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the 7 habits of highly effective people by stephen r covey summary analysis preview the 7 habits of highly effective people is a self help book that outlines seven skills to develop in order to increase efficiency and have more rewarding interpersonal relationships living according to the seven habits requires paradigm shifts that allow an individual to become flexible enough to change one is the shift in associations when considering independence and interdependence independence which is more valued by contemporary personality driven trends can cause problematic isolation and stifle cooperation interdependence describes a healthier approach that enables teamwork the seven habits also require an understanding of the difference between production or results and production capacity the processes that generate the results neither of which can be prioritized at the cost of the other the first three habits relate to private victories first people should restrict their efforts to the things that they can actually influence and not waste energy on things that cause worry but cannot be directly controlled please note this is key takeaways and analysis of the book and not the original book inside this instaread summary of the 7 habits of highly effective people overview of the book important people key takeaways analysis of key takeaways about the author with instaread you can get the key takeaways summary and analysis of a book in 15 minutes we read every chapter identify the key takeaways and analyze them for your convenience

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