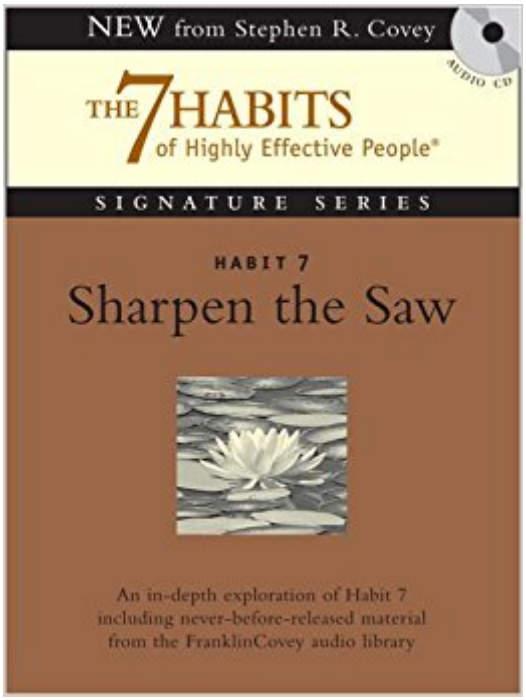
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Habit 7 Sharpen The Saw: The Habit Of Renewal (7 Habits Of Highly Effective People Signature)



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Synopsis

Habit 7: Sharpen the Saw is about recognizing the importance of taking time regularly to take care of yourself physically, spiritually, socially/emotionally, and mentally. Dr Stephen R Covey explains the importance of regular renewal in all four of these areas, to create a fully satisfying life with intrinsic security. 'Balanced renewal is optimally synergetic. The things you do to sharpen the saw in any one dimension have positive impact in other dimensions because they are so highly related.' In this in-depth exploration of Habit 7, you will hear Dr Covey teach listeners how to stop being defined by the perceptions and paradigms of people around them and become an affirmer of other people-thereby increasing their own success and happiness so that we have an 'inside-out congruence' from living a life of integrity. This is not pop psychology or simply a trendy catch phrase. Rather Dr Covey helps the listener examine the character attributes that lead to behaviours. By living with honesty, integrity, kindness, and other time-tested principles, listeners find the real keys to changing unwanted behaviours.

Book Information

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Customer Reviews

Recognized as one of Time magazine's 25 most influential Americans, Stephen R. Covey has dedicated his life to demonstrating how every person can truly control their destiny with profound, yet straightforward guidance. As an internationally respected leadership authority, family expert, teacher, organizational consultant, and author, his advice has given insight to millions. He has sold over 20 million books sold (in 38 languages), and The 7 Habits of Highly Effective People was

named the #1 Most Influential Business Book of the Twentieth Century. His most recent major book, The 8th Habit , has sold nearly 400,000 copies. He holds an MBA from Harvard, and doctorate degree from Brigham Young University. He is the co-founder and vice chairman of FranklinCovey, the leading global professional services firm with offices in 123 countries. He lives with hisÃ Â wife and familyÃ Â in Utah.

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