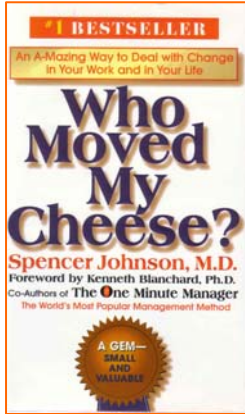


## Who Moved My Cheese?



Spencer Johnson, MD is an internationally bestselling author whose books help millions of people discover simple truths they can use to enjoy healthier lives with more success and less stress. Other credits include co-authoring *The One Minute Manager* and *The Precious Present*, and *Yes or No*. Dr. Johnson's books have been featured often in the media, by (among others,) CNN, the *Today* show, *Larry King Live*, *Time* magazine, *USA Today*, *The Wall Street Journal*, and the United Press International.

A noticeably slim book, *Who Moved My Cheese?* is distilled wisdom for today's constantly shifting world. It goes something like this: Two mice (Sniff and Scurry) and two tiny people the size of mice (Hem and Haw) live in a maze and spend their time looking for "cheese" to make them feel happy and fulfilled. The story unfolds as the characters, who have found and enjoyed cheese for countless days, discover all at once that their cheese is gone! Some immediately go to look for more cheese, some will hesitate and demand it reappear. All along the way, the (literal) "writing on the wall" of the maze gives sage advice for dealing with change.

*"It is safer to search in the Maze than remain in a cheeseless situation."  
(Page 62)*

Read a book about mice, cheese and minature people running around a maze looking for cheese? Sound foolish? Well, it's true that this isn't a doctoral dissertation, but take a closer look at the metaphors:

Cheese: Whatever it is that you seek in life (such as stability, comfort, money, prestige, etc.)

Maze: Wherever it is that you look for your "cheese" (such as work, home, community, etc.)

*"Old beliefs to not lead you to new Cheese."  
(Page 64)*

If you give this book a chance – and it only takes an hour to read – you quickly discover that you have been "tricked" into psychoanalyzing yourself! How each character responds is what's really of note, as each one makes up a part of our own personality. If nothing else, Dr. Johnson has given us a wonderful opportunity to look more closely at our attitudes, actions, and expectations, as well as a way to wake up to our own limiting beliefs and assumptions.

A quick read, as enjoyable for adults as children, *Who Moved My Cheese?* is worth its weight in gouda, or swiss, or brie...take your pick. Get the book. Read the book. Before you know it, you'll start referring to issues in terms of cheese movement and life will never be the same!

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