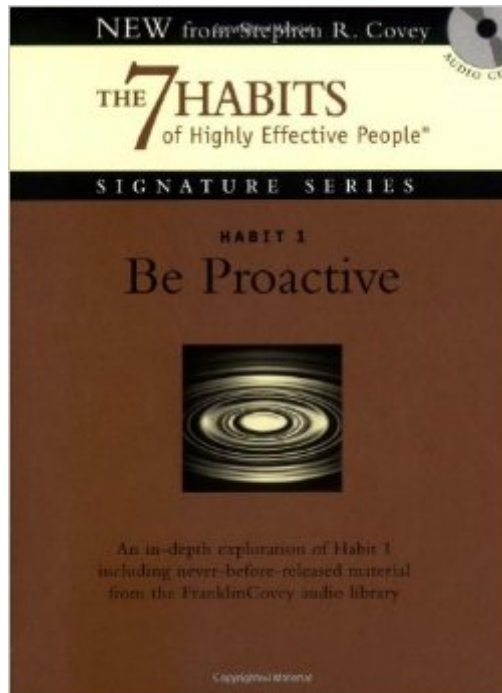


The book was found

# 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'. 'I 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

Audio CD

Publisher: Covey; Unabridged edition (January 30, 2006)

Language: English

ISBN-10: 1929494874

ISBN-13: 978-1929494873

Product Dimensions: 7.6 x 5.5 x 0.6 inches

Shipping Weight: 2.4 ounces

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #2,587,952 in Books (See Top 100 in Books) #60 inÂ Books > Books on CD > Authors, A-Z > ( C ) > Covey, Stephen R. #371 inÂ Books > Books on CD > Business > Career #753 inÂ Books > Books on CD > Business > Management

## Customer Reviews

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 Frankl, Gandhi, 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.

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 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.

[Download to continue reading...](#)

Habit 1 Be Proactive: The Habit of Choice (The 7 Habits) Habit 5 Seek First to Understand then to be Understood: The Habit of Mutual Understanding (The 7 Habits) Habit 4 Think Win-Win: The Habit of Mutual Benefit (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 7 Sharpen the Saw: The Habit of Renewal (7 Habits of Highly Effective People Signature) Habit 6 Synergize: The Habit of Creative Cooperation (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) Proactive Purchasing in the Supply Chain: The Key to World-Class Procurement Ethics for Psychotherapists and Counselors: A Proactive Approach Proactive Risk Management: Controlling Uncertainty in Product Development The Happy Teacher Habits: 11 Habits of the Happiest, Most Effective Teachers on Earth Hooked: How to Build Habit-Forming Products The Power of Habit: by Charles Duhigg | Summary & Analysis The Coaching Habit: Say Less, Ask More & Change the Way You Lead Forever The Now Habit The Berenstain Bears and the Bad Habit The Juice Habit Made Easy: with tips, tricks & healthy fruit & vegetable recipes (The Personal Detox Coach's Simple Guide To Healthy Living Series) (Volume 1) Unstuff Your Life: Kick the Clutter Habit and Completely Organize Your Life for Good The Learning Habit: A Groundbreaking Approach to Homework and Parenting that Helps Our Children Succeed in School and Life The Power of Habit: Why We Do What We Do in Life and Business

[Dmca](#)