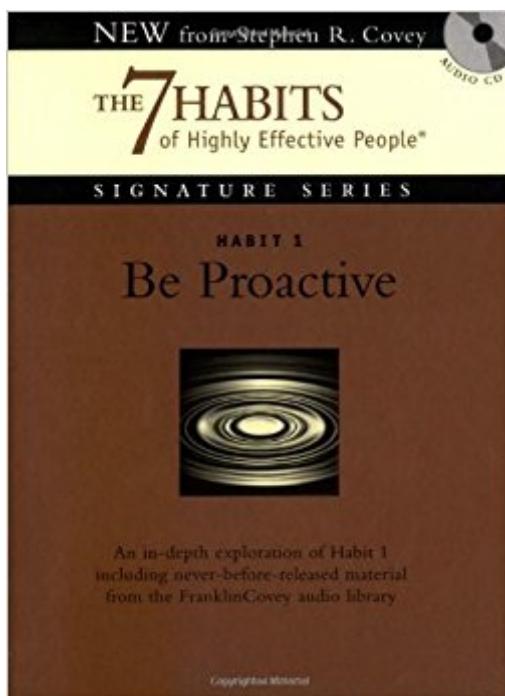


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# Habit 1 Be Proactive: The Habit Of Choice (The 7 Habits)



## **Synopsis**

Habit 1: Be Proactive is all about taking control of your life. Dr Stephen R Covey reveals the reactive mentality that is so pervasive in the world today. He shows how every day we hear language that tries to excuse us from taking responsibility for our own choices. 'That's just the way I am'. 'He makes me so mad'. " have to \_\_\_\_\_. 'I can't'. 'They won't allow that'. In this in-depth exploration of Habit 1 you will hear Dr. Covey teach how to change the reactive 'Mental Map' that seeks to blame circumstances or others into a positive, proactive mentality. 'Anytime we think the problem is "out there" that thought is the problem. We empower what's out there to control us...The proactive approach is to change from the inside-out: to be different, and by being different, to effect positive change in what's out there.' 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**

Series: The 7 Habits

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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 his wife and family in Utah.

I had all the CDs except 1 and 2. I found this one at a great price on .com. It is great and helping a person become a goal oriented person. This has been a great help to me.

It is a great read. This book made me realize that in some areas of my life this approach comes naturally to me whereas in other areas I act totally opposed to it. In the areas where I already act proactive I am a lot more successful than in those where I don't! So it doesn't take much to convince me that this is a habit that I actively have to pursue and improve on. Thank you for making me aware of my weaknesses and therefore enabling to become more successful over all. I am sure small changes in the beginning will lead to big results going forward. I highly recommend this book

The 7 Habits on these audible audio presentations really add significant value to the book. Dr. Covey was a talented writer; however, in my opinion, he is at his best as a small group, interactive teacher and coach. These seven audible presentations are really compilations from different audio material from Covey and his team. Taken together they are a great seminar based on the seven habits. I believe these full length, maybe over length, versions are by far the best way to experience the concepts put forth by Covey simply because he is actively teaching and interacting with the audience and the listener. A little pricey at about 10 dollars each, but easily worth every penny. Real gems in my opinion!

I was looking forward to going deeper into each habit to really try to "learn" the material as Covey says, but, this CD, is really a rehash of the same stories in the book. The subway kids whose mom died, Victor Frankyl, Ghandi, etc. They did jazz it up with sound effects, but the substance wasn't really all there. Read chapter one in the book a few times over and you'll get much more, or get the unabridged version, you'll get the same material. Sorry Stephen.

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Habit of Renewal (7 Habits of Highly Effective People Signature) Habit 4 Think Win-Win: The Habit of Mutual Benefit (7 Habits of Highly Effective People Signature) Habit 3 Put First Things First: The Habit of Integrity and Execution (7 Habits of Highly Effective People Signature) Habit 2 Begin With the End in Mind: The Habit of Vision (7 Habits of Highly Effective People) Habit 6 Synergize: The Habit of Creative Cooperation (7 Habits of Highly Effective People Signature) Habits: Easy Habits for a Better Life. (Life, Business, Success, Habit, Happiness) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Million Dollar Habits: 27 Powerful Habits to Wire Your Mind For Success, Become Truly Happy, and Achieve Financial Freedom (Habits of Highly Effective People Book 1) TIDYING UP: ORGANIZE & DECLUTTER 10 MINUTE CLEANING HABIT:SIMPLE STRESS-FREE HABIT TO SPARK JOY WHEN YOU TIDY UP Transforming Public Health Surveillance: Proactive Measures for Prevention, Detection, and Response, 1e The Power of Urgency: Playing to Win with Proactive Urgency Herpes: A Comprehensive Guide To Thriving And Living A Proactive And Fulfilling Life (herpes, genital, std, sexual health, sensual) Shift Your Fate: Life-Changing Wisdom For Proactive Kidney Patients (Volume 1) HABIT STACKING: Small Changes do Matter, The Ultimate Guide how to turn Small Habits into Powerful Tools that will Improve Your Daily Routine The Healthy Habit Revolution: The Step by Step Blueprint to Create Better Habits in 5 Minutes a Day The Here-and-Now Habit: How Mindfulness Can Help You Break Unhealthy Habits Once and for All Habits! 21 Powerful Simple Mini Habits to Boost Your Mind, Hack Your Productivity and Achieve Success in Life (Healthy Living eBooks, Self Control and Discipline,) Rich Habits: The Daily Success Habits of Wealthy Individuals

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