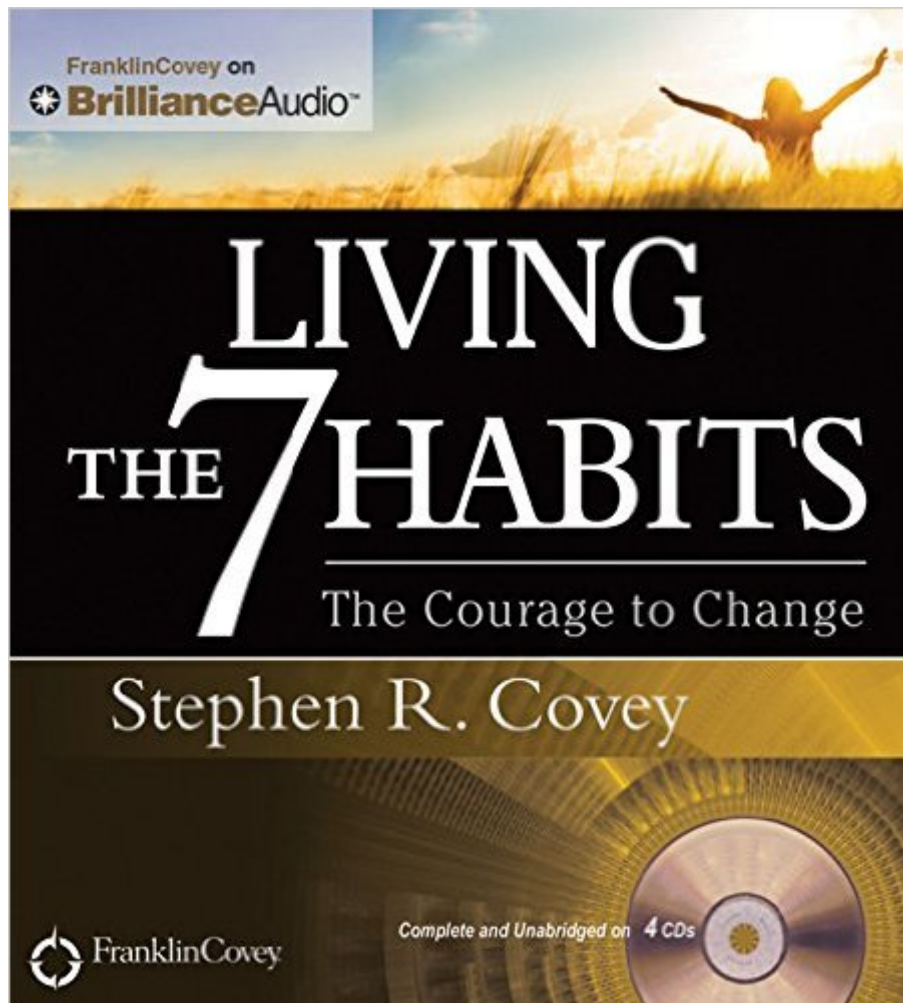


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# Living The 7 Habits: The Courage To Change



## Synopsis

Stories of Hope and Inspiration  
In *Living the 7 Habits: The Courage to Change*, Dr. Covey shows how successful people have used these principles to solve problems, overcome obstacles, and change their lives. By showing how real people have used the principles to thrive in a changing world, he provides practical guidance and powerful inspiration to listeners searching for a proven framework for living a meaningful life.

## Book Information

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[Authors, A-Z > \( C \) > Covey, Stephen R.](#) #534 in [Books > Books on CD > Business > Career](#)

#3086 in [Books > Books on CD > Business > General](#)

## Customer Reviews

I hesitated to buy this book. After reading *7 Habits of Highly Effective People*, I thought that Dr. Covey had said all that he needed or could say. Boy was I wrong? In *Living the 7 Habits*, Dr. Covey brings the 7 Habits to life. This book touched my heart and my soul. It made me dust of my old copy of *7 Habits* and read it again along with this volume. It made the 7 Habits work like never before and created more balance and happiness in my life. If you are not touched after reading this book, then you had better check your vitamin dosage. It is powerful.

