

# The 7 Habits Of Highly Effective Teens Journal

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*Atomic Habits* - James Clear 2018-10-16

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for

new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

[Life Strategies for Teens](#) - Jay McGraw 2002-01-28

From the son of Dr. Phil McGraw comes Life Strategies for Teens, the New York Times bestselling guide to teenage success, and the first guide to teenage life that won't tell you what to do, or who to be, but rather how to live life best. Are you as tired as I am of books constantly telling you about doing your best to understand your parents, doing your homework, making curfew, getting a haircut, dropping that hemline, and blah, blah, blah? —Jay McGraw, from the Introduction Well, you don't have to be anymore! Employing the techniques from Dr. Phillip C. McGraw's Life Strategies, his son Jay provides teens with the Ten Laws of Life, which make the journey to adulthood an easier and more fulfilling trip. Whether dealing with the issues of popularity, peer pressure, ambition, or ambivalence, Life Strategies for Teens is an enlightening

guide to help teenagers not only stay afloat, but to thrive during these pivotal years. Whether you are a teen looking for a little help, or a parent or grandparent wanting to provide guidance, this book tackles the challenges of adolescence like no other. Combining proven techniques for dealing with life's obstacles and the youth and wit of writer Jay McGraw, *Life Strategies for Teens* is sure to improve the lives of all who read it.

*When I Grow Up* - Sean Covey 2019-11-05

Learn to begin with the end in mind along with the 7 Oaks gang in this Level 2 Ready-to-Read edition of the second book in the 7 Habits of Happy Kids series from Sean Covey and Stacy Curtis. Tagalong Allie can't wait to grow up. She is going to fly to the moon, go to work, be a mom, and maybe even be president. But to accomplish all of that, she must first brush her teeth, go to bed, and start the day all over again! With short lyrical text, each of the Level 2 Ready-to-Reads in this winning series focuses on one habit.

**The 7 Habits of Highly Effective Teenagers. Personal Workbook** - Sean Covey 2005-04

Written in a language that addresses younger people, Sean Covey, son of author Stephen Covey, has written a guide to life that parallels the highly popular book, 'The Seven Habits of Highly Effective People', written by his father.

**The 7 Habits of Highly Effective Teens** - Sean Covey 2014

Explores the adolescent years and draws on extensive research to offer teens practical ways to cope with such important issues as peers, parents, relationships, school choices, and the future.

*Lily and the Yucky Cookies* - Sean Covey 2020-06-23

Learn to listen with more than your ears with the 7 Oaks gang in this Level 2 Ready-to-Read edition of the fifth book in the 7 Habits of Happy Kids series from Sean Covey and Stacy Curtis. On a rainy day, Lily wants to make cookies. But instead of paying attention to the recipe, she tells her dad she knows what she is doing. What could go wrong? Lily comes to understand the importance of listening—not just with your ears, but your eyes and heart as well! Each of the Level 2 Ready-to-Reads in this

winning series focuses on one of the 7 Habits of Happy Kids.

**The 7 Habits Journal for Teens** - Sean Covey 2002-09-03

From the bestselling author of "The 7 Habits of Highly Effective Teens" comes a daily journal for teens packed with great quotes to inspire them along their path to self-discovery and personal fulfillment.

**The 6 Most Important Decisions You'll Ever Make** - Sean Covey 2017-10-31

From the author of the wildly popular bestseller *The 7 Habits of Highly Effective Teens* comes the go-to guide that helps teens cope with major challenges they face in their lives—now updated for today's social media age. In this newly revised edition, Sean Covey helps teens figure out how to approach the six major challenges they face: gaining self-esteem, dealing with their parents, making friends, being wise about sex, coping with substances, and succeeding at school and planning a career. Covey understands the pain and confusion that teens and their parents experience in the face of these weighty, life-changing, and common difficulties. He shows readers how to use the 7 Habits to cope with, manage, and ultimately conquer each challenge—and become happier and more productive. Now updated for the digital and social media age, Covey covers how technology affects these six decisions, keeping the information and advice relevant to today's teenagers.

