



## Changing with Kaizen

---

Author: Christie Vanbreemersch

Publisher : First

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Mourning

---

What will your next little step be?

Kaizen is a Japanese self-help method which means change (Kai) for the best (Zen). Transformation is achieved one step at a time by making sure every little change has improved your life before moving on to the next one.

Kaizen is also a life philosophy whose motto can be summed up as: more than yesterday, less than tomorrow. This gentle and gradual self-help method can be applied either at work or in our personal lives, and is perfect for anyone who is looking for change but doesn't know where to start.

---

Date : 13/02/2020

Pages : 252

Format cm : 16 x 22

Prix : 15.95

EAN : 9782412053096