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The Four Agreements

The Four Agreements: A Practical Guide to Personal Freedom is a self-help book by the author Don Miguel Ruiz. The book outlines a code of conduct based on Toltec teachings that purport to improve one's life. The book was originally published in 1997 by Amber-Allen publishing in San Rafael, California. An illustrated edition was later published by the same company in 2010 to celebrate the book's 15th anniversary. First published in 1997, the book gained popularity after being endorsed by Oprah W...

@book{ruiz2010four, title={The Four Agreements: A Practical Guide to Personal Freedom}, author={Ruiz, D.M. and Mills, J.}, isbn={9781934408018}, series={A Toltec Wisdom Book}, url={https://books.google.co.cr/books?id=hzVxiw2DiOsC}, year={2010}, publisher={Amber-Allen Publishing, Incorporated} }

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