# Who moved my cheese? By Spencer Johnson

## How can this book help me?

Who Moved My Cheese? uses a simple metaphor about mice seeking cheese in a maze to deliver powerful lessons about dealing with change. By encouraging readers to take an empowered, proactive approach, it provides a mental framework to respond intelligently and positively. It’s universal themes apply to all areas of life. The book inspires agility, vision, and letting go of fears to move boldly forward. Extremely popular, it delivers accessible wisdom to anticipate change and thrive in a fast-changing world.

## Now, for some details…

The book features four characters: two mice, Sniff and Scurry, and two "Little people", Hem and Haw. They live in a maze and look for cheese to nourish them and make them happy. The cheese is a metaphor for what we want in life.

One day, Sniff and Scurry arrive at Cheese Station C to discover the cheese is gone. They quickly adapt, put on their running shoes, and venture out into the maze to find new cheese. Meanwhile, Hem and Haw are distressed that their cheese is gone. They refuse to change and remain paralyzed in the same spot, hoping the cheese will return.

Over time, Sniff and Scurry explore new parts of the maze and eventually find a huge supply of cheese at Cheese Station N. Haw also gets past his fears and moves on to find new cheese. However, Hem refuses to change and never adapts.

The core message is that change happens whether we like it or not. We can choose to adapt when circumstances change, like Sniff and Scurry, or resist change and get left behind, like Hem.

Through these 4 characters, the book explores key ideas

Realize that change presents new opportunities if you adapt. See it through a positive lens.

Don't just react to change. Be proactive.

Laugh at your fears and move forward boldly. Don't cling to the past or feel like a victim of change. Take control of your response.

Peer pressure often hinders change. Foster peer support for change instead.

The parable teaches profound lessons. Though simple, its insights apply to both professional and personal life. Overall, it advocates agility, vision, and proactivity in times of change.

## Key Takeaways

1. Your “cheese” or success in life may be paralyzing you
2. Good situations never last forever, so be prepared!
3. Visualizing your goals helps you push through the fear in dealing with change.
4. Dare to move in a new direction and things will get better.