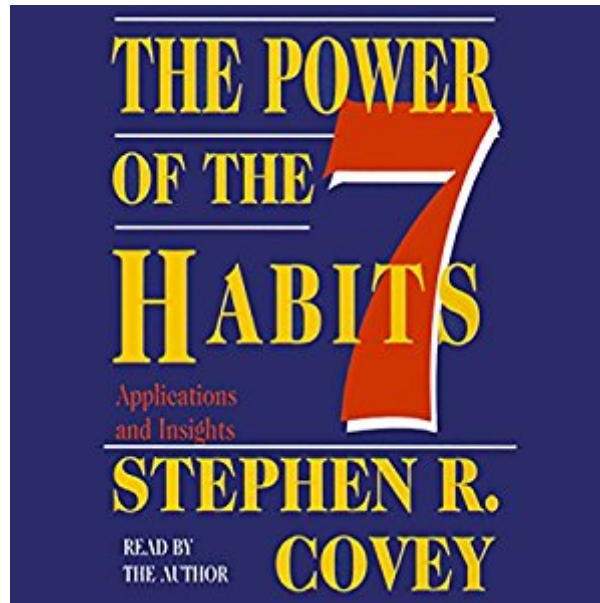


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# The Power Of The 7 Habits: Applications And Insights



## Synopsis

In this program available exclusively on audio, Stephen Covey expands on the principles set forth in his best seller, *The 7 Habits of Highly Effective People*. In *The Power of the 7 Habits*, Covey provides valuable insights that will deepen our understanding of the habits and allow us to make them part of our daily lives. Among the principles it shares are: Why the 7 Habits are like a "spiral staircase" with many levels, and why mastering the habits at one level enables us to move on to the next Why developing a mission statement can lead to empowerment How using the four quadrants will help develop our minds, bodies, skills, and relationships with others. The next step on the ever-evolving road to personal and professional fulfillment, *The Power of the 7 Habits* will help us to achieve our goals and identify the commitments we can make to begin to live the 7 Habits immediately.

## Book Information

Audible Audio Edition

Listening Length: 1 hour and 13 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Simon & Schuster Audio

Audible.com Release Date: January 30, 2013

Language: English

ASIN: B00B7YZZK8

Best Sellers Rank: #48 in Books > Audible Audiobooks > Business & Investing > Business Life  
#6107 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help #8872 in Books > Business & Money > Business Culture

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