

推薦老師姓名：Wong Kin Hung

書籍名稱："The 7 Habits of Highly Effective Teens "

作者/編者：Sean Covey

分享感言：

A renowned self-help book written by

Sean Covey, the 7 Habits of Highly Effective Teens introduces a simple approach to help teenagers improve interpersonal relationships, achieve their goals, as well as tackle challenges. The habits range from being proactive in every aspect of one's life to renewing and strengthening the four key elements of life- your body, your brain, your heart, and your soul, which serve as a powerful model for personal change. The examples in the book are easy to follow. If you put the seven habits into practice, you can be another highly effective teen successful in different aspects of your life!

