn from realistic physics settings. These make it useful both as a textbook in advanced courses and for self-study. Password-protected solutions to the exercises are available to instructors at [www.cambridge.org/9780521854030](http://www.cambridge.org/9780521854030).*

*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. • A New York Times bestseller for over 7 years • Over 5.2 million copies sold in the U.S. • Translated into 38 languages worldwide Don Miguel Ruiz's book is a roadmap to enlightenment and freedom." — Deepak Chopra, Author, The Seven Spiritual Laws of Success "An inspiring book with many great lessons . . ."* — Wayne Dyer, Author, Real Magic *"In the tradition of Castaneda, Ruiz distills essential Toltec wisdom, expressing with clarity and impeccability what it means for men and women to live as peaceful warriors in the modern world."* — Dan Millman, Author, Way of the Peaceful Warrior

*Why You're Not Married . . . Yet*

*A Toltec Guide to Freedom and Joy : the Teachings of Miguel Angel Ruiz, M.D.*

*An Autobiography*

*Safeguarding Against Economic Slowdowns and Downturns*

*After Defeat*

*A Toltec Guide to Personal Freedom*

## *Beyond Fear*

**The beloved spiritual teacher builds on the message of his enduring New York Times and international bestseller *The Four Agreements* with this profound guide that takes us deeper into the tradition of Toltec wisdom, helping us find and use the hidden power within us to achieve our fullest lives. In *The Four Agreements*, Don Miguel Ruiz introduced seekers on the path to enlightenment to the tenets of Mesoamerican spiritual culture—the ancient Toltec. Now, he takes us deeper into Native American practice, and asks us to consider essential questions that drive our lives and govern our spiritual power. Three eternal questions can help us into our power and use it judiciously: Who am I? What is real? How do I express love? At each stage in our lives, we must ask these simple yet deeply profound questions. Finding the answers will open the door to the next stage in our development, and eventually lead us to our complete, truest selves. But as Don Miguel Ruiz makes clear, we suffer if we do not ask these questions—or if we fail to pay attention to their answers—because we either never act on our power or use it destructively. Only when power is anchored in our identity and in reality will it be able to be in synch with the universe—and be of true benefit to ourselves and to others. The three questions provide a practical framework that allows readers to engage with Ruiz’s transformative message and act as a vehicle for overcoming fear and anxiety and**

**discovering peace of mind. An essential guide for all travelers pursuing self-knowledge, understanding, and acceptance, The Three Questions is the next step in our unique spiritual metamorphosis.**

**This study offers a striking new interpretation of Kant's theory of self-consciousness.**

**"Does for mental clutter what Marie Kondo has done for household clutter."**

**--Publishers Weekly Relax and find happiness amid the swirl of the modern world with this internationally bestselling guide to simplifying your life by the renowned Zen Buddhist author of Don't Worry. In clear, practical, easily adopted lessons--one a day for 100 days--renowned Buddhist monk Shunmyo Masuno draws on centuries of wisdom to teach you to Zen your life. Discover how . . . Lesson #4: lining up your shoes after you take them off can bring order to your mind; Lesson #11: putting down your fork after every bite can help you feel more grateful for what you have; Lesson #18: immersing yourself in zazen can sweep the clutter from your mind; Lesson #23: joining your hands together in gassho can soothe irritation and conflict; Lesson #27: going outside to watch the sunset can make every day feel celebratory; Lesson #42: planting a flower and watching it grow can teach you to embrace change; Lesson #67: understanding the concept of ichi-go ichi-e can make everyday interactions more meaningful; Lesson #85: practicing chisoku can help**

**you feel more fulfilled. A minimalist line drawing appears opposite each lesson on an otherwise blank page, giving you an opportunity to relax with a deep breath between lessons. With each daily practice, you will learn to find happiness not by seeking out extraordinary experiences but by making small changes to your life, opening yourself up to a renewed sense of peace and inner calm. A PENGUIN LIFE TITLE**

