



The Four Agreements Companion Book: Using the Four Agreements to Master the Dream of Your Life

Miguel Ruiz , Janet Mills

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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

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From Reader Review The Four Agreements Companion Book: Using the Four Agreements to Master the Dream of Your Life for online ebook

Carol says

This book able to contribute to making peoples' lives a lot more carefree and comfortable. I have no doubt that if each of the agreements are worked on even a little, people would start to see how they're causing a lot of their own grief. It has to do with giving an overhaul to very old beliefs about self esteem, needs and expectations, finally.

I started reading the Four Agreements back in the '90s, but a lot of things got in my way, like mostly my life! I finally got back to reading this book this past year (2011), and have actually been adapting some of it! I have chosen the agreement "never take anything personally" to focus on for now.

I've had a lot of practice with this agreement at work. I've had difficulty relating to some of my co-workers that happen to come from the far side of "woken up", if you know what I mean. They seem to get instantly vicious if they think they are being threatened even a little bit, and sometimes they don't even seem to realize why they feel threatened because their hackles go up too fast. Then in the frenzy, they're oblivious to the idea that maybe they've simply jumped to conclusions before they got all the facts, which is most often what has happened. They are always evaluating how the Universe is impacting them, not how they are impacting the Universe.

The agreements address this type of thing thoroughly, and help the readers see how they have set themselves up, then teaches them how to stop doing that. Unfortunately, there is no good way to expose people to the book when they are clinging to their old beliefs that everything is Happening To Them. It's like Catch-22: they are continually stressed because they're reacting in ways that are based on old beliefs, but their old beliefs will keep them from even trying to investigate the book.

Harshal says

Simple, captive reading. The teachings are quite profound. Simple changes that can lead to a better and a happy life.

Estefanía Cantoral says

No es algo nuevo (misma fórmula) a otros libros de autoayuda pero tiene mensajes muy bonitos y te hace una cantidad de preguntas que te deja reflexionar y conocerte a tí mismo.

Estefana Ramos wright says

Cheesy, romanticization.

Antti Poikolainen says

5/5 book, here are some key takeaways.

the four agreements (ruiz)

if intellect and success were covered by the previous book, this is all about spiritualism (more than just religion)

and really the key takeaways here are the four agreements listed as per the title. according to ruiz, making these agreements is the only way to be truly happy while still in this life, the only way to break away from the shroud around all of us, blinding us and poisoning our (and each others) lives

i. be impeccable with your word - always say the truth, never lie, never say anything less than the whole truth. otherwise you are manipulating peoples reality

ii. dont take anything personally. nobody ever says anything because of you TO you, everything they say is always a representation of their relationship with themselves. e.g. if you have a good say you might praise someones outfit yet on a bad day you wouldn't praise the very same outfit, just because your day was different - nothing changed with the outfit receiving the praise!

(this was the most important lesson for me)

iii. never make assumptions - especially in relationships. everything you assume a motive or a reason for why what happened, you are leading yourself astray and further from the truth (agreement i.) always ask why and rather be the one who asks the stupid questions THAN the one who makes stupid assumptions

iv. always do your best (ties all of these together)

never take up a task you wont put effort into. whatever comes on your way, give your best. even these agreements. all these agreements are difficult to make and hold up. try your best. and if you fail, you can forgive yourself because you gave your best. and then you can try again.

Anablava Ligataj says

I must confess that if I did not have the compulsory need to finish every book I start reading, I would have never finished this one.

I found it to be a mere repetition of the book it was supposed to accompany. Merely a tool to get more money out of the 4 agreements. Such a pity, I found the first book interesting but after reading this I am no longer a fan.

So my advice to you: if you liked the four agreements, do not read the companion book. It will make you dislike them.

If you didn't like the four agreements book, you will definitely not like this one.

Lynn says

Not much different to all the other self-help books I've read in the past. Eventually got bored just over half-way.

Nicholas Piva says

Sometimes the most profound books are the shortest. While most authors believe that using verbose and loquaciousness wording to make their side more convincing, it doesn't. Ruiz uses the perfect word-length, he ensures you will not get bored, and you feel as if it is worth every minute of reading. Along with his brevity is his clarity. He gives many examples and real world uses for his four principles to follow in life.

