

One Small Step Can Change Your Life The Kaizen Way

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a guide to incorporating the ancient japanese practice of kaizen into everyday life demonstrates how small changes can have great consequences and how gradual gentle steps can eventually lead to worthwhile goals

improve your life fearlessly with this essential guide to kaizen the art of making great and lasting change through small steady steps the philosophy is simple great change is made through small steps and the science is irrefutable small steps circumvent the brain's built in resistance to new behavior no matter what the goal losing weight quitting smoking writing a novel starting an exercise program or meeting the love of your life the powerful technique of kaizen is the way to achieve it written by psychologist and kaizen expert dr robert maurer one small step can change your life is the 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 solve small problems to steadily build your confidence and make insurmountable seeming goals suddenly feel doable dr maurer also shows how to visualize virtual change so that real change can come more easily why small rewards lead to big returns and how great discoveries are made by paying attention to the little details most of us overlook his simple regimen is your path to continuous improvement for anything from losing weight to quitting smoking paying off debt or conquering shyness and meeting new people 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 start on a new path of easy continuous improvement

perubahan besar dimulai dengan melakukan hal-hal sederhana. Menanyakan pertanyaan sederhana memikirkan hal-hal sederhana melakukan tindakan tindakan sederhana mengatasi masalah-masalah sederhana pengetahuan ini tak terbantahkan langkah-langkah sederhana membuat otak tidak membentuk resistensi terhadap perilaku baru sehingga apa pun tujuannya. Menurunkan berat badan, berhenti merokok, menulis sebuah novel, memulai program olahraga atau bertemu dengan jodoh anda. Teknik kaizen yang luar biasa ini adalah cara untuk mencapai tujuan tersebut sebuah cara yang tenteram dan sederhana untuk menangani semua kesulitan dalam hidup kita. Anda akan merasa lega saat anda membaca buku ini. Susan Jeffers, Ph.D., penulis buku "Feel the Fear and Do It Anyway", Robert Maurer, Ph.D., adalah seorang psikolog klinis di Fakultas Ucla dan di Fakultas Kedokteran Universitas Washington.

includes proceedings of the association papers read at the annual sessions and list of current medical literature

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