



Self Help Blog Explores Kaizen And How Less Stress Can Lead To More Success And Business Growth

October 27, 2016

October 27, 2016 - PRESSADVANTAGE -

Many business owners feel stressed because they run their business the hard way. Elisabeth Kuhn, Ph.D., of My Favorite Self Help Stuff Dot Com, now offers a way to work not harder but smarter. A Japanese tradition, Kaizen, helps entrepreneurs grow their business while focusing on improvements one step at a time. Such an approach reduces the stress involved in running a business considerably. And less stress can indeed lead to more success and business growth.

Kuhn argues that it is all too easy to fall into a trap of working endless hours, believing it is necessary to avoid failure. But the opposite is actually true. Too much work and stress can lead to mistakes as well as illness, ultimately resulting in less success rather than more.

Just like drastic life changes of the sort that often go along with New Year's resolutions rarely last long, working too hard and making huge changes in a business doesn't work very well either.

Instead, slow and steady leads to success. And that's exactly what the Japanese practice of making small, incremental changes, and making them consistently, is all about. It makes improving just about anything

easier and practically stress free.

Kuhn points out that Kaizen is not limited to business. "It also works well for improving one's diet, losing weight, studying for exams, and even writing books."

When using Kaizen to grow a business, it helps to look at any problems that may exist, analyze what's going on, and make small changes, one at a time. Kuhn says, "Kaizen works best if you keep an open mind and listen to feedback, especially from your employees and customers."

Kuhn's article goes into more detail about what is needed to make a business more profitable and more effective - without taking drastic steps. It fits in well with the other articles on Kuhn's self help blog on how to be less stressed and more successful. The overall theme guides the readers towards achieving a happier, healthier, and more prosperous life.

Following the principles of Kaizen is not always easy, especially since the dominant mode is to rush and do everything as quickly as possible. But taking a step back and changing to a more mindful and gentle approach will improve anyone's quality of life surprisingly quickly.

Kuhn is planning to add a series of additional articles on kaizen and how to use it to make life less stressful yet more successful. She's also planning more articles on conquering stress and coping with stressful situations. The Kaizen article can be found at <http://myfavoriteselfhelpstuff.com/how-to-use-kaizen-to-grow-your-business>.

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My Favorite Self Help Stuff

My Favorite Self Help Stuff along with My Favorite Web Stuff are blogs created by Elisabeth Kuhn, focusing on health, happiness, and prosperity. They provide advice and resources to people looking to find success online.

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