



One Minute for Yourself: A Simple Strategy for a Better Life (KOREAN TRANSLATION)

By M.D. Spencer Johnson

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In this book, through a vivid parable, Dr. Spencer Johnson demonstrates that caring for others begins with caring for ourselves. In just one minute, Dr. Johnson starts readers on the way to a sense of peace and balance, improved business and personal relationships, increased energy and joy, less stress at work and at home, a dramatic improvement in job performance and much more. Life is lived minute by minute. Those who know this live best. With the deft practical wisdom that characterizes all of the books in the One Minute series, Dr. Johnson shows how sixty seconds spent on yourself can lead to a lifetime of fulfillment and success. In this book, through a vivid parable, Dr. Spencer Johnson demonstrates that caring for others begins with caring for ourselves. In just one minute, Dr. Johnson starts readers on the way to a sense of peace and balance, improved business and personal relationships, increased energy and joy, less stress at work and at home, a dramatic improvement in job performance and much more. Life is lived minute by minute. Those who know this live best. With the deft practical wisdom that characterizes all of the books in the One Minute series, Dr. Johnson shows how sixty seconds spent on yourself can lead to a lifetime of fulfillment and success. About the Author Spencer Johnson is an internationally respected thought leader and number one bestselling author whose insights help millions of people discover simple truths they can use to have healthier lives with more success and less stress. He has often been called "the best there is at taking complex subjects and presenting simple solutions that work." He is the author of the #1 bestselling books *Who Moved My Cheese?*, an amazing way to deal with change, and *The One Minute Manager®*, the world's most popular management method, written with legendary management consultant Kenneth Blanchard. Spencer Johnson's books are available worldwide in twenty-six languages.

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One Minute for Yourself: A Simple Strategy for a Better Life (KOREAN TRANSLATION) By M.D. Spencer Johnson Bibliography

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