

Sacramento Book Review



Below is a clipping of your book review that appeared in the January 09 issue of the *Sacramento Book Review*. Thank you for sending us the book.

**The 6 Most Important Decisions
You'll Ever Make: Personal
Workbook**

By Sean Covey

Simon & Schuster, \$15.95, 336 pages

The 6 Most Important Decisions You'll Ever Make: Personal Workbook goes over the six main issues that affect teenagers in their life; school, friends, parents, dating & sex, addiction, and self-worth. Sean Covey wrote this book as more of a companion to a book of the same name, but it also acts as a stand-alone workbook, helping teens to work through the biggest stress inducers in their lives. Covey presents teens with questions, asking them if they are happy with the way things are going in their own lives and if not gives them a chance to figure out ways to change it.

I received this book to test it out, and, to be honest; it helped me out a fair amount. You have to be completely honest when writing in the book, and it makes you look at the things that you like and dislike about your life. Covey writes in a way that leaves everything up to you, and he only seems interested in helping you out. This book is great for any teen looking for help working through the stress factors of teenage life.

Reviewed By Thomas Rojek