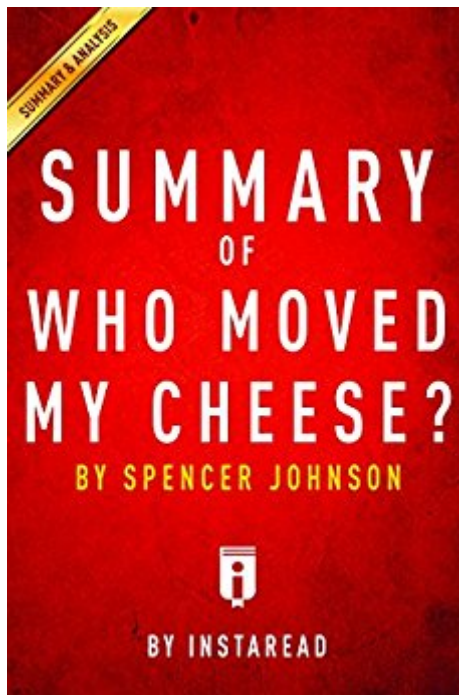


The book was found

# Summary Of Who Moved My Cheese: By Spencer Johnson | Includes Analysis



## Synopsis

Summary of *Who Moved My Cheese* Preview: A group of old school friends meet to catch up. They end up discussing the unexpected, unforeseen changes to their lives and one friend offers to tell a story about adapting to change. The story he tells involves four characters, two mice named Sniff and Scurry, and two "Littlepeople" named Hem and Haw. All of them are in a maze, looking for cheese, which they need to survive. For the "Littlepeople," cheese also has a larger, metaphysical connotation in the sense that it also makes them happy—their Cheese is thus spelled with a capital C.

PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book.

Inside this Instaread of *Who Moved My Cheese*:

- Overview of the book
- Important People
- Key Takeaways
- Analysis of Key Takeaways
- About the Author

With Instaread, you can get the key takeaways and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience.

## Book Information

File Size: 3450 KB

Print Length: 27 pages

Page Numbers Source ISBN: 1523381981

Simultaneous Device Usage: Unlimited

Publisher: Instaread (January 12, 2016)

Publication Date: January 12, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01AKBITPQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #158,659 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22

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## Customer Reviews

I read *Who Moved My Cheese* as part of a leadership and management course in the late 1980s, and was profoundly affected by the author, Spencer Johnson's use of a simple, child-like story of four characters, two mice and two little people, and their reaction to a diminishing supply of cheese, their main source of food. Instead of Key Takeaways, Analysis & Review of *Who Moved My Cheese* by Spencer Johnson provides the reader with a very effective summary of the book and its main themes: that change is inevitable; and that anticipating and accepting change is the route to eventual success. Having read the book before reading the Instaread summary, I can attest that Instaread has nailed the book to a tee. Though simplistic, Spencer's book is an excellent introduction to change management that can be understood by young and old, experienced and neophytes alike.

With the original book by Spencer Johnson being only 96 pages some might question the need for a summary! Well, depending on your views, if you read some of the reviews on the original then you might find yourself running to grab this Instaread summary (think DETAILED review) which is only 19 pages! With 7 Key Takeways presented this is a quick read that does not bog you down. Here are a couple KT's to whet your appetite:>>>#1 - "Change is an inevitable and constant part of life.">>>#6 - "It can be exhilarating to break out of old ways and begin the search for something new." Meet two mice, Sniff and Scurry along with two "Littlepeople" Hem and Haw in a maze with Cheese Stations. What happens when the cheese runs out? This is obviously a fictional story discussing how to adapt to change. Important to anticipate that change will happen to you. Sniff and Scurry are more prepared so find new cheese before Hem and Haw. Changes happen in the markets, your business etc. Don't let fear hold you back. An example provided here is the Kennedy's who came from Ireland in 1849 and went on to become one of the wealthiest families in the USA. The original book is described as resembling a "children's story or fable". Although written for adults is it is written at a child's level so some grown-ups may find it boring. Instaread does say though that lessons can be learned. Sound kind of interesting to you? Then check this Instaread summary out first to see if what is written appeals to you. Maybe you've already read the original and need a quick reminder? This summary would be a great option for you too! Important to note that my review is based on the quality of this Instaread review and not the original book. Summary provided in exchange for an honest review. Thanks, Liz

I received this book in exchange for a review. This is a summary of Spencer Johnson's "Who Moved My Cheese" and is not the actual book. I really enjoyed reading this summary on adapting to change. As a newlywed and young mother of two girls, I have lived in three different states in three years. There have been many changes that I've had to make, and I haven't done my best at adapting all of the time. This summary was great because it listed seven key takeaways on how individuals can deal with change in a positive way. I highly recommend this summary.

I enjoyed this summary and analysis of "Who Moved My Cheese?" While the original book was too deep and meta for me, this summary broke it down into 7 key takeaways that were digestible. Adapting to change can be a lot like running a maze and trying to figure out where your cheese is. Like experimental mice we are constantly confused, and fail to see the bigger picture. Instead of focusing on the problem of our missing cheese we need to think about the reason why it moved, and what we are to learn. Which leads into my favorite section of this analysis "Letting go of old ways and habits can help you adapt to change and embrace new opportunities." When we shed the unnecessary and the irrelevant in our lives, we are more willing to accept the new and the innovative. Like the cliché goes, when one door closes another door opens. I loved this review and recommend it for anyone who can't read the original due to time restraints, or like me can't get into it. I was asked to review this book.

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