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One Small Step Can Change

Page 8/29

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Your Life: The Kaizen Way by

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One Small Step Can Change
Your Life: The Kaizen Way.

Beginning by outlining the
all-important role that fear
plays in every type of
change—and kaizen's ability

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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,...

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Your Life: The Kaizen Way

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One Small Step Can Change
Your Life: The Kaizen Way.
Kaizen is the eleven Fortune
500 companies that
significantly outperformed

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the market through moderate, step-by-step actions. Kaizen is losing weight not by a crash diet (which more often than not crashes) but by eating one bite less at each meal--then, a month later, eating two bites less.

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One Small Step Can Change
Your Life: The Kaizen Way

One was a brief mention in a
book from a TV personality
(see my post An Unexpected
Lean Thinker and her "Kaizen
Lifestyle") and the second

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is a book with a more intensive and clinical look at kaizen, One Small Step Can Change Your Life: The Kaizen Way by Robert Maurer PhD, a professor of behavioral sciences at UCLA.

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One Small Step Can Change
Your Life: The Kaizen Way by

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One Small Step Can Change
Your Life. One Small Step
Can Change Your Life is a
nice little book that
answers this question by

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showing a simple and effective approach. In fact, this approach is so amazing that I consider it to be nothing less than the greatest personal development tool when it comes to implementing

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changes that really last.

One Small Step Can Change
Your Life - Litemind
One Small Step Can Change
Your Life by Robert Maurer
The Book in Three Sentences.
The art of making great and

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lasting change comes through small,... The Five Big Ideas. Kaizen is a process of improving a habit using very small steps. One Small Step Can Change Your Life Summary. Recommended ...

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Book Summary: One Small Step
Can Change Your Life
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,

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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.

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Book Review: One Small Step
Can Change Your Life: The

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Can taking one, small step
really change your life?

Proponents of kaizen think
so. (And for the record, so

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do I.) This post was published on the now-closed HuffPost Contributor platform. Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive ...

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The Kaizen Way: ONE SMALL
STEP CAN CHANGE YOUR LIFE by
Robert Maurer

believe that small steps can
lead to big changes. But the

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wonderful reality is that they can. Myth #2: The Size of the Step Determines the Size of the Result, So Take Big Steps for Big Results Many business articles preach the widely accepted wisdom that one can bet

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small (incremental changes,

One Small Step Can Change
Written by psychologist and
kaizen expert Dr. Robert
Maurer, One Small Step Can
Change Your Life is the

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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

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Solve Small Problems—to steadily build your confidence and make insurmountable-seeming goals suddenly feel doable.

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Page 28/29

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