This is clearly a secondary work. It is more in the nature of evidence that the principles taught in *Seven Habits of Highly Effective People* work. Putting the Seven Habits to work requires commitment and patience. In my personal life, I have always had to work very hard to choose my response, instead of just snapping at the other person if they did not agree with me. I find many of these stories interesting. However I also find that this book is not essential to following the Seven Habits. The best use of this book is if you are skeptical about the Seven Habits, then you can read it

so that you get proof it works. Then you can go to the main book. This said, I believe that Stephen Covey must get off the Seven Habits bandwagon. His first work was a masterpiece that I continue to read and re-read. Subsequent derivative works have not achieved the greatness of the first, and he is in real risk of diluting the Seven Habits franchise if he goes on and on. The Seven Habits of Highly Effective People is a completed work. The brilliant thinking and concepts that produced it do not need a book every year to keep them going. I also believe that the observance of the Seven Habits are a necessary condition for true success but not a sufficient condition. It would be enlightening to see Dr. Covey explore other essential areas of improvement in self, family and business without necessarily being locked in to the Seven Habits. I want to know if there are habits eight, nine and ten. I suspect there are, though I don't know what they are. It's time for a paradigm shift, Dr. Covey.

I have been a fan and student of Stephen Covey for many years. I read and re-read 7 Habits, which I believe is one of the best, if not the best personal development books on the racks right now. For those who have written negatively about this book and refer to it as a repeat of Covey's earlier work, keep in mind, that the title is a dead give away to the message---You must "LIVE" the 7 Habits and put them into practice--the stories are so inspiring and prove that the 7 Habits have changed many peoples lives. Two other books that I recommend are Superself and Think and Grow Rich. Also Financial Self Defense, which in my opinion is to personal finance what 7 Habits is to personal growth.

What I liked about this book is that it includes many inspiring stories, but even better, goes even deeper into the 7 habits than the original book did and in a different way. This book should be read in addition to, not in place of The 7 Habits. It is not the "same book on a different cover." It is an expanded version of The 7 Habits.

It's difficult to give enough praise to what Stephen R. Covey does. I love reading his books and almost anyone will benefit from browsing through the different stories about how people had the courage to face their problems and change by engaging in positive behavior. To state the obvious, 'Living the 7 Habits' is an inspiring read. I would urge a bit of caution, however, in that the laboratory of the real world may not cooperate much with a person living the seven habits. On the other hand, Covey never says it's easy and he at least indirectly reminds the reader that incorporating the seven habits into one's life is an enormous amount of work. Some of the stories are funny, some are quite

sad, and they all demonstrate how the people who were challenged by life had to grow in some way. Living the seven habits is tough, and the reader cannot expect the world to play along, but trying is worth the effort, and the rewards from doing so can be more satisfying than a person ever imagined. I think the people that Covey wrote about in the book would agree. In addition to about 300 pages of very readable, relevant stories about overcoming adversity and finding a better way of living, the book invites the reader to share stories that are similar to the ones in the book by writing the Franklin Covey Company. Covey also has a Q&A section at the back of the book which is insightful and fun to read. Altogether a very worthwhile book. econ

I like this book. It is very inspirational. It's sort of like Chicken Soup for the Soul or like an Millionaire Next Door for inspiration and attitude. It tells stories of people who have done it---used the 7 Habits and gotten incredible results. 1 star reviewers don't like it because it takes all of the wind out of their claims against Covey and his philosophy. I particularly enjoyed the story on page 57, "I can choose my life." Very, very powerful. 7 Habits should be your first book to read. You can then add this one either as a companion to while reading 7 Habits or after you get through the 7 Habits. I also recommend Principle Centered Leadership.

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