



One Small Step Can Change Your Life: Using the Japanese Technique of Kaizen to Achieve Lasting Success

By Robert Maurer

Algonquin Books (division of Workman). Paperback. Book Condition: new. BRAND NEW, One Small Step Can Change Your Life: Using the Japanese Technique of Kaizen to Achieve Lasting Success, Robert Maurer, 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...



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Reviews

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- **Meagan Roob**