



## The 7 Habits of Highly Effective Teens Personal Workbook

By Sean Covey

Touchstone. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 9.1in. x 6.1in. x 0.6in. The companion guide to The 7 Habits of Highly Effective Teens, this empowering workbook helps teens put the 7 habits into practice and achieve their goals. Sean Covey's classic bestseller The 7 Habits of Highly Effective Teens has sold nearly 5 million copies and has helped countless teens make better decisions. Now, in the same fun and entertaining style, The 7 Habits of Highly Effective Teens Personal Workbook builds on the principles of the 7 habits through engaging exercises and lessons. In this interactive volume, teens will find in-depth tools to help boost their self-esteem, build friendships, resist peer pressure, get along with parents, and achieve their goals. The easy-to-follow directions and various activities allow teens to immerse themselves in the workbook at their own pace and benefit from its positive messages in their own way. Now completely updated to support the revised edition of The 7 Habits of Highly Effective Teens, the revised workbook addresses the challenges of our increasingly digital world, including such important issues as navigating the complex world of social media and combating cyber-bullying. Whether teens are already familiar with the 7 habits...



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