

# Sacramento Book Review



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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 7 Habits of Happy Kids**

By Sean Covey

S&S Books for Young Readers, \$19.99,  
96 pages

*7 Habits of Highly Effective People* was first published back in 1989. Written by Stephen R. Covey, it has gone on to be a juggernaut of a self-help program, used by millions, and imitated by hundreds of other writers. Covey's seven-step plan was well-suited for busy adults, but only recently have the principles been written for a younger audience. Sean Covey is Stephen's son, and has probably grown up with the Habits as part of his daily life.

He first wrote a version of the Habits for teenagers, and, here, in *The 7 Habits of Happy Kids* introduces the concepts to a grade school (and maybe younger) audience. Each of the habits is introduced by the animal inhabitants of 7 Oaks, in a well-written and illustrated story. In and of themselves, the stories are entertaining and have a easy-to-follow moral that isn't forced in or tacked on. At the end of each chapter is a parent guide to further discussion and explanation. Covey translates the seven habits in ways that are applicable to children and adults; the first habit "be

proactive" is a lesson on dealing with boredom, and how your child can take charge of finding things to do that will entertain themselves.

Far from being a product line extension for sales sake, this addition to the *7 Habits* family is well-thought-out, well-produced and will probably help many parents introduce the concepts of personal responsibility, organization, understanding and conflict resolution.

