

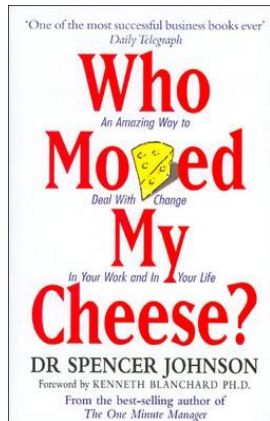


# A WEEK IN *Learning*

L&D RECOMMENDATIONS

## WHO MOVED MY CHEESE, By Spencer Johnson

*Recommended by Daniella Tovarez, Training Administrator*



Life is inevitably full of changes. This short but powerful book reveals the secret of long-lasting happiness: Rather than resenting or resisting them and being left behind by changes, enjoy the good, easy times while staying alert and ready to adjust to new circumstances.

“Cheese,” in this case, means success in life. It can be a good job, a quality relationship, or a better health condition. So, stop thinking about the cheese or start chasing it. Instead, anticipate change, adapt, embrace it, and face your fears. As the author, Dr. Spencer Johnson, said: “What you are afraid of is never as bad as you imagine. The fear you let build up in your mind is worse than the situation that actually exists”.

As we start the new year of 2023, let's ask ourselves:

1. Where am I likely to find the best opportunities, fighting this change or embracing it?
2. What could my life look like if these new circumstances led to something even better than the ones that I'm leaving?"
3. What would I do if I wasn't afraid of failure?

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