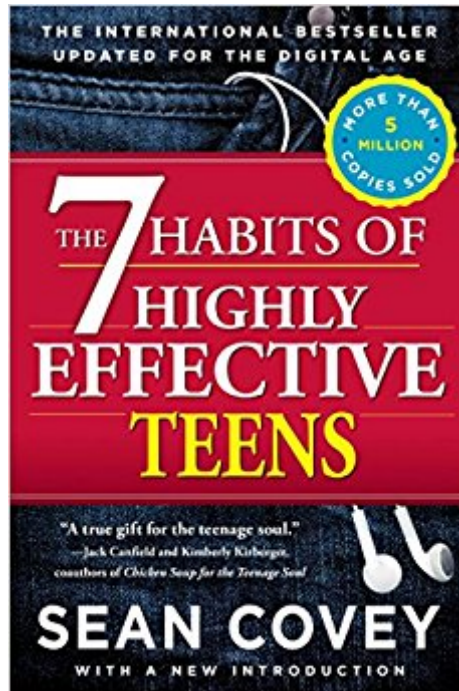




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# The 7 Habits Of Highly Effective Teens



## Synopsis

With more than five million copies in print all around the world, *>* is the ultimate teenage success guide—now updated for the digital age. Imagine you had a roadmap—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 within reach. You just need the tools to help you get there. That's what Sean Covey's landmark book, *The 7 Habits of Highly Effective Teens*, has been to millions of teens: a handbook to self-esteem and success. Now updated for the digital age, this classic book applies the timeless principles of the 7 Habits to the tough issues and life-changing decisions teens face. In an entertaining style, Covey provides a simple approach to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and get along with their parents, as well as tackle the new challenges of our time, like cyberbullying and social media. In addition, this book is stuffed with cartoons, clever ideas, great quotes, and incredible stories about real teens from all over the world. An indispensable book for teens, as well as parents, teachers, counselors, or any adult who works with teens, *The 7 Habits of Highly Effective Teens* has become the last word on surviving and thriving as a teen and beyond. If *>* doesn't help you, then you must have a perfect life already.

—Jordan McLaughlin, Age 17

## Book Information

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## Customer Reviews

Based on his father's bestselling *The 7 Habits of Highly Effective People*, Sean Covey applies the same principles to teens, using a vivacious, entertaining style. To keep it fun, Covey writes, he "stuffed it full of cartoons, clever ideas, great quotes, and incredible stories about real teens from all

over the world... along with a few other surprises." Did he ever! Flip open to any page and become instantly absorbed in real-life stories of teens who have overcome obstacles to succeed, and step-by-step guides to shifting paradigms, building equity in "relationship bank accounts," creating action plans, and much more. As a self-acknowledged guinea pig for many of his dad's theories, Sean Covey is a living example of someone who has taken each of the seven habits to heart: be proactive; begin with the end in mind; put first things first; think win-win; seek first to understand, then to be understood; synergize; and sharpen the saw. He includes a comical section titled "The 7 Habits of Highly Defective Teens," which includes some, shall we say, counterproductive practices: put first things last; don't cooperate; seek first to talk, then pretend to listen; wear yourself out... Covey's humorous and up-front style is just light enough to be acceptable to wary teenagers, and down-and-dirty enough to really make a difference. (Ages 13 and older) --Emilie Coulter --This text refers to an out of print or unavailable edition of this title.

• "This book is a touchdown." (Steve Young, NFL Hall of Famer and Super Bowl MVP) • "Teens face many challenging issues and it's great that 7 Habits is now available to help direct teens towards positive living." (Michael Phelps, 22-time Olympic Medalist and Founder of the Michael Phelps Foundation) • "If you are a teen, or know someone who will be one, have them read this book. It will help them establish a pattern for dealing with change, disappointment and even success. It is truly a powerful, life changing book." (Derek Hough, Emmy Award winning choreographer) • "A recipe for teenage success!" (Dominique Moceanu, 1996 US Olympic Gold Medalist, Women's Gymnastics and New York Times bestselling author, *Off Balance*) • "Like father, like son" maybe a cliché, but Sean has proved it to be true. Sean is as effective as his father in providing directions to teens so that their lives become meaningful. Sean's 7 Habits is a book every teenager should read and emulate." (Arun Gandhi, president, Gandhi Worldwide Education Institute) • "Unlike my book on the 7 Habits, this book, by my son Sean, speaks directly to teens in an entertaining and visually appealing style (and Sean, I never thought you listened to a word I said). As prejudiced as this may sound, this is a remarkable book, a must-read!" (Stephen R. Covey, Sean's dad, author of the #1 New York Times bestseller *The 7 Habits of Highly Effective People* and cofounder and former vice chairman of Franklin Covey Co.) • "Growing up isn't easy, but with the help of Sean Covey's book, young adults can learn to navigate through this awkward time and come out on the other side as a highly effective adult." (Erin Gruwell, Founder of Freedom Writers Foundation and author of the #1 New York Times bestseller, *The Freedom Writers Diary*) • "I wish I'd had this book when I was a teen." (Shannon Hale, New York Times bestselling

author of Newbery Honor winner *Princess Academy* and *The Goose Girl*) I have long been a fan of Stephen Covey and his book, *The 7 Habits of Highly Effective People*. In fact, I liked his principles so much that we teach it to our players in the off-season as leadership principles. When I saw Sean's book on *The 7 Habits of Highly Effective Teens*, I was excited to have another weapon to take our players and culture to a higher level. Whether you are a teen or not, you should read this book!

