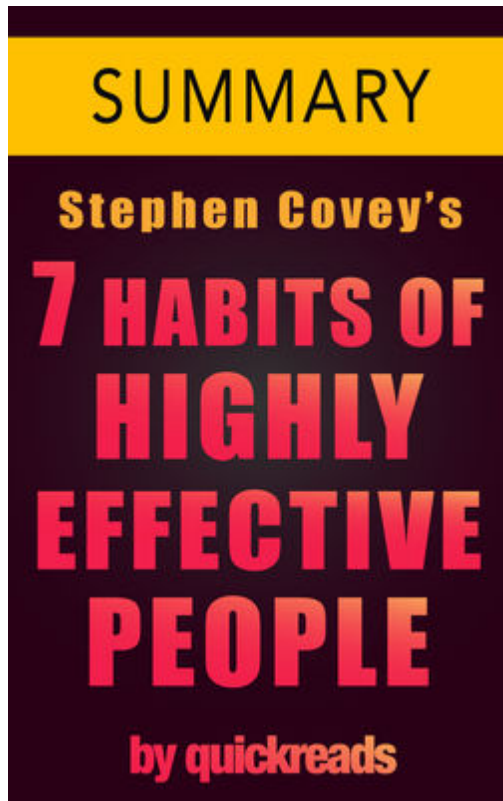


# Baixar livros gratuitos 7 Habits of Highly Effective People by Stephen Covey - Summary & Analysis - Omar Elbaga (DM)



**"Ground yourself in your own values and become the next version of yourself"**

**"Start living based on your personal values!"**

Please Note: This is a summary and analysis of Stephen Covey's "7 Habits of Highly Effective People" not the original book. We summarize and analyze each chapter to help you better understand the original and help you discover the best books.

The 7 Habits of Highly Effective People is considered one of the best personal development books of all time. Covey covers the idea that everything is about perspective or what he calls "paradigm." We must understand our own paradigms and the paradigm of others in order to change ourselves and engage with the world properly. The first 3 habits focus on developing the power of the self, grounding yourself in your own values, and thinking with the end in mind. The last 4 habits focus on how you should interact with others in what he calls "interdependence." This may be the only personal development tool you need.

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