

## The Four Agreements A Practical Guide To Personal Freedom Miguel Ruiz

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The Four Agreements: Practical Guide to Personal Freedom ...

The Four Agreements: A Practical Guide to Personal Freedom is a self-help book by bestselling author Don Miguel Ruiz with Janet Mills. The book offers a code of conduct based on ancient Toltec wisdom that advocates freedom from self-limiting beliefs that may cause suffering and limitation in a person's life. First published in 1997, the book has sold over 8.2 million copies in the US and has been translated into 46 languages worldwide. The book gained popularity after being endorsed by Oprah Win

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The Four Agreements: A Practical Guide to Personal Freedom, A Toltec Wisdom Book, Miguel Ruiz The Four Agreements, was published in 1997 and has sold around 5.2 million copies in the U.S. and has been translated into 38 languages. The book advocates personal freedom from beliefs and agreements that we have made with ourselves and others that are creating limitation and unhappiness in our lives.

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Four Agreements : A Practical Guide to Personal Freedom a Toltec Wisdom Book, Paperback by Ruiz, Don Miguel; Mills, Janet, ISBN 1878424319, ISBN-13 9781878424310, Brand New, Free P&P in the UK Identifies four self-limiting beliefs that impede one's experience of freedom, true happiness, and love.

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