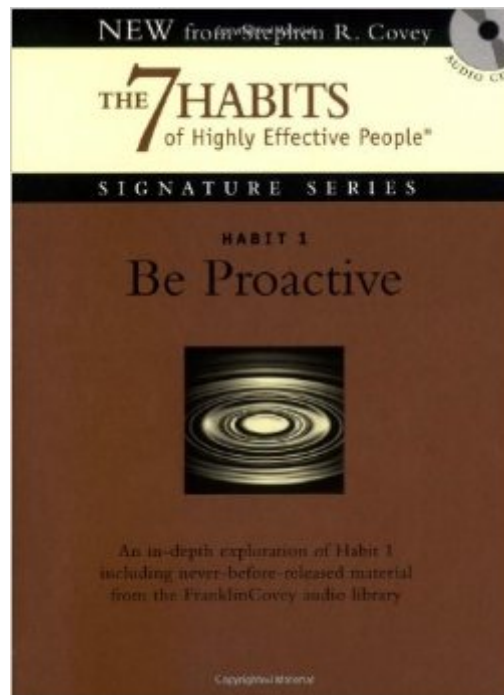


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# Habit 1 Be Proactive: The Habit Of Choice (The 7 Habits)



## 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'. '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

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## 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 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.

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.

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