



# Summary: Who Moved My Cheese? by Spencer Johnson

*Ranjana Sinha, Sameer Mathur*

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This work offers a SUMMARY of the book "WHO MOVED MY CHEESE?" originally written by SPENCER JOHNSON.

This deceptively simple book has a dramatically important message about how to cope with change. People fear change because they believe they cannot control how or when it happens to them. In this path-breaking book, Dr. Spencer Johnson shows us that what matters most is the attitude we have about change. We can deal with change. The recipe is to realize that change happens, anticipate upcoming change, monitor change in our environment, adapt to change quickly; actually make the change, enjoy the change and finally, be ready for even more change.

Who Moved My Cheese? is a parable that takes place in a maze. Four beings live in that maze: Sniff and Scurry are mice. They are non-analytical and nonjudgmental, they just want cheese and are willing to do whatever it takes to get it. Hem and Haw are "littlepeople," mouse-size humans who have an entirely different relationship with cheese. It's not just sustenance to them; it's their self-image. Their lives and belief systems are built around the cheese they've found. Most of us reading the story will see the cheese as something related to our livelihoods--our jobs, our career paths, the industries we work in--although it can stand for anything, from health to relationships. The point of the story is that we have to be alert to changes in the cheese, and be prepared to go running off in search of new sources of cheese when the cheese we have runs out.

This work summarizes the central message and key insights presented in the original book.

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