



Kaizen: The Art of Continuous Life Improvement - How to Create a Lasting Change One Step at a Time

Nicolas Carter

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****This book is all about Kaizen and the ways we can use it for personal development and leading healthy lifestyles. It's an inspiring and easy to read book full of practical advice. Don't miss out on the chance to buy it now for a discounted price!****

"What is exactly Kaizen?" you may ask.

While there are many definitions, it can be described as a way of improving and creating significant changes through small and steady steps. It is also viewed as a beautiful art - an art of continuous improvement!

There are many possible applications of Kaizen, especially in the business world (where it comes from), but in this book we focus on using Kaizen for life improvement through small, consistent and steady changes. The changes employed are carefully constructed actionable steps, all leading to the goal we have set in our minds.

One of the biggest reason why Kaizen is so much useful is because of our fear of change. Fear of being outside of our comfort zone. Kaizen bypasses our fear of change in a way that we don't even notice it's happening, until one day it's finally there!

Kaizen can be applied into any area of our lives, from personal development, becoming smarter, meeting new people, expanding our social circle, learning something new like a language or an instrument, quitting bad habits like smoking, to building businesses and creating success.

This book explains in a simple manner how to apply Kaizen and create better, healthier and happier lifestyles for yourself.

Here is what you'll discover in this book:

- What is Kaizen and why is it good for you
- 10 Kaizen Pearls of Wisdom
- How to use Kaizen for better focus and getting important tasks done
- How to use Kaizen to lead a healthy lifestyles with a few practical examples and personal stories
- The Kaizen way to get fit and strong.

- How to adopt a new diet plan without succumbing to the old bad habits
- How to use Kaizen for personal development and staying organized
- And much more

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