



Who Moved My Cheese?
By Dr. Spencer Johnson

How many of us have had a clear pathway in doing something only to have the rules and direction change? Frustrating, wasn't it? It could be in the workplace, in family life, at church, anywhere, actually. We allow ourselves to get into a certain frame of mind, a comfort zone, and we can stride along fueled by habit and not by conscious intention. We go through the motions with a predictable outcome and everything appears rosey. Then someone ELSE does something that changes your routine. Now, you must put thought into what you are doing and why you are doing it. That takes effort and humans are basically lazy people. It's like working and living in a cut, copy, paste world and now someone says we have to write everything from scratch.

Humans are not the only ones who suffer from the trauma of change. Meet two mice named "Sniff" and "Scurry" as well as two Littlepeople named "Hem" and "Haw." They all lived in the Maze and spent most of their time looking for their own special kind of cheese. The mice were looking for a simple kind of cheese that was easy to nibble, while the Littlepeople, who had more complex brains, looked for a very special cheese that was guaranteed to make them happy. All four found what they were looking for and life was good, for the time being. All four settled into an easy routine.

But a block of cheese doesn't last forever if you eat a little of it every day. One would think the Littlepeople, with their more complex brains would foresee this possibility and likewise, that the mice, with their simple brains, would eat until there was nothing and have no solution to the problem. Therein lies the theme of the book.

The story has such a human touch to it that many companies have made the book a required reading for their employees. Church goers could gain much insight into it as well. It's a small book, 94 pages, and can be read cover to cover in just a couple of hours. It would be a couple of hours, well-spent.

By the way, the author also wrote *THE ONE MINUTE MANAGER*, also a good leadership book in many venues.

How many small books can you find that are both entertaining AND enlightening? Try it.
I found mine on Amazon.

Michael Slayter