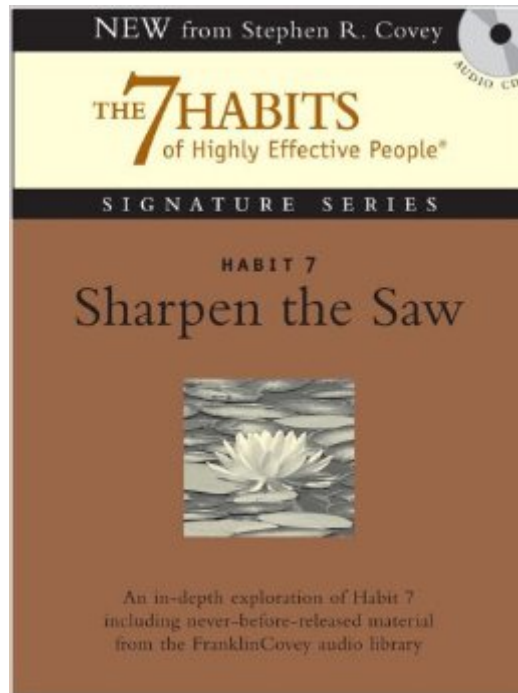


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# Habit 7 Sharpen The Saw: The Habit Of Renewal (7 Habits Of Highly Effective People Signature)



## Synopsis

Habit 7: Sharpen the Saw is about recognizing the importance of taking time regularly to take care of yourself physically, spiritually, socially/emotionally, and mentally. Dr Stephen R Covey explains the importance of regular renewal in all four of these areas, to create a fully satisfying life with intrinsic security. 'Balanced renewal is optimally synergetic. The things you do to sharpen the saw in any one dimension have positive impact in other dimensions because they are so highly related.' In this in-depth exploration of Habit 7, you will hear Dr Covey teach listeners how to stop being defined by the perceptions and paradigms of people around them and become an affirmer of other people-thereby increasing their own success and happiness so that we have an 'inside-out congruence' from living a life of integrity. 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

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