

BOOK REVIEW

Ms. Shabnam Sheikh, Department of BAF
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Title of the book: Who moved my cheese? ; **Author:** Dr. Spencer Johnson;
Publication: Vermilion, London ; **Year:** 1998

This book is all about how to deal with “change”. It describes the way one reacts to major change in one’s work and life. Who moved my Cheese is a simple but enlightening story of two mice named Sniff and Scurry and two little people named Hem and Haw who live in a maze, a representation of one’s environment like home, family, friends, workplace etc. and hunt for cheese, a representation of what we want in our life like a job, money, success, recognition, happiness, freedom, peace etc.

Here Sniff represents a character of someone who sniffs out change early meaning he used to smell the need of change and move on. Scurry represents someone who scurries into action meaning he used to act fast according to the changed situation. Ham represents someone who fears and denies change. Haw represents someone who learns to adapt in time when he sees change can lead to something better.

Everyone of us acknowledges that change is a part of life but very few of us expect and accept change as a reality in our lives. Author helps us to understand that change is constant and we should

1. **Anticipate change** – Get ready for the cheese to move. Observe things and situations keenly so that you may understand when things, people or situations may change and always be in a position to move on to find new opportunities be it at your workplace or personal life.

2. **Adapt to change quickly** – Change is any which ways going to happen whether you are afraid of it, whether you like it or not so the quicker you let go off old cheese the sooner you find new cheese.
3. **Enjoy change** – One should always enjoy the changed situation or working in changed environment because things can never be same and life moves on and so should we. And if we do not change we can become extinct.
4. **Be ready to change quickly again and again** – Never be afraid of change because people around us keep moving our cheese and we should always be ready for it.

It is always said that a man who has nothing to loose is fearless but this story teaches that one who is fearless gains everything.

