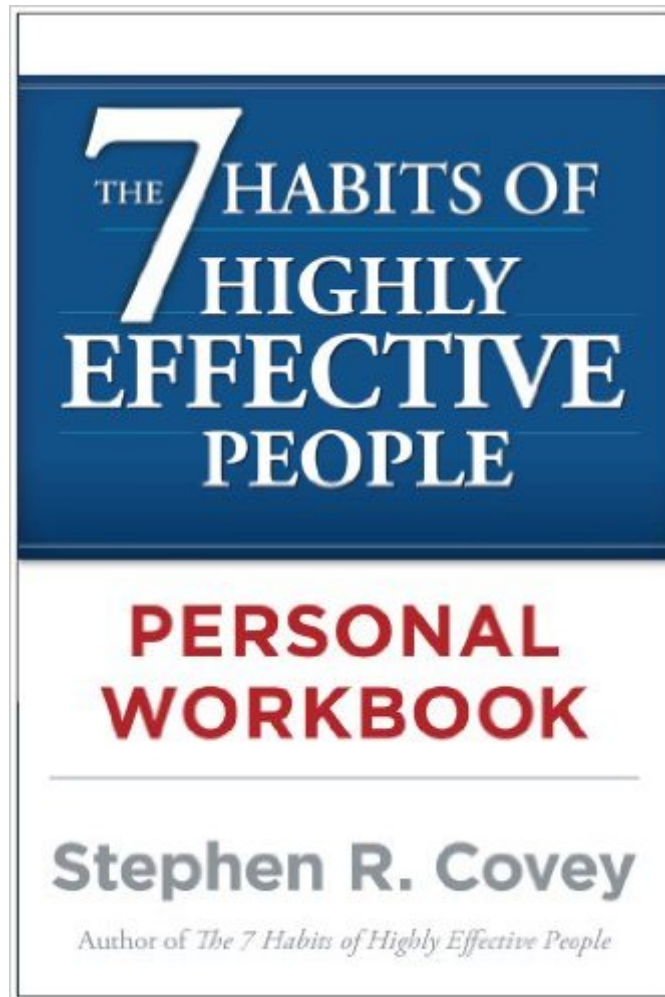


The book was found

# 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

Paperback: 192 pages

Publisher: Touchstone (January 6, 2004)

Language: English

ISBN-10: 0743250974

ISBN-13: 978-0743250979

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars— See all reviews— (153 customer reviews)

Best Sellers Rank: #6,081 in Books (See Top 100 in Books) #21 in Books > Literature & Fiction > Genre Fiction > Medical #53 in Books > Textbooks > Social Sciences > Psychology #60

## 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.

[Download to continue reading...](#)

The 7 Habits of Highly Effective People Personal Workbook Habits: How to Develop Strong, Positive Habits Into Your Life for Long Lasting Change (Habits, Daily Routines, Exercise Habits, Habit Stacking, Mindset) The 7 Habits of Highly Effective People: The Reader's Guide Edition Los 7 Habitos de la Gente Altamente Efectiva [The 7 Habits of Highly Effective People] The 7 Habits of Highly Effective Teens: The Miniature Edition The Highly Selective Dictionary of Golden Adjectives: For the Extraordinarily Literate (Highly Selective Reference) Doctor Mozart Music Theory Workbook for Older Beginners: In-Depth Piano Theory Fun for Children's Music Lessons and HomeSchooling: Highly Effective for Beginners Learning a Musical Instrument How To Analyze People: Mastering Analyzing and Reading People: (How To Read People, Analyze People, Psychology, People Skills, Body Language, Social Skills) What if I Say the Wrong Thing?: 25 Habits for Culturally Effective People Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping

Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Diabetes: Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Diabetic Recipes to Lower Blood Sugar: Diabetes ... Diet,smart blood sugar,sugar detox Book 4) How to Quit Without Feeling S\*\*t: The Fast, Highly Effective Way to End Addiction to Caffeine, Sugar... It's Always Sunny in Philadelphia: The 7 Secrets of Awakening the Highly Effective Four-Hour Giant, Today Take Back Your Life: 103 Highly-Effective Strategies to Snuff Out a Narcissist's Gaslighting and Enjoy the Happy Life You Really Deserve (Detoxifying Your Life) It Pays to Win on Defense: A game-based soccer approach to developing highly effective defenders (Game-based Soccer Training) (Volume 2) UNEXPLAINED DISAPPEARANCES & MISSING PEOPLE.: MISSING PEOPLE CASE FILES; UNEXPLAINED DISAPPEARANCES; MISSING PEOPLE. (UNEXPLAINED DISAPPEARANCES : MISSING PEOPLE Book 2) Parenting: Parenting Toddlers: An Effective Child Care Guide To Potty Training, Nutrition, Hygiene, & Proper Sleeping Habits For A Happy Healthy Toddler The Wounded Heart Workbook: A Companion Workbook for Personal or Group Use Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence)

[Dmca](#)