

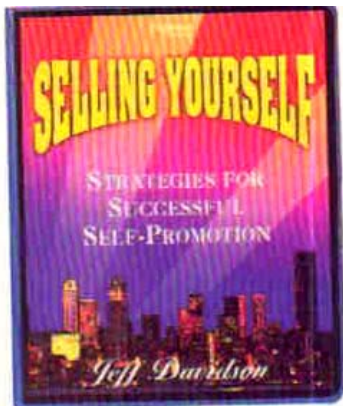
## Steppingstones

A friend once attended a seminar on the value of time. Halfway through the lecture, the instructor grabbed a wide-mouthed gallon jar and filled it to the top with fist-sized rocks. "Is it full?" he asked. "Yes," came the reply. Grinning, he pulled out a bag of gravel and began unloading it into the jar until it filled the gaps. "Is it full?" he asked. "Yes!" the audience

## Selling Yourself

by Jeff Davidson

How can you become a recognized expert in your field? Reap greater financial rewards? Get a coveted promotion? Turn to ... Pages 4-5



## First Things First

by Stephen R. Covey, Rebecca R. Merrill and A. Roger Merrill

Telephone ringing? "In" basket piling higher? Need to exercise? Here's a program that shows you how to live your life so you can accomplish what's most important to you. It's on ... Pages 62-63

# New <sup>this</sup> Issue

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