



The 7 Habits of Highly Effective Teens Personal Workbook

Sean Covey

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This hands-on personal workbook companion to the bestselling *The 7 Habits of Highly Effective Teens* provides engaging activities to help teens understand and apply the power of the 7 Habits. Sean Covey's *The 7 Habits of Highly Effective Teens* has sold more than 2 million copies to date and helped countless teens make better decisions and improve their sense of self-worth. Now, in the same fun and entertaining style, *The 7 Habits of Highly Effective Teens Personal Workbook* allows teens to build on the principles of the 7 Habits through various thought-provoking exercises. Whether they are already familiar with Covey's Habits or are newcomers to his path to teenage success, teens can immerse themselves in this personal workbook at their own pace and benefit from its positive messages and lessons in their own way. In this interactive volume, teens will find in-depth tools to improve self-esteem, build friendships, resist peer pressure, achieve goals, get along with parents, and strengthen themselves in many other areas.

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