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One Small Step Can Change Your Life is a book about a continuous improvement methodology called Kaizen. Developed by American manufacturers and business experts in the 1940s, and famously refined by Toyota and other post WWII-Japanese firms, Kaizen is a system for implementing change on a very small scale.

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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.

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Result, So Take Big Steps for Big Results Many business articles preach the widely accepted wisdom that one can bet small (incremental changes,

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book. The first edition of the novel was published in June 1st 2004, and was written by Robert Maurer. The book was published in multiple languages including English, consists of 182 pages and is available in Hardcover format.

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