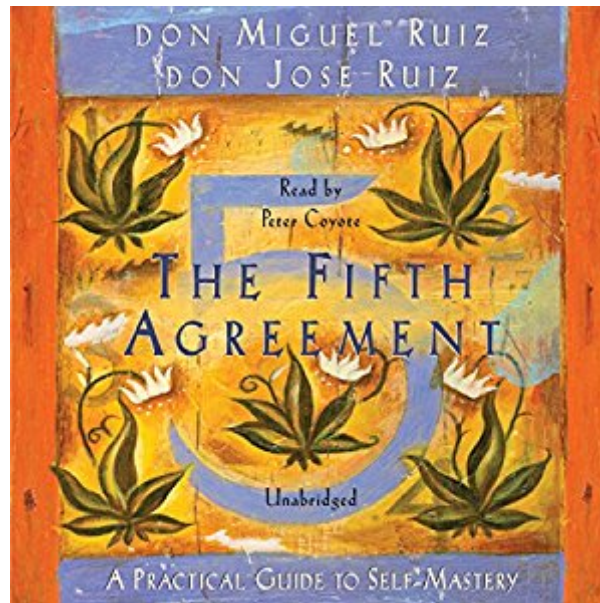




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The Fifth Agreement: A Practical Guide To Self-Mastery



Synopsis

In *The Four Agreements*, a New York Times best seller for over seven years, don Miguel 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. Now 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. 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.

Book Information

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in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

Excellent read with descriptions of basic facts on living a full life in a fundamentally understandable and clear manner. I have sent copies already to friends and no doubt will be ordering more.

Compact-- comprehensible-- cogent.

Such a revealing book. Truth is truth whether from an Aztec, Islamic leader, Christian, etc. This book gets to the heart of who we are, and what we're about. It meddles and disturbs the soul. So if

you get this book be prepared to do some soul searching and discovery of your true inner self.

The chapters I have read are disappointing. More double-talk than educational. A lot of words that don't say much.

Wow! It brings together the original four agreements in a brilliant book about all the lies we have been fed our whole lives. The only way to get back to your real self and truly live well is to become aware of what you really believe, your truths. Stop believing how you should be and begin to believe in your own perfection and that of everyone and everything around you.

I loved this book. If you want to change the world, this is a must read for you. Don Miguel and Don Jose Ruiz outdo The Four Agreements (if that's even possible) with this book. Not only do they synthesize the Four Agreements but clearly show how The Fifth Agreement is an integral component to changing ourselves, thus in changing the world.

A lot of "self help " books are out there. This book, if read carefully and mentally digested properly will be a positive addition to one's life.

Amazing follow up. :) I will read... and re-read. :)

I belong to a kickboxing gym and noticed how the coaches at the gym were so centered and giving and positive about themselves and others. Through conversation, I found out about this book. I am excited to keep myself in check with these five agreements . We are here to love and be happy... This book gives easy guidance to help us do that. I recommend to anyone who is looking to establish inner peace.

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