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書籍名稱	《The 7 Habits of Highly Effective Teens》
作者/編者	Sean Covey
分享感言	<p>"The 7 Habits of Highly Effective Teens" by Stephen R. Covey is a great book for young people who want to learn important skills. It shares seven habits that can help teens deal with everyday challenges and build a happy future.</p> <p>Covey talks about being aware of yourself and taking responsibility for your actions. The habits teach you how to set goals, manage your time well, and make good friends. By following these habits, you can learn to make better choices and solve problems.</p> <p>The book uses simple language and fun examples, making it easy for teenagers to understand. I really recommend this book to all students because it has helpful tips for growing up and being successful in school and life. It can help you become the best of yourself!</p>