*12 Rules for Life* - Jordan B. Peterson 2018-01-23

#1 NATIONAL BESTSELLER #1 INTERNATIONAL BESTSELLER What does everyone in the modern world need to know? Renowned psychologist Jordan B. Peterson's answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. Humorous, surprising and informative, Dr. Peterson tells us why skateboarding boys and girls must be left alone, what terrible fate awaits those who criticize too easily, and why you should always pet a cat when you meet one on the street. What does the nervous system of the lowly lobster have to tell us about standing up straight (with our shoulders back) and about success in life? Why did ancient Egyptians worship the capacity to pay careful attention as the highest of gods? What dreadful

paths do people tread when they become resentful, arrogant and vengeful? Dr. Peterson journeys broadly, discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life. 12 Rules for Life shatters the modern commonplaces of science, faith and human nature, while transforming and ennobling the mind and spirit of its readers.

### **The 7 Habits of Highly Effective People 30th Anniversary Guided Journal** - Stephen R. Covey 2020-09-15

A Guided Journal Companion for Habit Building and Effective Living Whether struggling with time management or looking for new high-performance habits, The 7 Habits of Highly Effective People 30th Anniversary Guided Journal offers prompts, worksheets, and exercises to help you accomplish all your short and long term goals. Journal your way to your best self. When The 7 Habits of Highly Effective People was released as a card deck, audiences approached Stephen R. Covey's time-tested principles in a whole new way. Now, this companion journal gives readers a chance to explore effectiveness, plan strategically, and craft inspiration into action. Its concise format is accessible to readers everywhere—not only is it easy to understand, but it offers practical and relatable applications. With each habit broken down in an easy-to-implement weekly format, it can inspire both beginners and seasoned 7 Habits readers to get motivated, build confidence, and promote personal growth. Cultivate success, skill, and self-development. Featuring thought-provoking prompts, worksheets, and inspirations that teach you how to prioritize and achieve your goals, The 7 Habits of Highly Effective People guided journal is your next step to success. Inside, find:

Journaling prompts for self-discovery, confidence-building, and deeper learning of the 7 Habits Worksheets for strategic management and optimal goal achievement Exercises and challenges to stay motivated If you enjoyed books like The 7 Habits of Highly Effective People Personal Workbook, The 52 Lists Project: A Year of Weekly Journaling Inspiration, or The High Performance Planner, then you'll love owning The 7 Habits of Highly Effective People 30th Anniversary Guided Journal.

[The 7 Habits of Highly Effective Teens](#) - Sean Covey 2014-05-27

Over 3 million copies sold. Over 800 positive reviews. Adapted from the New York Times bestseller The 7 Habits of Highly Effective People, The 7 Habits of Highly Effective Teens is the ultimate teenage success guide—now updated for the digital age. Imagine you had a roadmap—a step-by-step guide to help you get from where you are now, to where you want to be in the future. Your goals, your dreams, your plans...they're all within reach. You just need the tools to help you get there. That's what Sean Covey's landmark book, The 7 Habits of Highly Effective Teens, has been to millions of teens: a handbook to self-esteem and success. Now updated for the digital age, this classic book applies the timeless principles of 7 Habits to the tough issues and life-changing decisions teens face. Covey provides a simple approach to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and appreciate their parents, as well as tackle the new challenges of our time, like cyberbullying and social media. In addition, this book is stuffed with cartoons, clever ideas, great quotes, and incredible stories about real teens from all over the world. Endorsed by high-achievers such as former 49ers quarterback Steve Young and 28-time Olympic medalist Michael Phelps, The 7 Habits of Highly Effective Teens has become the last word on surviving and thriving as a teen.

