

Audio book on “who moved my cheese” in chinese

📺【有声书】《谁动了我的奶酪》斯宾塞·约翰逊 (完整版) 学会在变化无常的生活中求得更...

Audio book on “Out of the Maze” in chinese

📺【有声书】《谁动了我的奶酪2》斯宾塞·约翰逊 (完整版) 带着勇气和智慧去理解生命，突...

Notes from “who moved my cheese”

- Always be ware of possible changes, even thoug you are in a comfort zone
- Think about the bad days/situations, and always have backup plans
- Be comfortable with changing environment
- Be positive on ups/downs of life
- Don't hesitate, prompt action!
- Let the past go
- Keep learning skills to be adaptive for the changes
- Keep polishing those skills
- Imagine your feature/goals when needed. Tell yourself you can do it.
- Keep track what you learn from failures/success/feelings/thoughts
- Be consistent and persistent on your steps/plans
- Try to lead the changes, no forced to respond to the changes
- Try to figure the wrong doings and correct them first before giving up

Notes from “who moved my cheese2”

- Don't overthink about the changes
- Be flexible on your goals: either cheese or apples are good food
- Learn from others' success experience
- You can change your mind and adapt a new mindset/thought for the same goal.
- Keep curious and asking questions.
- What's out of maze? Think out of box!
- Don't trust/rely on what you thought you know but you actually don't know.
- Be expertise on what you know.