Ruiz is a student of the Toltec way of life. The Toltec people flourished before the Aztecs; it seems that my readings of history have highlighted that humans have become less inquisitive as a whole as time progresses. I feel in contemporary times, we have too many distractions, but if we could just escape these quasi-necessities we could restore our growth of mind exponentially with the myriad of resources at our disposable.

Anyways, the four principles or agreements are basic. They are: be impeccable with your word, don't make assumptions, don't take anything personally, and try your best, always.

These are ubiquitous truths through my eyes, but to implement them - it is rather hard. However, I have promised myself to try to do so. There were a couple of ideas that resonated with me in particular; one is that we are always dreaming. If we are in a perpetual dream, then we can alter our life by changing our mindset about life.

Everyone one of us is in our own paradigm, which gives us the power to not take anything personally because we are living in a different mindset. Most do not understand that by changing their mindset or world-view they could do a complete about-face for the better.

The other concept that at first seemed counter-intuitive, but now it seems perfectly plausible is that we should love ourselves first. We should consciously treat ourselves like a king, with respect and dignity; there is no room for negative self-talk or to be critical. Always be positive because perspective is in direct correlation with the quality of your life.

The last revolutionary concept is the attach-detach method. We must strive to live in the present and anything in the past, we detach from until we meet again or do again. This allows for us to have 100 percent concentration in the present, which is necessary for a great life.

This book is a must read if you are human. Sometimes the most sagacious thoughts are the most simple.

Zuzka says

This book helped me a lot. It is one of the 'must read' books if you want to learn more about yourself and how to world functions.

Tiara says

1st read, rating 4 stars:

It's really hard to rate books like this because it's general message is beyond important.

2nd read, 5 stars:

This book needs to be read a couple of times so you can really get a real life experience out of it. I got this the second time I read it and now I recommend it to everyone. I will read it again pretty soon because it is now a life guide for me.

Megan Hodgson says

I honestly can't believe that this book isn't mentioned more. I really do feel like this book and "The Four Agreements" should just be one book. If anything, I got more out of this companion book than I did out of the "Four Agreements"!

This book was stunning. I really like that there are a lot of journal prompts in the book. I have been going through and writing them all down, and am planning on journaling my way through the questions this summer. There were a lot of questions in this book that were really insightful and showed how the agreements should work in everyday life.

This book is basically a continuation of the last little bit of the "Four Agreements", so please make sure you read the other book first.

There were a lot of quotes and passages that I underlined in "The Four Agreements Companion". I think it will be good to go back and even just look at those passages in the future. There is a lot of emphasis of mindfulness of your self in any situation. I think that this is something that anyone can incorporate into their lives, regardless of their spirituality or religion or philosophy on life.

I really liked the back third of the book, where there were questions and answers regarding the four agreements and the philosophy behind them. It really added to the experience of the book.

I would like to give this book 5/5 stars. I am happy that I read both of these books back to back, and feel that they really made me think about what the author was arguing.

The Overflowing Inkwell says

Only read this so I could complete my reading challenge. Terribly boring and not at all suitable for normal life. Especially the sections on gossip, and some of the sections on suffering. There's the usual idea that all gossip is shuffling around mean things about others. There's a line in here that basically says don't even share what you feel about yourself, because other people can twist your words around and make it a 'poison'. Which sounds like terrible advice, to be frank. His writing style is annoyingly repetitive and doesn't really ever get the point. More of the usual 'if it doesn't feel good, you aren't doing it right,' glorifying the idea of 'detachment,' and loving everyone no matter what without ever grounding that in reality.

Spirituality really sucks. It's all head-in-the-clouds, practisable only by a select few who have an otherwise easy, happy life, but thinks it's for everyone and preaches to the common man that if they just unconditionally loved, pain & suffering wouldn't come into their lives anymore. So glad I'm finished with all these nonsense books, and even gladder not to have to return.

Polly Robinson says

I felt I was reading the ramblings of a lunatic- a positive, loving one - but, still a lunatic. I did take a few positive reminders from it.

Melissa says

There are some beautiful parts and I truly enjoy the philosophy and simplicity of the four agreements, but Ruiz's writing style isn't my favorite. He makes VERY broad generalizations and contradicts himself in places.

London Mabel says

Aside for some quibbles about the role of gossip, this is good life advice/ stuff I've found to be true.
