

The Four Agreements® and The Twelve Steps

Experience the power of applying principles from *New York Times* bestseller, *The Four Agreements* to *The Twelve Steps* of Recovery. You will leave with new perspectives and tools to enhance your skill at working the steps and further help you prevent relapse.

Participants will learn how to:

- Calm the chatter in the mind
- Listen openly
- Receive criticism without reacting negatively
- Reduce stress and drama
- Forgive yourself and others
- Make your amends impeccably
- Stay calm in situations that used to baffle you

Practicing *The Four Agreements*, in conjunction with the unique *DreamShifting* process, can radically improve how we relate to ourselves and others. Like *The Twelve Steps*, these agreements provide a simple roadmap that supports us to take responsibility for creating a fulfilling and joyful sober life. This lively and interactive workshop invites participants to jump in and experience the power of applying these common sense principles to deepen their work with the steps. They leave with a simple tool they can use on their own to shift any potentially stressful moment into a great one.

- Be Impeccable with Your Word
- Don't Take Anything Personally
- Don't Make Assumptions
- Always Do Your Best*

Clients consistently report that Linda's lively and interactive approach inspires and motivates them to shift whatever stands in their way so they can achieve success in their personal and professional lives.

Testimonials:

"Working with Linda has transformed my life and my business: I have gained confidence and tools to improve myself personally and professionally and reached new heights in my current and new career. Thank you for helping me make the best of a difficult work situation as I continue to see the light and truth inside myself." ~ Mackenzie M., CEO

"The effects of our session yesterday are still echoing through me today. I feel an incredible lightness of being." ~ Mike M., President and Television Producer

"Linda Landon has been a true gift in my life. She teaches with love and expertise the ways of the Toltec and brings *The Four Agreements* to life in her coaching and teaching. I walked away feeling peaceful and better able to let go of making assumptions and taking things personally. Thank you, Linda!" ~ Linda B., Counselor

* *The Four Agreements®* by don Miguel Ruiz, published by Amber-Allen Publishing, San Rafael, CA