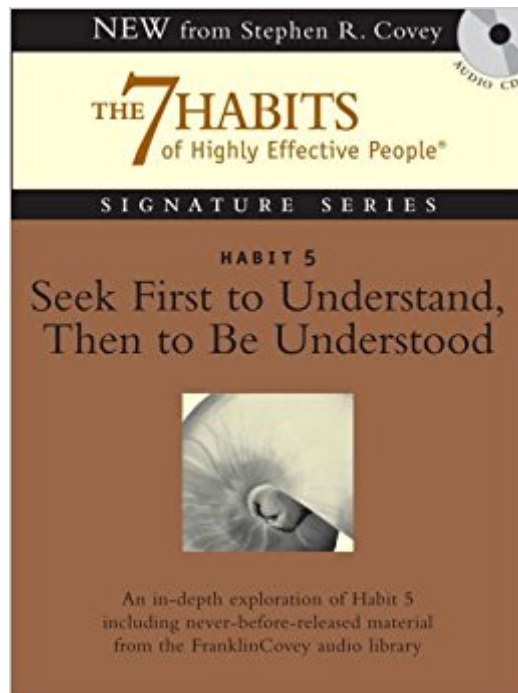


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# Habit 5 Seek First To Understand Then To Be Understood: The Habit Of Mutual Understanding (The 7 Habits)



## Synopsis

Habit 5: Seek First to Understand, Then to Be Understood is about developing the skill of empathic listening. Dr Stephen R Covey teaches listeners the value of interacting 'with understanding' to influence co-workers, bosses, your spouses, children, and neighbours. He shows how the real key to influence is 'actual conduct based on true understanding of another point of view.' In this in-depth exploration of Habit 5, listeners will hear Dr Covey teach how to identify the four autobiographical responses most people have when they listen. Since communication skills 'will not be effective unless they come from a sincere desire to understand', Habit 5 is where listeners learn how to transcend the limits of human perception so that they can deeply communicate and cooperatively deal with the issues and come up with Win/Win solutions. 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.

## Book Information

Series: The 7 Habits

Audio CD

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Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

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## Customer Reviews

Stephen Covey is one of my favorite people, and his work is outstanding. This product teaches a person how to communicate in everyday life and understanding people. I think this is another great piece of work by Mr. Covey.

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