

# Who Moved My Cheese Summary – Dr. Spencer Johnson

7 MINUTE READ

**Looking for a Who Moved My Cheese summary?**

You're in the right place!

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## Who Moved My Cheese Review

[\*Who Moved My Cheese?\*](#) (1998)

by [Dr. Spencer Johnson](#)

A short, light-hearted parable about the different ways we respond to life's changes and how doing so skillfully can help us find more success and happiness in our lives – by best-selling author, Dr. Spencer Johnson.

([92 pages](#))

[Paperback](#) | [Ebook](#) | [Audiobook](#)

[Who Moved My Cheese?](#) is a short, light-hearted parable about change, by best-selling author, [Dr. Spencer Johnson](#). It follows the physical and emotional journeys of four characters – Sniff, Scurry, Hem and Haw – as they search, find, lose and must rediscover their favourite food, cheese, in a large, twisting maze.

Johnson's cheese is a metaphor for what you want in life – a good job, a loving relationship, money, possessions, health or spiritual peace of mind. The maze is where you look for it – the organisation you work for, the family or community you live in. And the problem is that no source of cheese lasts forever. Life changes, whether we like it or not.

Sniff, Scurry, Hem and Haw's stories explore the various ways we all respond to this change. And though it's disarmingly simple, [Who Moved My Cheese?](#) captures and explores powerful and resonant truths that could have been written just for you.

**Its ultimate conclusion?** Change is inevitable. Anticipate it, adapt to it, learn to embrace and enjoy it. Do so and you won't just suffer less stress and unhappiness, you'll enjoy more success and fulfilment in every part of your life and your work.

[Who Moved My Cheese?](#) is a book everyone can learn from and enjoy. It's charming and inspiring and practical. And at just 92 pages it's shorter than most of our daily commutes.

**My verdict?** I'd definitely recommend [picking up the original](#). Its fact-light, story-heavy format also makes it perfect to devour [via audio](#).

Whether you're processing change or preparing for the inevitable this book will remind you that you're not alone and that there's light at the end of the tunnel.

For now though here's the **Who Moved My Cheese summary**...

## **Who Moved My Cheese One-Sentence Summary**

Our circumstances are constantly changing, even if we don't want them to, and the secret to long-lasting happiness is to enjoy the good, easy times when we get them while staying alert to and being ready to change with new circumstances when they come (instead of resenting and/or resisting them and being left behind).

## **Who Moved My Cheese Summary (Full Summary)**

We all strive towards outcomes at work, at home and in our communities because we believe they will make us (or those we love) happy.

It might be a good job, a loving relationship, money or possessions. It might be better health or spiritual peace of mind.

And it can feel wonderful when we eventually get them. Those things become cornerstones in our best-laid plans for the future.

Yet life is constantly changing and sometimes it blocks (or even undoes) things we expect, feel we deserve or have worked so long and so hard to accomplish.

But because we fear starting again, looking foolish or that we might end up somewhere worse, we often don't want to change when things begin changing around us.

We deny change has arrived or was coming. We get frustrated and start to blame others. We cling to what *was*, instead of what simply now *is*.

And the more important whatever's-at-risk feels, the more desperately we try to hold on.

We *seethe* with impotent stress and vexation. We think more about what could go wrong than go right. We let our fears grow out of control then control *us*.

But the fact is, like it or not, that the world *is* constantly changing. And

while not all change is good or necessary it *always* creates new opportunities, whether we recognise them immediately or not.

*That's* why it's important to learn how to deal with change. *That's* why it pays to learn how to adapt to new circumstances.

## **How to Enjoy Change**

When change happens, the first thing to realise is that how you react is *your* choice. The biggest barrier to change is *inside* you.

The second thing to realise is that the best way to deal with change is to keep things simple, be flexible and move quickly. When change comes along simply change with it.

Ask yourself:

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?"* and
3. *"What would I do if I wasn't afraid I might fail?"*

Really reflect on your answers.

Visualise them til the details are almost tangible in your head; until you change what you used to believe.

Realise that most of your fears are irrational. Laugh at your previous folly. Let it go.

