



# Living the 7 Habits: Powerful Lessons in Personal Change

*Stephen R. Covey*

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## **Make The 7 Habits Work For You.**

In this new program available exclusively on audio, Stephen Covey expands on the principles set forth in his best seller, *The 7 Habits of Highly Effective People*. In *Living the 7 Habits*, Covey provides valuable insights that will deepen our understanding of the habits and allow us to make them part of our daily lives.

Among the principles it shares are:

- Why the 7 Habits are like a "spiral staircase" with many levels, and why mastering the habits at one level enables us to move on to the next
- Why developing a mission statement can lead to empowerment
- How using the four quadrants will help develop our minds, bodies, skills, and relationships with others

The next step on the ever-evolving road to personal and professional fulfillment, *Living the 7 Habits* will help us to achieve our goals and identify the commitments we can make to begin to live the 7 Habits immediately.

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