

One Small Step Can Change Your Life The Kaizen Way By Robert Maurer May 4 2004

One Small Step Can Change Your Life The Kaizen Way By Robert Maurer May 4 2004 - 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. Kaizen Way: One Small Step Can Change Your Life by Robert Maurer Everyone should read this book. It's simple and quick, but very insightful and life changing. discover many examples of how small steps can achieve your biggest dreams. Using kaizen, you can change bad habits, like smoking or overeating, and form good ones, like exercising or unlocking creativity. In business, you'll learn how to motivate and empower employees in ways that will inspire them. But first, let's examine some common beliefs about change, and how kaizen dismantles all the obstacles we may have spent years putting in our way. The art of making great and lasting change comes through small, steady steps. Kaizen circumvents the brain's built-in resistance to new behaviors. Small rewards lead to big returns. The Five Big Ideas. Kaizen is a process of improving a habit using very small steps. Small steps can lead to big changes.