

The 8th Habit Personal Workbook Strategies To Take You From Effectiveness To Greatness

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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. With over 15 million copies in print, the book has become a classic, now a touchstone for millions of individuals as well as for families and businesses. 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 can now be even more thoroughly explored in this new workbook 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.

A companion to the New York Times bestselling book "The 7 Habits of Highly Effective Teens," this engaging personal workbook provides fun, supplementary activities and thought-provoking exercises to help you understand and apply the power of the 7 habits in your life. Imagine you had a playbook, a step-by-step guide to help you get from where you are now to where you want to be in the future. Your goals, your dreams, your plans—they are all achievable. You just need the tools to help you get there. The "7 Habits of Highly Effective Teens" personal workbook is that tool. Whether you're already familiar with the power of the 7 habits or you're learning about them for the first time, this guide will help you figure out what you want in life and then decide upon a path to make it a reality. These interactive, positive lessons will give you the tools

to improve your self esteem build friendships resist peer pressure achieve goals get along better with your friends and family and strengthen yourself in every aspect of your life

revealing a step by step pathway for living this beloved classic that provides powerful yet timeless lessons in personal change celebrates its 15th anniversary with this edition that features a new foreword and afterward by the author

international bestselling author marc reclau presents a hands on companion to his book 30 days change your habits change your life which has become a reference for individuals families and businesses around the world 30 days has helped readers find solutions to their personal and professional problems and achieve the life they want reclau s step by step approach is explored even more fully in this workbook which leads readers through the habits that changed so many lives and shows them how to put these ideas into action everyday this workbook helps readers further understand appreciate and internalize the power of habit the engaging in depth exercises allow readers to get their hands dirty as they develop a philosophy for success set personal goals and improve their relationships this reference offers solutions to both personal and professional problems by working on our habits day by day an engaging companion to the bestselling book the 30 days change your habits change your life personal workbook will help readers set goals improve relationships and create a path to life effectiveness

without preaching moralizing or theorizing the authors deliver a program for breaking bad habits grounded in proven cognitive behavioral principles the book helps readers assess their habits and proceed to dismantle them 35 charts

in the 7 habits of highly effective people stephen r covey taught readers how to become effective people in his long awaited the 8th habit covey revealed an entirely new dimension to human potential and showed readers how to reach greatness from any position now the 8th habit workbook offers readers the opportunity to fully immerse themselves in covey s ideas and teachings with life changing exercises covey claims that all people have the means for greatness within themselves he stresses the need to find the right balance of human attributes talent need conscience and passion at the nexus of these four attributes is what covey calls voice the unique personal significance we each possess in this workbook he shows us how to move beyond effectiveness to the realm of greatness by focusing on our strengths and locating our powerful individual voices

in the bestselling tradition of chicken soup for the teenage soul this invaluable guide speaks loudly and convincingly to teens and provides them with universal principles sure to enhance their effectiveness and guide their future decisions

a leading management consultant outlines seven organizational rules for improving effectiveness and increasing productivity at work and at home

if you re looking for simple tools and techniques to create a more fulfilling environment for staff and patients this book contains the answers it is filled with exercises checklists meeting plans question guides scripts and coaching techniques that will help bring control and humanity back to caregivers and patients it enables everyone to deliver the exemplary care patients deserve

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