Then *take action* – make things happen rather than letting things happen to you. Take control – even if you worry you've waited too long.

Recognise that sometimes things change and they are never the same again. And if this is one of those times, that's life!

Life moves on and if you don't want to risk going extinct, so must you.

# How to Anticipate and Adapt to Change Quickly

And the next time that times are a-changing? Reflect on your previous mistakes and don't let those changes surprise you!

Recall that no matter how secure something feels, you should always *expect change* to happen.

Because when you *expect change* (both gradual and sudden) to happen, you'll better *monitor and anticipate it early*.

And when you *monitor and anticipate change early*, you'll find it easier to *adapt to it quickly*.

And when you *adapt to change quickly* you may find you even *enjoy it*.

And when you *enjoy change* you'll learn to love testing the edge of your comfort zone; you'll be ready to *embrace change again and again* when it happens.

You'll be less stressed, less unhappy and more adaptive than those who resist the inevitable.

You'll shift your focus from losing what once was, to gaining what might someday be.

You'll have more time, space and energy to embrace new outcomes that may prove even better than the old ones.

And you'll enjoy a time-tested path to more success in your life and your work.

## Who Moved My Cheese FAQs

### Who Moved My Cheese Short Summary?

Who Moved My Cheese is a tale about four characters - Sniff, Scurry, Hem and Haw - who discover the risks and rewards of resisting and

adapting to change as they search, find, lose and must rediscover their favourite food, cheese, in a large, twisting maze. Read the full [Who Moved My Cheese summary](#).

## What Is the Moral of the Story Who Moved My Cheese?

The moral of Who Moved My Cheese is that change is inevitable (whether you like it or agree with it or not). Resisting change leads to stress and unhappiness. Embracing change leads to success and fulfillment. Read the full [Who Moved My Cheese summary](#).

## Who Moved My Cheese Quotes

These [Who Moved My Cheese?](#) quotes come from [TANQ](#) – **The Art of Living**'s growing central library of thoughts, anecdotes, notes, and [inspirational quotes](#).

*"The best-laid schemes o' mice and men often go astray"*

— Robert Burns, *Who Moved My Cheese?*

*"Life is no straight and easy corridor along which we travel free and unhampered, but a maze of passages, through which we must seek our way, lost and confused, now and again checked in a blind alley.*

*But always, if we have faith, a door will open for us, not perhaps one that we ourselves would ever have thought of, but one that will ultimately prove good for us."*

— A. J. Cronin, *Who Moved My Cheese?*

*"Having Cheese Makes You Happy"*

— Dr. Spencer Johnson, *Who Moved My Cheese?*

*"The more important your cheese is to you, the more you want to hold on to it."*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

*"If you do not change, you can become extinct."*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

*"What would you do if you weren't afraid?"*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

*"Smell the cheese often so you know when it's getting old."*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

*"Movement in a new direction helps you find new cheese."*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

*"When you stop being afraid, you feel good!"*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

*"Imagining yourself enjoying your new cheese leads you to it."*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

*"The quicker you let go of old cheese, the sooner you find new cheese."*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

*"It is safer to search in the maze than remain in a cheeseless situation."*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

*"The fear you let build up in your mind is worse than the situation that actually exists."*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

*"Old beliefs do not lead you to new cheese."*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

*"When you change what you believe, you change what you do."*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

*"When you see that you can find and enjoy new cheese, you change course."*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

*"Noticing small changes early helps you adapt to the bigger changes that are to come."*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

*"The fastest way to change is to laugh at your own folly – then you can let go and quickly move on."*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

