
One Small Step Kaizen Stevesidelife

One Small Step Can Change Your Life

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One Small Step Can Change Your Life One Small Step Can Change Your Life One Small Step Can Change Your Life Hachette UK Hachette UK 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

<p>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</p>	<p>e-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 regiment is your path to continuous improvement for anything</p>	<p>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.</p>
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