

ONE SMALL STEP CAN CHANGE YOUR LIFE



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

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Book Summary One Small Step Can Change Your Life

The art of making great and lasting change comes through small, steady steps. Kaizen circumvents the brain's built-in resistance to new behaviors. Small rewards lead to big returns. Kaizen is a process of improving a habit using very small steps. Small steps can lead to big changes. Kaizen disarms

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One Small Step and Change Your Life . The Kaizen Way . Example: A woman who wants to lose weight . A. What is this all about? Freaked about exercise . So start off by asking her to march in front of TV for 1 minute per day . She comes back exhilarated why? Because she can't fail on this once successful, she looks to do more.

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One Small Step Can Change Your Life Safal Niveshak

One Small Step Can Change Your Life The Kaizen Way by Robert Maurer is an amazing book referred by Prof. Sanjay Bakshi in his interview with Safal Niveshak last year. It's a small book but talks about the big idea of Kaizen, which is Japanese for taking small steps to continual improvement.

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One Small Step Can Change Your Life R Maurer summary

In One Small Step Can Change Your Life the Kaizen Way, Robert Maurer describes the power of Kaizen in a personal environment. Implementing small and easy improvements, the basics of the Toyota Production System, can also be applied to achieving personal goals.

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One Small Step Can Change Your Life Audiobook by Dr

In One Small Step Can Change Your Life: The Kaizen Way to Success, author, psychologist, and world-renowned kaizen expert Dr. Robert Maurer introduces you to this simple yet extremely powerful transformation technique and gives you a step-by-step system for using it to achieve big and small changes in your life, with a speed and ease that will

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