

## Who Moved My Cheese – Spencer Johnson

Some people welcome change but to others it is something to avoid at all cost. However, no matter who or what you are ... ***change happens!***

This book is a fun way to learn to embrace change as it is an inevitable part of life. It is aimed at change in all areas of your life not just career but your home life as well.

This book is different to other more analytical books on the market; it uses characters to tell the story and some may argue that the book is aimed at young teenagers rather than adults.

At most it will take you a couple of hours to read and although it is not rocket science its amusing and thought provoking. We had a lot of fun in the office deciding who was Hem and who was Haw!

Many will argue that this is just a childlike remake of many other more technical books on the subject; I can't disagree but it was certainly more fun to read and reminds you to watch out for the cheese...