**Draws on the four guided principles for life transformation presented in The Four Agreements in an inspirational collection of the author's favorite prayers, meditations, and reflections on topics such as wisdom, healing, courage, love, integrity, forgiveness, freedom, truth, and happiness. Original. 100,000 first printing.**

**The Mastery of Love**

**The Four Agreements**

**The Voice of Knowledge**

**Don Miguel Ruiz's Little Book of Wisdom**

**The Four Agreements Toltec Wisdom Collection**

**Wisdom from the Mastery of Love**

**100 Daily Practices from a Zen Buddhist Monk for a Lifetime of Calm and Joy**

**In The Voice of Knowledge, Miguel Ruiz reminds us of a profound and simple truth:**

## Read PDF The Four Agreements Companion Book Miguel Ruiz

The only way to end our emotional suffering and restore our joy in living is to stop believing in lies — mainly about ourselves. Based on ancient Toltec wisdom, this breakthrough book shows us how to recover our faith in the truth and return to our own common sense. Ruiz changes the way we perceive ourselves, and the way we perceive other people. Then he opens the door to a reality that we once perceived when we were one and two years old — a reality of truth, love, and joy. “ We are born in truth, but we grow up believing in lies. . . . One of the biggest lies in the story of humanity is the lie of our imperfection. ” — don Miguel Ruiz • From the international bestselling author of The Four Agreements • A New York Times bestseller • Over 300,000 copies sold in the U.S.

"Don Miguel Ruiz is the author of The four agreements, The mastery of love, and numerous other bestselling books. He is also one of the most influential spiritual teachers on the planet, having touched the lives of millions and millions of people around the world. No person has been affected more by his teachings than his own son, don Miguel Ruiz Jr., and in this groundbreaking work, don Miguel Ruiz Jr. has compiled the wisdom of his father into one little, albeit extremely powerful, book."--Inside cover flap.

Perfect for personal use, or for your whole office. Get yours today. Whether on your desk at home or in your bag on the go our professionally designed! Specifications: Cover Finish: Matte Dimensions: 6" x 9" (15.24 x 22.86 cm) Interior: Blank, White Paper,

Unlined Pages: 110

The Four Agreements: A Practical Guide to Personal Freedom by Miguel Ruiz - Book Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) Have you ever felt that every element in your life is not fitting in just the way you pictured? You are not alone and it's never late to fix that issue. In The Four Agreements Don Miguel Ruiz tell us the core of self-limiting beliefs that prevent us from reaching a stable status of joy and make us suffer. These are common evils that we, as human possess and must get rid of. With Ruiz's guidance, you will can do so. (Note: This summary is wholly written and published by Readtrepreneur. It is not affiliated with the original author in any way) "Whatever happens around you, don't take it personally... Nothing other people do is because of you. It is because of themselves." - Miguel Ruiz The four agreements that Miguel Ruiz reveals are the following: Be impeccable with your word, don't take anything personally, don't make assumptions and always do your best. How deep can you go into these concepts to improve as a human being? In Four Agreements, the author goes into detail with each one of the agreements so you can fully take in all of them. Don Miguel Ruiz stresses that true happiness can be achieve by anyone but you must make an effort to evolve as a human being. P.S. Miguel Ruiz is an extremely helpful book that will aid you improve and evolve as a human being to reach an state of true happiness. The Time for Thinking is Over! Time for Action! Scroll Up

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Why Choose Us, Readtrepreneur? Highest Quality Summaries Delivers Amazing Knowledge Awesome Refresher Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book.

