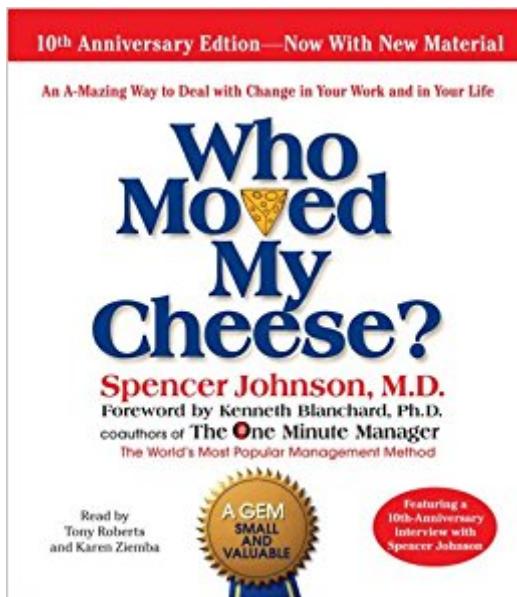


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# Who Moved My Cheese



## **Synopsis**

Who Moved My Cheese? is a simple parable that reveals profound truths. It is an amusing and enlightening story of four characters who live in a "Maze" and look for "Cheese" to nourish them and make them happy. Two are mice named Sniff and Scurry. And two are "Littlepeople" -- beings the size of mice who look and act a lot like people. Their names are Hem and Haw. "Cheese" is a metaphor for what you want to have in life -- whether it is a good job, a loving relationship, money, a possession, health, or spiritual peace of mind. And the "Maze" is where you look for what you want -- the organization you work in, or the family or community you live in. In the story, the characters are faced with unexpected change. Eventually, one of them deals with it successfully, and writes what he has learned from his experience on the Maze walls. When you come to see "The Handwriting on the Wall," you can discover for yourself how to deal with change, so that you can enjoy less stress and more success (however you define it) in your work and in your life. The 10th anniversary audio edition of Who Moved My Cheese? includes exclusive new bonus material in which Spencer Johnson offers fresh insights on its origins, impact and applications that will help you put its powerful wisdom to work.

## **Book Information**

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## **Customer Reviews**

Change can be a blessing or a curse, depending on your perspective. The message of Who Moved My Cheese? is that all can come to see it as a blessing, if they understand the nature of cheese and the role it plays in their lives. Who Moved My Cheese? is a parable that takes place in a maze. Four beings live in that maze: Sniff and Scurry are mice--nonanalytical and nonjudgmental, they just want

cheese and are willing to do whatever it takes to get it. Hem and Haw are "littlepeople," mouse-size humans who have an entirely different relationship with cheese. It's not just sustenance to them; it's their self-image. Their lives and belief systems are built around the cheese they've found. Most of us reading the story will see the cheese as something related to our livelihoods--our jobs, our career paths, the industries we work in--although it can stand for anything, from health to relationships. The point of the story is that we have to be alert to changes in the cheese, and be prepared to go running off in search of new sources of cheese when the cheese we have runs out.

Dr. A. Johnson, coauthor of *The One Minute Manager* and many other books, presents this parable to business, church groups, schools, military organizations--anyplace where you find people who may fear or resist change. And although more analytical and skeptical readers may find the tale a little too simplistic, its beauty is that it sums up all natural history in just 94 pages: Things change. They always have changed and always will change. And while there's no single way to deal with change, the consequence of pretending change won't happen is always the same: The cheese runs out. --Lou Schuler --This text refers to an out of print or unavailable edition of this title.

This is a brief tale of two mice and two humans who live in a maze and one day are faced with change: someone moves their cheese. Reactions vary from quick adjustment to waiting for the situation to change by itself to suit their needs. This story is about adjusting attitudes toward change in life, especially at work. Change occurs whether a person is ready or not, but the author affirms that it can be positive. His principles are to anticipate change, let go of the old, and do what you would do if you were not afraid. Listeners are still left with questions about making his or her own specific personal changes. Capably narrated by Tony Roberts, this audiotape is recommended for larger public library collections. A. Mark Guyer, Stark Cty. Dist. Lib., Canton, OH Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Good book to read that applies today as it does to the past. This book could be good advice to read, for anyone who needs to make a serious decision about their future in what to do next, should I continue business as usual or change my direction.

Highly recommend this book for people going through change. Very eye opening and easy to follow. Good for a wide range of people and positions.

Nice little book. Shows you who you truly are in the real world. You fall into one of four characters or

a mix of two or more. I enjoyed the book and have asked my children to read it for business world preparation.

If you're worrying about changing your life or job because of fear of the unknown or you're stuck with the "Golden Handcuffs" you really need to read this book. It's explained so simply and is not a lengthy read. It changed my life!

This is my second time reading this book. I have more truths this go around than the first. I recommend reading this book periodically just to remind yourself of the principles you learned and to gain knew insights for your situation(s) whether professional and/or personal!

It is a short story like a children's story, but with a very important lesson. It is one of my top favorite books.

I love this book and often give it as a gift for people with life changes. I also reread periodically when I am going through a tough change.

Great book for managers to share with staff when times seem bad, or they need a lift.

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