• (Anson Dorrance, University of North Carolina Tar Heels women's soccer coach, 22 time national collegiate champion) I highly recommend the simple, straight forward advice provided in *The 7 Habits of Highly Effective Teens* book to teenagers, young adults, and their parents. You'll hear new perspectives on how to improve your relationships and leadership skills that will positively impact your life, resulting in greater happiness. And more than that "you will be able to do it and be successful at anything you choose to do. I have personally read it and practiced the timeless principles with my daughters.

• (Diana Thomas, U.S. vice president of training, learning & development, McDonalds Corporation) Fifteen years ago Sean Covey wrote a powerful book that taught teens that they had the ability to choose their behavior but not the consequences. The decisions that teens make could change their lives forever! Every young person should read *The 7 Habits of Highly Effective Teens*. It's a must read for all my students!

• (Salome Thomas-El, award-winning educator and author) The younger you are when you set your direction and goals and learn the tools that help you get there, the better off you will be. This book defines what it means to succeed and is a must-read for every young adult! I only wish someone had shown it to me during those most formative years of my life! I recommend it to anyone!

• (Chelsie Hightower, professional dancer, *Dancing With The Stars* and *So You Think You Can Dance*) Sean's book helps teenagers to become climbers rather than campers, to live with a goal in mind, and to confront obstacles with a "no barriers mindset." He urges young people to *Make Your Life Extraordinary* and provides a pathway which will get them there. In a world with so many distractions and temptations, the guidelines he provides are invaluable to a purposeful and successful life.

• (Erik Weißenmayer, blind adventurer, speaker, author, and filmmaker) *The 7 Habits of Highly Effective Teens* has made it easier than ever before for teens to navigate through life! If you want to live a life of contribution, set and achieve extraordinary goals, and stay focused and organized, practice every habit in Sean's book. It will help you become who you want to be.

• (Julie Morgenstern, author of *Organizing From the Inside Out for Teens*) I would highly recommend Sean Covey's book because it teaches whoever reads it how to set goals, get organized, prioritize, make good decisions, and most of all, to help build good character. Take it from me "they are all the things that will help them achieve success in their lives. Sean does a great job with the book.

• (Jimmer

Fredette, Naismith/ Wooden award winner, NBA player)â €œHad my son had the chance to grow up, I know this book would have been a great guide and given him the tools he needed to navigate his way through life. If you are lucky enough to grow up, make mistakes, and learn from them, having someone like Sean guide you with this book is a truly a gift.â €• (Maya Thompson, founder of The Ronan Thompson Foundation)â €œThis is an easy-to-understand book full of interesting stories. I really related to Seanâ €™s personal story about the fear of performing in front of people since I am violinist. Iâ €™m sure teenagers around the globe will be able to relate as well.â €• (Emily Inouye, age 14)â €œ> gives you new insight into the meaning of being powerfully successful. It teaches the importance of setting goals and sticking to them in order to achieve your dreams.â €• (Picabo Street, National Ski Hall of Fame, former member of the US ski team and Olympic gold medalist)â €œWhat? Sean Covey wrote a book? Youâ €™ve got to be kidding!!â €• (Seanâ €™s high school English teacher)â €œI used one of the stories from your book in a speech I gave at leadership camp and it helped me to be elected governor! Thanks Sean Covey!!!â €• (Leisy Oswald, age 16)â €œThe best way to â €ˆmake it happenâ €™ in your life is to make the right choices as a teen. The 7 Habits of Highly Effective Teens lets teens see themselves as the principal force in their lives, regardless of their background or current walk of life.â €• (Stedman Graham, founder of Athletes Against Drugs, New York Times bestselling author of You Can Make it Happen and Identity: Your Passport to Success)â €œThe inspiring examples from real-life problems that teenagers like myself deal with every day, and their experiences and situations, have helped me make lifesaving decisions. I highly recommend this book to any teenager. â €• (Jeremy Sommer, age 19)â €œFor a professional athlete, winning basketball games is importantâ €”but winning at the game of life is even more important. > provides a game plan for teens to become team players with their teammates in life, their families and friends. It presents strategies for becoming a better all-around person and elevating individual skills.â €• (Sheryl Swoopes, four-time WNBA champion, three-time MVP, NCAA champion, and three-time Olympic gold medalist)â €œTodayâ €™s teens are the future leaders of our families, communities, and nation. The 7 Habits of Highly Effective Teens teaches them the value of hard work, setting and achieving goals, and taking responsibility and initiative, all of which are characteristics of effective leaders.â €• (Michael O. Leavitt, former U.S. Secretary of Health and Human Services)â €œI have been juggling family, school activities, friends, and after-school responsibilities. When I read The 7 Habits of Highly Effective Teens it helped me become a more organized person. I used a lot of the cartoons to help me remember stories and examples.â €• (Joy Denewellis, age 18)â €œStephen Covey must be rightfully proud of his son Sean, who absorbed his fatherâ €™s lessons well. Those who wish to avoid the temptations and devastation of drugs,

