



One Small Step Can Change Your Life: The Kaizen Way

By Robert Maurer Ph.D.

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The essential guide to kaizen?the art of making great and lasting change through small, steady steps?is now repackaged as an impulse paperback with a dazzling new cover that speaks to its proper positioning as a self-help/inspiration title that's applicable to business as well.

Written by Dr. Robert Maurer, a psychologist on the staff of both the University of Washington School of Medicine and Santa Monica UCLA Medical Center, and an expert on kaizen who speaks and consults nationally, *One Small Step Can Change Your Life* is the gentle but potent way to effect change. It is for anyone who wants to lose weight. Or quit smoking. Or write a novel, start an exercise program, get out of debt, or conquer shyness and meet new people.

Beginning by outlining the all-important role that fear plays in every type of change?and kaizen's ability to neutralize it by circumventing the brain's built-in resistance to new behavior?Dr. Maurer then explains the 7 Small Steps: how to Think Small Thoughts, Take Small Actions, Solve Small Problems, and more. He shows how to perform mind sculpture?visualizing virtual change so that real change comes more naturally. Why small rewards lead to big returns by internalizing motivation. How great discoveries are made by paying attention to the little details most of us overlook. 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 to begin a new, easy regimen of continuous improvement.

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Editorial Review

From the Inside Flap

Unleash the potent force of kaizen, the Japanese technique of achieving great and lasting success through small, steady steps. Whether the goal is as specific as getting more sleep or as broad as meeting the love of your life, kaizen works because it melts away resistance in particular, the "fight-or-flight" brain chemistry behind people's underlying fear of change.

An expert on the art of success, Dr. Robert Maurer has helped countless people and businesses use kaizen to reach their objectives and maintain excellence. Distilling its secrets, Dr. Maurer shows not only how and why kaizen works, but how to make it work for you how to position yourself for change and make your life more effective, whether at home or in the office; how to address personal changes and career changes; how to realize ambitions by sidestepping any impediments.

As one client succinctly put it, "the steps [are] so small I couldn't fail." And as far as being too busy to solve a problem, learn a new skill, overcome a fear, or curb a bad habit, forget it who doesn't have the 30 seconds it takes to get started?

The road to a life of continuous improvement begins with a single step.

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About the Author

Robert Maurer, Ph.D. is a clinical psychologist on the faculty of the UCLA and the University of Washington Schools of Medicine. He is the founder of the Science of Excellence, a consulting firm, and travels extensively presenting seminars and consulting on kaizen to diverse organizations, including corporations, hospital staffs, universities— even the U.S. Navy. Dr. Maurer lives in Spokane, Washington.

Users Review

From reader reviews:

Lydia Sanders:

Spent a free time and energy to be fun activity to perform! A lot of people spent their spare time with their family, or all their friends. Usually they carrying out activity like watching television, planning to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Could possibly be reading a book can be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try look for book, may be the e-book untitled One Small Step Can Change Your Life: The Kaizen Way can be excellent book to read. May be it might be best activity to you.

Lynn Gallagher:

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