

One Small Step Can Change Your Life The Kaizen Way

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a guide to incorporating the ancient Japanese practice of kaizen into everyday life demonstrates how small changes can have great consequences and how gradual gentle steps can eventually lead to worthwhile goals

please note this is a companion version not the original book sample book insights 1 when people want to change they usually turn to the strategy of innovation this involves a drastic process of change that takes place in a short period of time it yields a dramatic turnaround 2 there is an alternative to innovation it is called kaizen which is the process of making gradual changes and improvements it is a pleasant path that requires you to place one foot in front of the other 3 the American manufacturing industry was one of the biggest factors in the Allied victory during World War II the quality of American equipment and the speed of its production were two of the major factors 4 kaizen is the practice of taking small comfortable steps toward improvement it is a different approach to innovation which demands shocking and radical reform kaizen is commonly used to improve business processes but it can also be used to improve personal processes

improve your life fearlessly with this essential guide to kaizen the art of making great and lasting change through small steady steps the philosophy is simple great change is made through small steps and the science is irrefutable small steps circumvent the brain's built-in resistance to new behavior no matter what the goal

losing weight quitting smoking writing a novel starting an exercise program or meeting the love of your life the powerful technique of kaizen is the way to achieve it written by psychologist and kaizen expert dr robert maurer one small step can change your life is the simple but potent guide to easing into new habits and turning your life around learn how to overcome fear and procrastination with his 7 small steps including how to think small thoughts take small actions and solve small problems to steadily build your confidence and make insurmountable seeming goals suddenly feel doable dr maurer also shows how to visualize virtual change so that real change can come more easily why small rewards lead to big returns and how great discoveries are made by paying attention to the little details most of us overlook his simple regiment is your path to continuous improvement for anything from losing weight to quitting smoking paying off debt or conquering shyness and meeting new people rooted in the two thousand year old wisdom of the tao te ching the journey of a thousand miles begins with a single step here is the way to change your life without fear without failure and start on a new path of easy continuous improvement

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