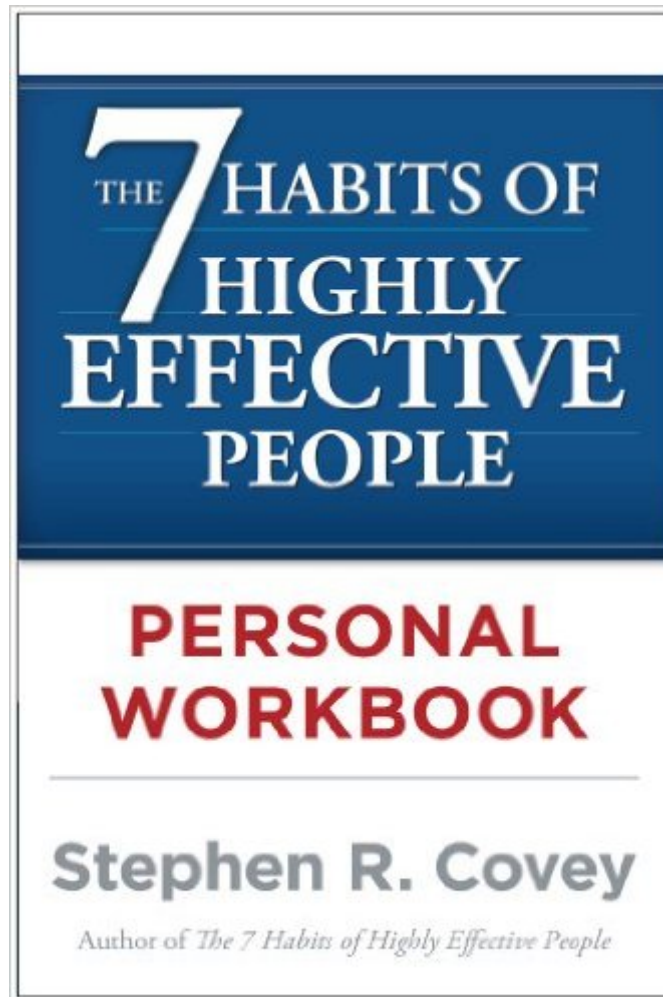


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The 7 Habits Of Highly Effective People Personal Workbook



Synopsis

Internationally renowned leadership authority and bestselling author Stephen R. Covey presents a hands-on companion to his landmark book *The 7 Habits of Highly Effective People*, which has sold more than 10 million copies and has become a touchstone for individuals, families, and businesses around the world. Stephen Covey's *The 7 Habits of Highly Effective People* took the self-help market by storm in 1990 and has enjoyed phenomenal sales ever since. The integrated, principle-centered 7 Habits philosophy has helped readers find solutions to their personal and professional problems and achieve a life characterized by fairness, integrity, honesty, and dignity. Covey's tried and true step-by-step approach is explored even more fully in this workbook, which leads readers through the 7 Habits and shows them how to put these ideas into action everyday. With the same clarity and assurance that Covey's readers have come to know and love, the workbook helps readers further understand, appreciate, and internalize the power of the 7 Habits. These engaging, in-depth exercises allow readers—both devotees and newcomers—to get their hands dirty as they develop a philosophy for success, set personal goals, and improve their relationships. The overwhelming success of Stephen R. Covey's principle-centered philosophy is a testament to the millions who have benefited from his lessons, and now, with *The 7 Habits of Highly Effective People Personal Workbook*, they can further explore and understand this tried-and-true approach. This reference offers solutions to both personal and professional problems by promoting and teaching fairness, integrity, honesty, and dignity. An engaging companion to a bestselling classic, *The 7 Habits of Highly Effective People Personal Workbook* will help readers set goals, improve relationships, and create a path to life effectiveness.

Book Information

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Customer Reviews

Books like Stephen Covey's 7 Habits of Highly Effective People Personal Workbook and its counterpart The 7 Habits of Highly Effective People sell for the same basic reason cookbooks or diet and exercise books do: People are eager to improve their lives. I've met several people who feel that self-improvement books are hogwash and say they don't need a book to give them motivation to do something. That's fine, and if you're one of those people, then this book isn't for you. However, if you do happen to struggle with improving certain aspects of your life, you might want to read this. And if you do read it and don't like it, what did you lose, really, except the bit of time you spent reading and the cost of the book? Essentially, this book is a kind of cognitive therapy. Cognitive therapy is a mode of therapy whose sole aim is to get a person to improve his or her stinkin' thinkin'. Any person can do that with a little reorientation regarding what's important to them, especially as these personal values turn into a real action plan. In other words, the aim is to get a person to discover what he or she values the most and then after landing on that then put those values into action in daily life, constantly renewing what was committed to. I'll state this a bit more concretely in a moment, but first let's see what Covey's actual recommendations are. The first point is that you have the choice to how you would like to respond to any event. You can choose to be angry, choose to be sad, choose to be happy, puzzled, etc., but the ultimate realization here is that between that moment when an external event occurs and your response to that external event, you can choose to respond any way you want.

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