

**Good news-** Great book! A classic! 94 pages with drawings. Easy to read in an evening.

**Bad news-** We need the lessons from it all too often.

**Good news-** There are simple, immediately usable applications revealed in this book and as usual, I have gleaned the best and most practical ideas from it, and offer them to you. Hopefully you can put them to use right away.

## Summary:

We all react to change differently. In the classic book, Who Moved My Cheese, four imaginary characters (two mice named Sniff and Scurry, and two little people the same size as mice, named Hem and Haw) are intended to represent the simple and complex parts of ourselves, regardless of our age, gender, race or nationality.

The main characters live together in a maze and set the stage for a clear and straightforward metaphor that demonstrates several approaches to change that we find in society today. It is easy to find your own personal habits present in the characters depicted in the story.

- 1. Sometimes we may act like Sniff, who sniffs out change early**
- 2. Sometimes we act like Scurry, who scurries into action in the face of change**
- 3. Some of us act like Hem, who denies and resists change as he fears it will lead to something worse and**
- 4. Some of us act like Haw, who learns to adapt in time when he sees that changing leads to something better**
- 5. Whatever parts of ourselves we choose to use, we all share something in common: a need to find our way in the maze and succeed in changing times.**

## Applications:

- 1. Change happens**  
They keep moving the cheese
- 2. Anticipate change**  
Get ready for the cheese to move
- 3. Monitor change**  
Smell the cheese often, so you know when it is getting old
- 4. Adapt to change quickly**  
The quicker you let go of old cheese, the sooner you enjoy new cheese
- 5. Change**  
Move with the cheese
- 6. Enjoy change**  
Savor the adventure and taste the new cheese
- 7. Be ready to quickly change again and again**  
They keep moving the cheese

## And Finally:

I work with many clients on Communication, Team Building, Conflict, Executive Coaching and Organization Change issues and have already put aspects of this book to use with some of them. I intend to continue using what I learn about non-verbal communication with more clients in the future. If you want more thoughts about this book, or want to add your own, check out my blog. You can visit it at <http://richsteel.blogspot.com> This opinion and others are posted on my web site: [www.rsbc.com](http://www.rsbc.com)

To talk more about this and other topics, e-mail me (Rich Steel) at [rsbvc@aol.com](mailto:rsbvc@aol.com) or call me at my office on 610 388 3680 or on my cell at 610 324 8466.