*"A change imposed is a change opposed."*

— *Dr. Spencer Johnson, Who Moved My Cheese?*

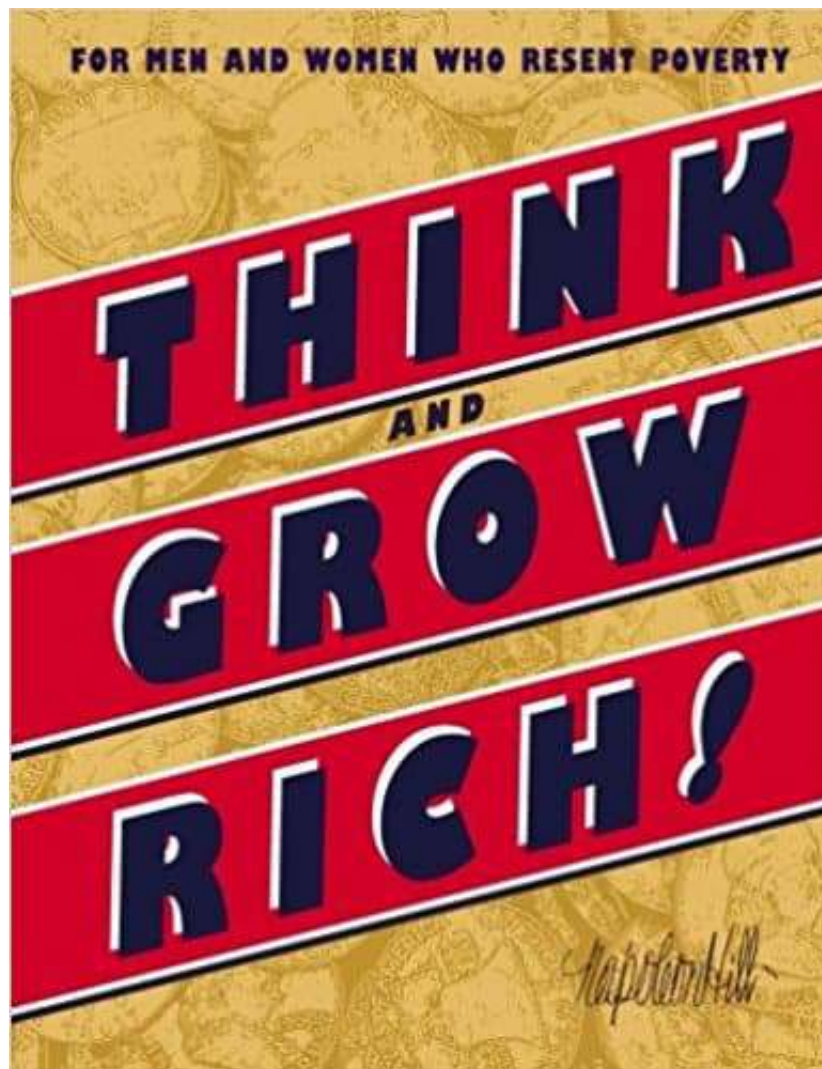
## **Read More: 5 Books Like Who Moved My Cheese**

**Enjoyed this *Who Moved My Cheese* summary?** You might enjoy the rest of the books on this list of [The 35+ Best Books on Mindset of All Time](#).

And in the meantime...

**Here are 5 top books like *Who Moved My Cheese*...**

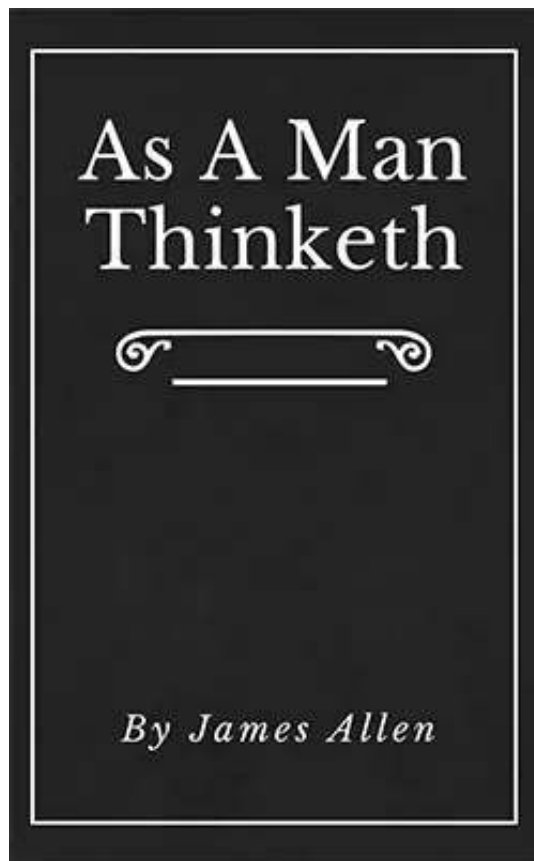




1. [Think and Grow Rich – Napoleon Hill \(FREE Summary\)](#)

A best-selling book of all time and a cornerstone guide to the Law of Attraction and the role of the subconscious in transforming your life – by a titan of the self-help genre, Napoleon Hill.

