

Who Moved My Cheese?

By Spencer Johnson

Review by: Robert Fernandez, 42

Star Teen Book Reviewer of Be the Star You Are! Charity

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We all feel the burnout of work from time to time (some more often than others), especially when your company makes changes that can seem outrageous at the time. In *Who Moved My Cheese?*, by Spencer Johnson, we take a look at four central characters who are in constant search of cheese. Two of the characters being mice and the other two being tiny people, cheese is used as a metaphor for finding success or fulfillment in our lives. They live in a maze and are only motivated by their passion for finding cheese, even when the cheese they're searching for suddenly goes away. So instead, they search for a new cheese. At least some of them do...others are not quite so inclined to the new focus on a different cheese.

Ultimately a motivational book that explores how we all react to changes in our lives and the motivation that keeps us driven in that pursuit of happiness. While some of the characters are easily willing to take on the sudden changes presented in front of them, others struggle with the adjustments needed to continue forth. Although the book is quite simple and the points can be somewhat obvious, it does a great job of reminding us how important adaptability is. It inspires us to embrace the changes by being proactive and letting go of the fear that comes along with it.

I would recommend this book to any age group, as the story can be inspiring to people of all ages and career paths. The insights given by Johnson are very practical and helps us understand why we all have the consistent need for finding "self-improvement." Rather than waiting for things to back to the way they used to be, embrace the change and move forward. The writing style, as a fable, also makes it a much more enjoyable read, as compared to other motivational books that may seem more like a lecture. It helps us reflect on our own reactions to changes that are happening around us and perhaps take on a new perspective. It's a simple read, at just under a hundred, but nonetheless can be very motivating.

Recommended Titles:

Ten Powerful Phrases for Positive People, by Rich DeVos

The Gift of Work, by Tarthang Tulku

Principles, by Ray Dalio