The Four Agreements Companion Book

The Four Agreements with Companion

The State of Food Security and Nutrition in the World 2019

Inspiration and Guided Meditations for Living in Love and Happiness

The Mastery of Self

James Nasmyth Engineer

Motivational Notebook, Journal, Diary (110 Pages, Blank, 6 X 9) Professionally Designed

The Four Agreements Companion Book Using The Four Agreements to

Master the Dream of Your Life Amber-Allen Publishing

“Very wise . . . Give this book to every single girlfriend [you] have.”—Marie Claire If you’re looking to get married and you’re not, there’s most likely a very good reason: you. Hey, you’re certainly not a bad person! You just haven’t yet become the woman you need to be in order to have the partnership you want. That’s where this book comes in. Based on her wildly

popular Huffington Post article, Tracy McMillan's Why You're Not Married . . . Yet dishes out no-holds-barred practical wisdom for women hoping to head down the aisle. And this new edition features even more candid advice and sisterly insight. McMillan points out the behaviors that might be in your blind spot and shows you how to adjust them to get the relationship you deserve. Do any of these chapter headings sound familiar? • You're a Bitch: How defensiveness can hide behind a tough exterior, and why being nice is never a sign of weakness. • You're a Liar: How to stop lying to men—and get honest with yourself—about the kind of relationship you really want. • You're Selfish: The big secret about marriage: It's about giving something, not getting it. A funny, insightful guide, Why You're Not Married . . . Yet will change your life and the way you think about relationships, and it may very well lead you down the aisle. "Equal parts BFF, boot-camp instructor, and relationship guru, Tracy McMillan will change the way you think about yourself and your relationships. This book is for every woman out there who wants to have a great marriage."—Ricki Lake

A three volume set identifies four self-limiting beliefs that impede one's experience of freedom, true happiness, and love; looks at the fear-based assumptions that undermine love; and urges readers to restore joy in living

by not believing in lies.

This Charming Petite\* volume excerpts the bestselling original book in a concise and readable way, presenting "The Four Agreements: " Be impeccable with your word; Don't take anything personally; Don't make assumptions; and Always do your best.

Self-Compassion

Four Agreements Cards

The Science and Practice of Landscape Stewardship

A Guided Tour for Graduate Students

A Practical Guide to Personal Freedom (Four-color Illustrated Ed.)

Prayers

The Three Questions

***This book describes a lifetime devoted to creative chemistry in the service of all mankind.***

***Kristin Neff, Ph.D., says that it's time to "stop beating yourself up and leave insecurity behind." Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more,***

**psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff’s extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.**

**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. • A New York Times bestseller for over a decade •**

**Translated into 46 languages worldwide “This book by don Miguel Ruiz, simple yet so powerful, has made a tremendous difference in how I think and act in every encounter.” — Oprah Winfrey “Don Miguel Ruiz’s book is a roadmap to enlightenment and freedom.” — Deepak Chopra, Author, *The Seven Spiritual Laws of Success* “An inspiring book with many great lessons.” — Wayne Dyer, Author, *Real Magic* “In the tradition of Castaneda, Ruiz distills essential Toltec**

***wisdom, expressing with clarity and impeccability what it means for men and women to live as peaceful warriors in the modern world.” — Dan Millman, Author, Way of the Peaceful Warrior***

***The Four Agreements introduced a simple, but powerful code of conduct for attaining personal freedom and true happiness. Now The Four Agreements Companion Book takes you even further along the journey to recover the awareness and wisdom of your authentic self. This companion book is a must-read not only for those who enjoyed don Miguel’s first book, but for anyone who is ready to leave suffering behind, and to master the art of living in our natural state: happiness. The Companion Book includes:***

- How to break the domestication that keeps you enslaved by fear***
- Keys to recover your will, your faith, and the power of your word***
- Practice ideas to help you become the master of your own life***
- A dialogue with don Miguel about living The Four Agreements***
- Success stories from people who have used The Four Agreements***

***“The Four Agreements are a tool for transformation, leading you to stop judging, mainly yourself, and to start practicing another way of life.” — don Miguel Ruiz***

***A Practical Guide to Self-Mastery***

***The Fifth Agreement***

***A Practical Guide to Personal Freedom (A Toltec Wisdom Book) by Don Miguel Ruiz***

***From Suffering to Happiness In 30 Days***

***Half a Century of Free Radical Chemistry***

***The Four Agreements (Illustrated Edition)***