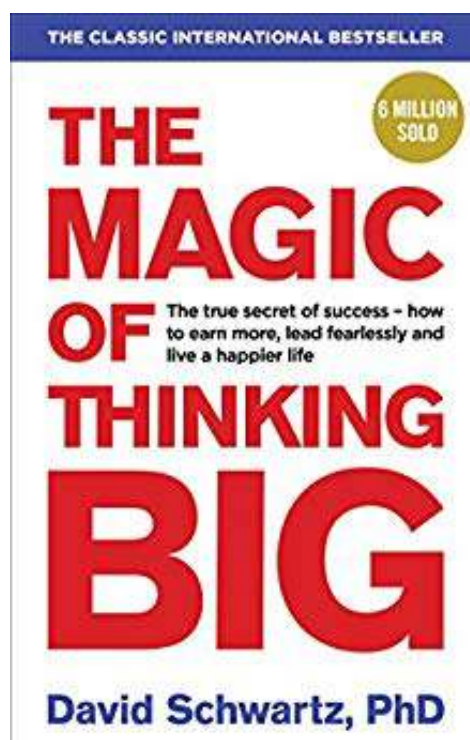
Published 1937 // 233 pages // Rated 4.2 over 254,900 reviews [on Goodreads](#)



2. [As a Man Thinketh – James Allen \(FREE Summary\)](#)

THE #1 ranking, uplifting, pocket-sized pep-talk on the power and importance of changing your thoughts as the cornerstone to changing your life – by philosopher and prolific self-help author, James Allen.

Published 1902 // 34 pages // Rated 4.3 over 67,000 reviews [on Goodreads](#)



## 5. [The Magic of Thinking Big – David J. Schwartz \(FREE Summary\)](#)

A powerful, practical and uplifting book to help get you out of a rut, invigorate your goals and empower you towards success – by life-long motivational writer and coach, David J. Schwartz.

Published 1959 // 320 pages // Rated 4.2 over 77,300 reviews [on Goodreads](#)

## Wish There Was a Faster/Easier Way?

Whenever you're ready, here are four ways I can help you be more productive, find more balance and live life more on purpose...

1. **Curious? Discover how productive you really are...** Take this free, 2-minute assessment to unlock your PQ and discover the top 25 habits you need to get big things done. [Take the 2-minute quiz →](#)
2. **Overwhelmed? Get a free chapter of my book...** Let me show you how to beat procrastination, permanently, with this free sneak peek inside **TAoL**'s ultimate productivity primer. [Download your free chapter →](#)
3. **Stuck? Grab a 90-Day TRACKTION Planner...** Get the tool thousands trust to help them take control of their time, master their habits and hit goals in every part of their lives. [Order your 90-day planner →](#)
4. **Burned out? Join the TRACKTION Community...** Take the 6-week masterclass, get weekly group coaching, find accountability partners and connect with like-minded self-starters. [Get started FREE →](#)

## Who Moved My Cheese?

5 MINUTE READ | A short, light-hearted parable about the different ways we respond to life's changes and how doing so skillfully can help us find more success and happiness in our lives - by best-selling author, Dr. Spencer Johnson.

**URL:** <https://amzn.to/3fKg1Yy>

**Author:** Dr. Spencer Johnson

**Arthur Worsley**

I founded **TAoL** to discover and share the best wisdom on how to live long and prosper. Before that I studied Psychology, Philosophy & Physiology at Oxford and consulted at McKinsey. **Still curious?** [Learn more](#) or [take my FREE productivity quiz](#).