[The 7 Habits of Highly Effective Teens on the Go: Wisdom for Teens to Build Confidence, Stay Positive, and Live an Effective Life](#) - Sean Covey 2021-09

A Condensed Guide to Improving Grades, Friendships and Confidence The world is changing dramatically and it's easy to be alarmed and lose focus of what matters most. Don't fall into that trap! Build leadership skills, boost productivity, and learn and apply the time-tested principles of The 7 Habits of Highly Effective Teens. It's the perfect time to develop a growth mindset. Want to discover life-changing habits that will propel you toward a more productive and effective life? This compact adaptation of Sean Covey's all-time international bestseller, The 7 Habits of Highly Effective Teens, offers an efficient—yet in-depth—guide to becoming your best self and reaching your goals. Less stress, more success. Readers who have never learned The 7 Habits before—as well as

longtime fans who want a refresher—will find wisdom, direction, self-reflection, and challenges that easily can be applied to your academic and personal life. The 7 Habits for Teens on the Go isn't just a productivity planner or habit tracker. If you'll devote just minutes each day, you can develop the principles needed to stay proactive and positive. The positive paradigm shifts that The 7 Habits can produce help you: Break free of old beliefs Motivate toward meaningful change.

Develop positive behaviors to bring clear communication

*The Seven Habits of Highly Effective People* - Stephen R. Covey 1997

A revolutionary guidebook to achieving peace of mind by seeking the roots of human behavior in character and by learning principles rather than just practices. Covey's method is a pathway to wisdom and power.

**The Manual to Manhood** - Jonathan Catherman 2014-04-15

There's a lot a guy needs to know as he grows up and makes his way in the world. And a lot of it, he wouldn't necessarily want to have to ask about because then, well, people would know he didn't know what he was doing! For all the guys out there who want to have it all together, Jonathan Catherman offers this collection of one hundred step-by-step instructions on almost everything a guy needs to know, including how to

- wear cologne correctly
- manage a credit card
- talk to a girl
- plan a date
- write a résumé
- ask for a reference
- clean a bathroom
- throw a football
- change a tire
- behave during a traffic stop
- fold a shirt
- tie a tie
- grill a steak
- clear a sink drain
- find a stud in a wall

In fact, if it's in here, it's an important skill or character trait practiced by capable and confident men. With great illustrations and a supporting website, this all-in-one reference tool for young men in the making is the perfect gift for birthdays, graduations, or any occasion.

Learning How to Learn - Barbara Oakley, PhD 2018-08-07

A surprisingly simple way for students to master any subject--based on one of the world's most popular online courses and the bestselling book *A Mind for Numbers* *A Mind for Numbers* and its wildly popular online companion course "Learning How to Learn" have empowered more than two million learners of all ages from around the world to master subjects that they once struggled with. Fans often wish they'd discovered these

learning strategies earlier and ask how they can help their kids master these skills as well. Now in this new book for kids and teens, the authors reveal how to make the most of time spent studying. We all have the tools to learn what might not seem to come naturally to us at first--the secret is to understand how the brain works so we can unlock its power. This book explains: Why sometimes letting your mind wander is an important part of the learning process How to avoid "rut think" in order to think outside the box Why having a poor memory can be a good thing The value of metaphors in developing understanding A simple, yet powerful, way to stop procrastinating Filled with illustrations, application questions, and exercises, this book makes learning easy and fun.

*The 7 Habits of Highly Effective Teens* - Sean Covey 2013

A Self-Guided Workbook for Highly Effective Teens - Sean Covey

2016-12-22

Teenage success is seven habits away with the updated and redesigned companion to the international bestselling classic with more than five million copies sold. Sean Covey has helped countless teens make better decisions and improve their sense of self-worth. *A Self-Guided Workbook for Highly Effective Teens* is a short, quick, and user-friendly companion to the bestselling *The 7 Habits of Highly Effective Teens*. This compact workbook provides the same engaging activities, interactives, and self-evaluations, but now it's graphically more engaging to help teens understand and apply the power of the Habits. Praise for *The 7 Habits of Highly Effective Teens* "This book is a touchdown." —Steve Young, NFL Hall of Famer and Super Bowl MVP "If you are a teen, or know someone who will be one, have them read this book. It will help them establish a pattern for dealing with change, disappointment and even success. It is truly a powerful, life changing book." —Derek Hough, Emmy Award-winning choreographer "A recipe for teenage success!" —Dominique Moceanu, 1996 US Olympic Gold Medalist and New York Times bestselling author "Like father, like son' maybe a cliché, but Sean has proved it to be true. Sean is as effective as his father in providing directions to teens so that their lives become meaningful. Sean's 7 Habits

is a book every teenager should read and emulate.” —Arun Gandhi, president, Gandhi Worldwide Education Institute

