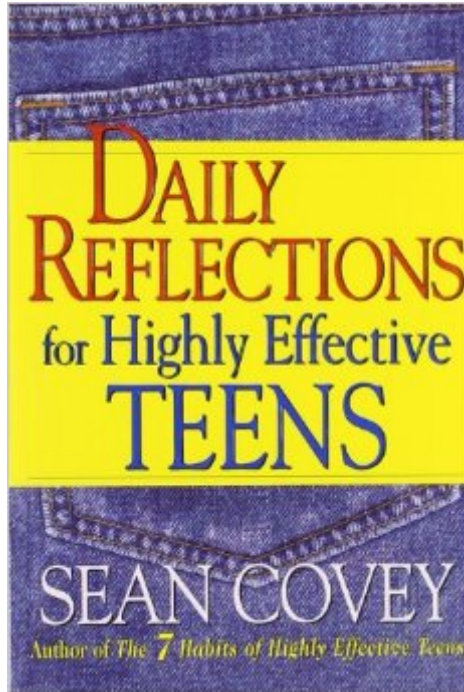


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# Daily Reflections For Highly Effective Teens



## Synopsis

Make the ultimate teenage success guide part of your life every day. Sean Covey's *The 7 Habits of Highly Effective Teens* has helped hundreds of thousands of teens find a path toward success and personal fulfillment. Now, with *Daily Reflections for Highly Effective Teens*, comes a book that will inspire teens to understand, appreciate, and internalize the power of the 7 Habits. With this day-by-day success guide, teenagers will learn how to improve their self-image, build friendships, resist peer pressure, achieve their goals, make important decisions, and live healthier, more self-confident lives. Packed with great quotes, excellent ideas, and inspiration, Sean Covey's warm, insightful, and humorous guide gives teens a road map for surviving and thriving in adolescence and beyond.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (26 customer reviews)

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## Customer Reviews

Hey. I am a 13-year-old girl, and my sister who is 23 bought me this book. I have read and marked multiple pages for future reading. This book has really increased my outlook on life! I suffer from depression and anxiety, yet I feel so happy when I read this book each night. I believe that even adults would be enthralled with this book. So my conclusion is that if you have [have the money] or whatever, get this book!

My daughter, who is not a reader, read this cover to cover in one sitting. My seventh grade students, their teachers and parents love it. All of our copies have waiting lists. Teens and adults involved with

teens relate to Sean Covey's reflections and practical advice. This is a great conversation starter between teens and parents!

Daily Reflections for Highly Effective Teens, this book has a good influence for teen. It teaches us and help us how to improve our image, get friends, how to control peer pressure, achieve our goals, think first and make good decisions, also it helps you do new things and enjoy them, have different routines. Also it shows interesting quotes that make you think and ideas. This book helped me a lot and the good thing is that is short you can read one page a day and learn something, now I'm doing good in school, I know how to handle pressure, it even helped me to read constantly. I recommend this book for all teenagers that have problems to face the routine of their lives.

what was inside was basically some quotes or extract from the book--the seven habits of highly effective teens which I highly recommend. However this book helps you to stay focus on one point everyday, and keep inspiring you throughout the day, you may also refer to the book--the seven habits of the highly effective teens as the page number is included as reference.

This book is the perfect example of why you should look at the dimensions of things before you order them. It is a smaller book, with quotes from the 'ACTUAL' work by Sean Covey, referencing the page number of the original book. It was a great middle-school graduation gift for my son, but it only has a few lines for each entry. So make sure this is what you are looking for before you order it. :)

This is a great book for teens that get tired of their parents constantly telling them what to do, after all, what teenager doesn't already know everything? lol My son is a 15 year old athlete, and at this point, think I'm a bit dated in my beliefs but if someone else tells him the exact thing his mom tells him, he then becomes a believer, lol. This book validates my philosophies and reinforce why I ask my son to do certain things. He says the book is common sense but he does read it and is engaged. Parents now have back up! Most of our thoughts are published in print in this book and there is some truth to what we say.

I use this book to prompt my students in journaling. We are a Leader in Me School, but it's a challenge for middle school kids at times. So many changes... I love how the reflections cite the page from the 7 Habits book the specific reflection comes from. I will often include this so students

can read the entire section if in need of a refresher. It really has provided some deep thinking and personal reflecting. Not just for my students, but for me too!

He enjoyed the humor and the simple ideas that seemed to give him new resources for finding his center and being a happy person. He now uses it like a reference book. Good cartoons too. I think Covey should put out a just a cartoons book for the same age group. Thanks Sean Covey!

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