including alcohol, would be wise to implement >. Written for teenagers, this book is an indispensable tool, helping young people make the right choices, while growing up in the chaos of today. I wish there had been a book like this for those of us who grew up in the sixties.â • (Candace Lightner, president of We Save Lives and founder of Mothers Against Drunk Driving)â œMotivation is only a part of the game of life. Self-discipline and self-control are key in making your dreams a reality. This book offers all the tools you need as a teen to be a champion in life.â • (Mia Hamm, FIFA's Women's World Player of the Year, former member of the U.S. women's national soccer team)â œSean's â ^can doâ ^ examples remind me of how important it is to make the most of what I have. I play a lot of sports, though I'm not a big kid. This book helped me realize that I have to rely on my speed and my smarts if I want to reach my goals.â • (Brent Kuik, age 15)â œPowerful but not parentalâ " an important message delivering much more than good advice, it offers true direction to teens living in a challenging, complex world. Covey offers sound, time-tested direction without sounding preachy or parental . . . packaging unquestionable wisdom into a friendly, approachable book that will inspire trust and encourage teens to follow their hearts, rather than simply follow the group.â • (Patrick S. O'Brien, author of Making College Count)â œIf > doesn't help you, then you must have a perfect life already.â • (Jordan McLaughlin, age 17)â œWe all have dreams in life we want to achieve and we can reach these dreams if we're willing to always give 100 percent. This book is an intensive training program for youth to grow and develop so they can become winners in the competition of life.â • (Kristi Yamaguchi, U.S. Olympic figure skating gold medalist)â œThe 7 Habits of Highly Effective Teens is a winner! In my years of coaching young people, we learned together that working hard, setting goals, and having a clear vision of your dream enables you to be successful, even when you lose.â • (Lou Holtz, former head football coach, Notre Dame University and University of South Carolina, sports analyst for ESPN)

This is a great workbook. It hits all of the points you want your son/daughter to think through. It is more clear if you read the book first.

Bought this for my HS students as an alternative read. They love it! I think I will buy a classroom set and use it as a part of my curriculum next year!

Great book, super good for teens, its very entertaining, I had been reading it to my two older kids and we have a great time.

bought for my 14 year old nephews and they enjoyed the read and their mom liked the content

Amazing book! Had to read it for a summer assignment and I can say that I really enjoyed it! The author makes it very interesting by adding anecdotes, short stories, cartoons, etc. Definitely worth the read even if not for a school assignment!

Good book for young people. Kids should be reading these types of books in school.

Great book to give any teenager. Makes them re-evaluate their priorities. Highly recommend.

This book is spot on for teenagers! Both of these Sean Covey books for teens are written in an easy to understand manner for all to enjoy. They should definitely be part of each teenager's library.

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A Self-Guided Workbook for Highly Effective Teens: A Companion to the Best Selling 7 Habits of Highly Effective Teens Million Dollar Habits: 27 Powerful Habits to Wire Your Mind For Success, Become Truly Happy, and Achieve Financial Freedom (Habits of Highly Effective People Book 1) The 7 Habits of Highly Effective Teens Workbook The 7 Habits of Highly Effective Teens: The Ultimate Teenage Success Guide The 7 Habits of Highly Effective Teens The 7 Habits of Highly Effective Teens: The Miniature Edition The 7 Habits of Highly Effective Teens Personal Workbook The 7 Habits of Highly Effective Teens Journal [With 2 Pages of Stickers] 7 Habititos De Los Adolescentes Altamente Efectivos / The 7 Habits of Highly Effective Teens: La Mejor Guia Practica Para el Exito Juvenil / The Best ... Guide for Juvenile Success (Spanish Edition) Empath: 16 Simple Habits To Protect Yourself, Feel Better & Enjoy Life Even If You Are Highly Sensitive: Secrets To Thrive As An Empath (Survival & Healing ... Empaths & Highly Sensitive People (HSP)) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change 7 Habits of Highly Effective Families The 7 Habits of Highly Effective Virtual Teams: Make a success of your virtual global workforce. The Seven Habits of Highly Effective Claim Professionals The 7 Habits of Highly Effective People - Signature Series: Insights from Stephen R. Covey Summary of Steven R. Covey's The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change 7 Habits of Highly Effective People, The: 25th Anniversary Edition 7 Habits Of Highly Effective People The 7 Habits Of Highly Effective People - Signature Series

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