**The 7 Habits of Highly Effective College Students** - Sean Covey 2019

**The Leader in Me** - Stephen R. Covey 2012-12-11

Children in today's world are inundated with information about who to be, what to do and how to live. But what if there was a way to teach children how to manage priorities, focus on goals and be a positive influence on the world around them? The Leader in Me is that programme. It's based on a hugely successful initiative carried out at the A.B. Combs Elementary School in North Carolina. To hear the parents of A. B Combs talk about the school is to be amazed. In 1999, the school debuted a programme that taught The 7 Habits of Highly Effective People to a pilot group of students. The parents reported an incredible change in their children, who blossomed under the programme. By the end of the following year the average end-of-grade scores had leapt from 84 to 94. This book will launch the message onto a much larger platform. Stephen R. Covey takes the 7 Habits, that have already changed the lives of millions of people, and shows how children can use them as they develop. Those habits -- be proactive, begin with the end in mind, put first things first, think win-win, seek to understand and then to be understood, synergize, and sharpen the saw -- are critical skills to learn at a young age and bring incredible results, proving that it's never too early to teach someone how to live well.

*Goob and His Grandpa* - Sean Covey 2020-08-25

Discover the importance of friendship with the 7 Oaks gang in this Level 2 Ready-to-Read edition of the seventh book in the 7 Habits of Happy Kids series from Sean Covey and Stacy Curtis. After the death of his grandfather, Goob has a hard time getting back into his normal routine. But when all of his friends spend time with him doing the things he loves to do, he discovers ways to stop feeling so sad. Each of the Level 2 Ready-to-Reads in this winning series focuses on one habit.

**Wisdom from Rich Dad, Poor Dad** - Robert Kiyosaki 2016-10-25

A mini abridgement of the #1 Personal Finance book of all time, *Wisdom from Rich Dad Poor Dad* tells the story of Robert Kiyosaki and his two dads—his real father and the father of his best friend, his rich dad—and the ways in which both men shaped his thoughts about investing. You don't need to earn a high income to be rich—find out the difference between working for money and having your money work for you.

**The 7 Habits of Highly Effective Teens Journal** - Sean Covey 1999-05-01

The perfect forum for teens to let off steam, figure stuff out, and ultimately find the confidence they need to succeed in life, this journal includes quizzes, contemporary quotes, pages for photos, stickers, and blank pages for their own poetry and artwork.

*The 6 Most Important Decisions You'll Ever Make Personal Workbook* - Sean Covey 2017-10-31

A hands-on companion workbook to the New York Times bestseller *The 6 Most Important Decisions You'll Ever Make*, now updated to include new information about technology and how it affects teens today. In *The 6 Most Important Decisions You'll Ever Make*, Sean Covey gives teens the advice they need to make informed decisions that will lead to long-term success and happiness. He shares guidance on the big issues in their lives, such as how to succeed in school, make good friends, get along with parents, wisely handle dating and sex, avoid or overcome addictions, build self-esteem, and much more. In this valuable workbook, Covey allows readers to practice and learn how to actually make those decisions with enhancing stories, exercises, advice, and practical wisdom that can be applied to real life. It also encourages teenagers to talk to their parents, their friends, and their role models about these important issues. This newly revised edition includes new material for the digital age and how social media and technology affects the 6 Decisions in today's world.

