



# Living the 7 Habits: The Courage to Change

By Stephen R. Covey

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"To live with change, to optimize change, you need principles that don't change."  
—Dr. Stephen R. Covey

Success that endures -- sustainable and balanced success -- can seem difficult to achieve in today's turbulent, complex world of change. But those who achieve this kind of success live by seven universal, timeless, self-evident principles that apply in any situation, in any culture.

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 readers searching for a proven framework for living a meaningful life.

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## Living the 7 Habits: The Courage to Change By Stephen R. Covey Bibliography

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## **Editorial Review**

### Amazon.com Review

Stephen Covey's famous *7 Habits of Highly Effective People* has been teaching people and organizations how to be more effective since 1989. But how do Covey's principles translate for real people living their lives? *Living the 7 Habits* presents more than 70 little stories of people as they meet challenges and practice the seven habits. Some are ordinary slices of life; others are pivotal moments or life changes. A 76-year-old man who had overdrawn his wife's "emotional bank account" starts making deposits of chores, favors, and special dates until love is rekindled. A woman changes her life after her husband dies of cancer. Children teach parents empathic listening. A banker-turned-minister, cleaning his gun as his pregnant wife naps on the couch, accidentally discharges it, killing his wife and the unborn child, and learns to recover from grief and guilt. Parents learn to hear their teenagers' anxieties with respect and understanding. A clinical-psychology researcher, moved by statistics that one-third of foster kids never return to their birth parents or get adopted, creates a village for former "unadoptable" children, their new parents, and volunteer "grandparents." The stories are organized thematically into individual, family, community, education, and workplace--with commentary from Covey following each story. If you practice the seven habits and seek inspiration and a feeling of community, this book will help you find both. --Joan Price

### From Publishers Weekly

Covey fans and booksellers alike will be delighted by this collection, perfect for June gift-giving occasions and destined for a long life. For 10 years, the author's famed *Seven Habits of Highly Effective People* has influenced countless individuals and organizations worldwide and sold millions of copies. Conceding that the earlier books may have been long on theory and light on practice, Covey and his team culled thousands of testimonials for examples of the principles in action. The resulting collection of more than 75 true stories will satisfy the full range of Covey constituents. Though the storytelling is always first-person, the focus is consistently on the underlying principle, reinforced by Covey's commentary. Handily arranged by situation within individual, family, community, workplace and educational settings and varying in depth and power, the stories offer intriguing and provocative lessons. They are mostly brief and often inspiring, but are by no means simplistic; they readily lend themselves to informal teaching and discussion. Some are dramatic and hard to forget: a woman facing a debilitating disease; a convict finding his mission while in prison. Many instructive stories deal with more routine problems, such as how to handle a sullen teenager sensitively or accommodate the needs of an elderly relative. Longer entries from executives of Shell Oil, Olivet College and Alphagraphics, and about the rejuvenation of South Bend, Ind., will appeal to strategic thinkers. This is a Covey classic. Agent, Jan Miller; 20-city TV and radio satellite tour.

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### From Library Journal

Practical applications for Covey's highly effective people.

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## **Users Review**

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#### **Maranda Shoemaker:**

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**Michael Hilton:**

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**Irene Carpenter:**

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**Donald Thomas:**

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