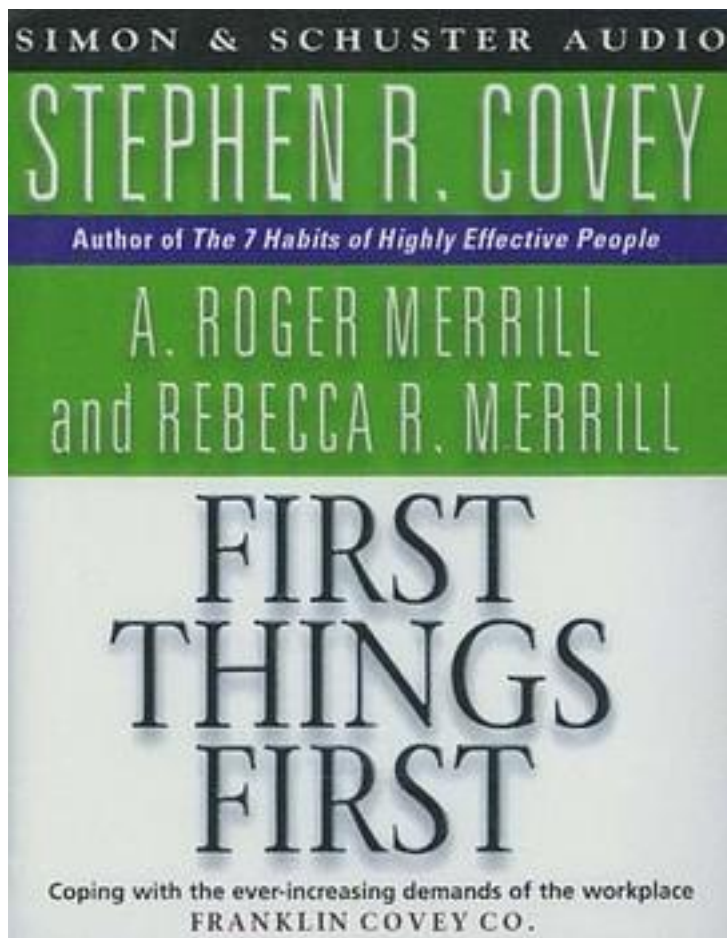


First Things First



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著者:Stephen R. Covey

出版者:Simon & Schuster Audio

出版时间:2005-03-07

装帧:Audio CD

isbn:9780743501330

FIRST THINGS FIRST is a revolutionary guide to managing your time by learning how to balance your life. Traditional time management suggests that working harder, smarter and faster will help you gain control of your life, and that increased control will bring

peace and fulfilment. The authors of FIRST THINGS FIRST disagree. In the first real breakthrough in time management in years, Stephen R. Covey, A. Roger Merrill and Rebecca R. Merrill apply the insights of the 7 HABITS to the daily problems of people who must struggle with the ever increasing demands of work and home life. Rather than focusing on time and things, FIRST THINGS FIRST emphasises relationships and results. And instead of efficiency, this new approach emphasises effectiveness. Covey offers a principle-centred approach that will empower readers to define what is truly important, to accomplish worthwhile goals, and to lead rich, rewarding and balanced lives.

作者介绍:

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标签

评论

将时间管理作为一个课题来研究，这是没什么问题的，输出的理念也没有错误，简单来说，就是做减法，不是效率高了，就觉得事情都可以完成了，而是只做重要的事情，很对。但是这么大部头就为了说一个理念，对我来说，太没有意义了。

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书评

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