**Organizing from the Inside Out for Teens** - Julie Morgenstern 2002-09-03

Offers advice to teens on organizing bedrooms, lockers, backpacks, drawers, closets, and photographs in addition to creating realistic

schedules that include time for school, activities, and fun.  
*British National Formulary* - 2002

First Things First - Stephen R. Covey 2015-07-14

The New York Times–bestselling time management book from the author of *The 7 Habits of Highly Effective People*. Stephen R. Covey's *First Things First* is the gold standard for time management books. His principle-centered approach for prioritizing gives you time management tips that enable you to make changes and sacrifices needed in order to obtain happiness and retain a feeling of security. *First Things First: The Interactive Edition* takes Dr. Covey's philosophy and remasters the entire text to include easy-to-understand infographics, analysis, and more. This time-saving version of *First Things First* is the efficient way to apply Dr. Covey's tested and validated time management tips, while retaining his core message. This guide will help you:

- Get more done in less time
- Develop and retain rich relationships
- Attain inner peace
- Create balance in your life
- And, put first things first

"Covey is the hottest self-improvement consultant to hit US business since Dale Carnegie." —USA Today "Covey has reached the apex with *First Things First*. This is an important work. I can't think of anyone who wouldn't be helped by reading it." —Larry King, CNN "These goals embody a perfect balance of the mental, the physical, the spiritual, and the social." —Booklist Readers should note that this ebook edition differs slightly from the print edition and does not contain all the same materials.

A Self-Guided Workbook for Highly Effective Teens - Sean Covey  
2015-12-05

Updated and redesigned Sean Covey classic Sean Covey has helped countless teens make better decisions and improve their sense of self-worth. *A Self-Guided Workbook for Highly Effective Teens* by Sean Covey is a short, quick, and user friendly companion to the bestselling *The 7 Habits of Highly Effective Teens*. This compact workbook provides the same engaging activities, interactives, and self-evaluations, but now it's graphically more engaging to help teens understand and apply the power of the Habits.

**Summary of The 7 Habits of Highly Effective Teens by Sean Covey**

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Social Skills for Teens - Discover Press 2021-05

Discover the Proven Strategies and Life-Changing Exercises to Become a Charming and Likeable Person that Everybody Wants to Be Friends With! Are you an introvert who has trouble making friends at school? Are you feeling lonely, and you feel like nobody likes you? The teen years are among the toughest times of most people's lives. You know that's true because you're living them. Teen years are the time in life where you are still discovering yourself, your interests, and your friendships. Even if you have many friends on the Internet and social media, you can still feel the sting of loneliness because more often than not, the Internet and social media are giving us a false sense of connection. If you are having trouble making genuine relationships, it can be a tough blow to your self-esteem. But there is no need to worry because this guide will show you how to build self-esteem, confidence and become your best self with ease. With *Social Skills for Teens*, you will learn how to be a more confident, charming, and overall likable person that is appreciated in social circles. It may take some courage and time, but with comprehensive guides, expert strategies, and detailed exercises, the life-changing journey that is awaiting you will be a piece of cake.

**The 7 Habits of Highly Effective Teenagers** - Sean Covey 1998

**Daily Reflections For Highly Effective Teens** - Sean Covey  
1999-11-16

Daily selections of quotes, ideas, and inspirational thoughts offer teenagers guidance for improving their self-image, building friendships, achieving their goals, making important decisions, and gaining self-confidence

**The 7 Habits of Highly Effective Teens: Workbook** - Sean Covey  
2015-11-15

This completely updated and redesigned personal workbook companion to the bestselling *The 7 Habits of Highly Effective Teens* provides

engaging activities, interactives and self-evaluations 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 and helped countless teens make better decisions and improve their sense of self-worth. Pairing new interactives with modern explanatory graphics, *The 7 Habits of Highly Effective Teens* workbook reaches today's teen generation effectively.

*The 7 Habits of Highly Effective Teens* - Sean Covey 2014-05-27

Explores the adolescent years and draws on extensive research to offer teens practical ways to cope with such important issues as peers, parents, relationships, school choices, and the future.

**The 7 Habits of Highly Effective Teens Journal** - Sean Covey 2011-06-01

Written in an easy-to-read question-and-answer style, this journal takes the powerful principles from *The 7 Habits of Highly Effective Teens* by Sean Covey and turns them into simple yet insightful exercises for personal fulfillment. It's the perfect forum to let off steam, figure out stuff, and learn how to apply the 7 Habits.

