

Dr. Goldman's Book Reviews

THE FOUR AGREEMENTS

A Practical Guide to Personal Freedom

A Toltec Wisdom Book

By

Don Miguel Ruiz

Amber-Allen Publishing 1997

Don Miguel Ruiz introduces us to four basic “Agreements” with which to guide our lives. They are:

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.

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.

DON'T MAKE ASSUMPTIONS

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

ALWAYS DO YOUR BEST

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

In this little book, Don Miguel Ruiz introduces us to his view of life, and his approach to living and finding strength and happiness. In addition to *The Four Agreements*, he also has a Companion Book, illustrated cards and a gift Edition. His foundation is **The Sixth Sun Foundation** and his web site is **www.miguelruiz.com**.

Robert P. Goldman, M.D.