**The 7 Habits of Highly Effective Teens Personal Workbook** - Sean Covey 2014-05-27

A companion to the New York Times bestselling book *The 7 Habits of Highly Effective Teens*, this engaging personal workbook provides fun, supplementary activities and thought provoking exercises to help you understand and apply the power of the 7 Habits in your life. Imagine you had a playbook—a step-by-step guide to help you get from where you are now to where you want to be in the future. Your goals, your dreams, your plans...they are all achievable. You just need the tools to help you get there. *The 7 Habits of Highly Effective Teens Personal Workbook* is that tool. Whether you're already familiar with the power of the 7 Habits, or you're learning about them for the first time, this guide will help you figure out what you want in life and then decide upon a path to make it a reality. These interactive, positive lessons will give you the tools to improve your self-esteem, build friendships, resist peer pressure, achieve goals, get along better with your friends and family, and strengthen

yourself in every aspect of your life.

**Chicken Soup for the Teenage Soul on Tough Stuff** - Jack Canfield 2012-08-07

This latest offering in the best-selling *Chicken Soup for the Teenage Soul* series explores a host of challenges faced by today's teens. Teen contributors share their thoughts and feelings on difficult issues, ranging from poor self-image to thoughts of suicide, from family discord to coping with the loss, from peer pressure to school violence.

*The 7 Habits of Highly Effective Teens* - Stephen R. Covey 2008-04-03

A companion volume to "*The 7 Habits of Highly Effective Teens*" offers teens practical ways to cope with such important issues as peers, parents, relationships, school choices, and the future.

*Summary of "The 7 Habits of Highly Effective People" by Stephen R. Covey* - Free book by QuickRead.com - QuickRead

Want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. The perfect guide to adopting seven habits of effective people that can improve your life and the lives of those around you. A self-improvement guide written by Stephen Covey, *The 7 Habits of Highly Effective People* details how you can change your life through changing your mindset. The way you view the world is based entirely on your own perceptions, and by adopting a perception that leads to action, you can change your life and the lives of those around you. In other words, if you want to change your current situation then you must learn to change yourself and learn to change your perceptions. The way you see the problem is the problem, so you must allow yourself to fundamentally change the way you think in order to see a true change in yourself. Covey will not only teach you how to adopt a new mindset, but he will also teach you how to become proactive and focus on the important tasks at hand. At the end of the day, by adopting the 7 habits of highly effective people, you can learn how to change your mindset and then change your life.

*The 7 Habits of Happy Kids* - Sean Covey 2011-06-07

In *The 7 Habits of Happy Kids*, Sean Covey uses beautifully illustrated

stories to bring his family's successful philosophy to the youngest child. For the Seven Oaks friends, there is always something to do. Whether they're singing along with Pokey Porcupine's harmonica or playing soccer with Jumper Rabbit, everyone is having fun and learning all sorts of things. These seven stories show how practicing the 7 Habits makes this possible for the whole Seven Oaks Community. From learning how to take charge of their own lives to discovering how balance is best, the Seven Oaks friends have tons of adventures and find out how each and every kid can be a happy kid!

**The 7 Habits Of Highly Effective Teens** - Sean Covey 2011-01-18

Over 3 million copies sold. Over 800 positive reviews. Adapted from the New York Times bestseller *The 7 Habits of Highly Effective People*, *The 7 Habits of Highly Effective Teens* is the ultimate teenage success guide—now updated for the digital age. Imagine you had a roadmap—a step-by-step guide to help you get from where you are now, to where you

want to be in the future. Your goals, your dreams, your plans...they're all within reach. You just need the tools to help you get there. That's what Sean Covey's landmark book, *The 7 Habits of Highly Effective Teens*, has been to millions of teens: a handbook to self-esteem and success. Now updated for the digital age, this classic book applies the timeless principles of 7 Habits to the tough issues and life-changing decisions teens face. Covey provides a simple approach to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and appreciate their parents, as well as tackle the new challenges of our time, like cyberbullying and social media. In addition, this book is stuffed with cartoons, clever ideas, great quotes, and incredible stories about real teens from all over the world. Endorsed by high-achievers such as former 49ers quarterback Steve Young and 28-time Olympic medalist Michael Phelps, *The 7 Habits of Highly Effective Teens* has become the last word on surviving and thriving as a teen.