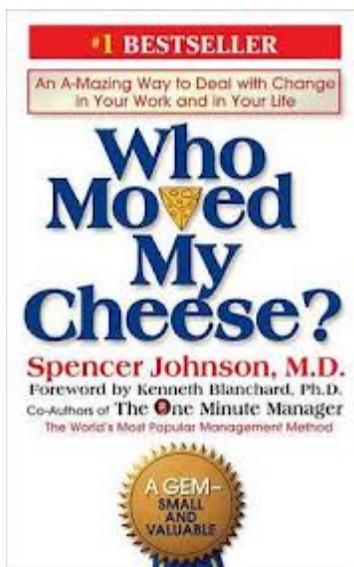


March 2013

As many of us know change can sometimes be a frightening and challenging thing because of the “unknowns” that often accompany it. With the upcoming sequestration and all of its uncertainties affecting our personal lives, this month’s Reading Corner will focus on Library titles that may better help us to cope with the “new” changes that we may find ourselves having to adapt to both organizationally and personally.



Who Moved My Cheese? An A-Mazing Way To Deal With Change In Your Work And In Your Life, by Spencer Johnson

Who Moved My Cheese? is a tale of two mice and two humans who live in a maze and one day are faced with change: someone moves their cheese. Reactions vary from quick adjustment to waiting for the situation to change by itself to suit their needs.

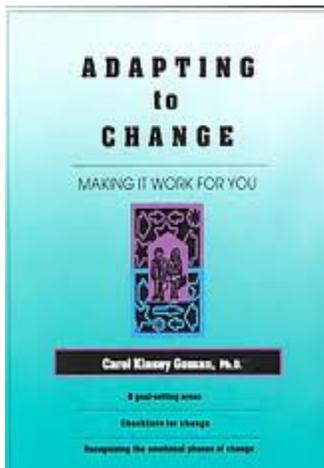
From the Author:

Many years ago, when I was struggling with a difficult change in my life, I created the story of *Who Moved My Cheese?* to help me take my changing situation seriously, but not take myself so seriously. When my friends noticed how much better life had become for me and asked why, I told them about the "Cheese" story. Several friends said, sometimes years later how hearing the story helped them to keep their sense of humor, change, and gain something better themselves.

Two decades after the story was created, it was published as a book, and to my amazement and almost everyone else's, within two years of publication, more than three million people had read it. Many have reported that what they discovered in the story has saved their careers, businesses, health and marriages. It has spread around the world in many foreign languages. Its appeal seems universal. It is not what is in the story of "*Who Moved My Cheese?*" but how you interpret it and apply it to your own situation that gives it value. The challenge however is to remember to use what you discover in the story.

Change occurs whether we are ready or not, but Johnson affirms that change can be positive. His principles are to anticipate change, let go of the old, and do what you would do if you were not afraid.

Stop by the Mobile District Technical Library, Room 1013, to check out “*Who Moved My Cheese*” (BF 637 .C4J64 1998) .



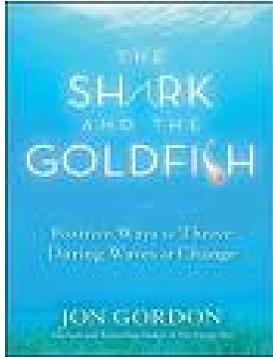
Adapting to Change: Making It Work For You, by Carol Kinsey Goman

“*Adapting To Change*” is about accepting change. Through her many years of working with individuals who have faced myriad transitions in both their personal and professional lives, Goman has design a book that will help the reader to “not only survive, but to thrive on ongoing change.”

Some quotations from “*Adapting to Change*”:

- “I never see change as a negative. It is always an adventure.”
- “Those who handle change best have constructed strategies for analyzing a situation, choosing a course of action and moving forward.”
- “Obviously, you cannot control everything that happens to you. But you are in complete control of how you respond to what happens. You can choose to concentrate on the dangers---all those things that are going wrong, or, have the potential to do so. Or you can decide to look for the silver lining, and search out challenges and opportunities.”
- “Every change begins with an ending—something that you must give up or leave behind. This is true for all kinds of change.”
- “People who handle work-related change best are not workaholics.” Although they may spend long hours at the office, few take work with them, and fewer still routinely work on weekends.”
- “While at work, focus on the job at hand. Do not allow yourself to become so distracted by the ambiguity of the situation that you stop working. You do not know exactly how it will all come out. Neither does anybody else. Focus on those things over which you have control, rather than becoming paralyzed by all the things over which you have no control.”
- “No matter how overwhelming the winds of change may feel they really cannot compare to the power and resilience of the human spirit.”

To read more from “*Adapting to Change*” (HD 58.8 .G648) stop by the Mobile District Technical Library, Room 1013.



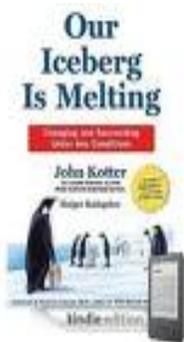
The Shark and the Goldfish: Positive Ways to Thrive During Waves of Change, by Jon Gordon

Every day, you have a choice of whether you are going to be a shark or a goldfish!

Fear and uncertainty are staples of our daily life in today's economy. As bad as things can be, economic downturns also lead to new opportunities. It's easy to worry, give up and let fear paralyze you. However, you have more control than you think you do and how you handle adversity is your choice-and the only choice that matters.

In *The Shark and the Goldfish*, Jon Gordon writes an illustrated and inspiring fable about Gordy, a pampered goldfish who gets swept out to sea. Desperate for food, Gordy meets Sammy, a kind shark, who teaches him the ultimate lesson-Goldfish wait to be fed. Sharks go find food. Gordy also learns that the difference between a full and empty stomach is our faith, beliefs and actions. In the face of adversity and lean times, *The Shark and the Goldfish* is a fable that reinforces a proven truth: You can't control the events in your life. But you can control how you respond and in turn help to determine the outcome.

Stop by the Mobile District Technical Library, Room 1013 to check out “*The Shark and the Goldfish*” (HD 49 .G67 2009).



Our Iceberg Is Melting: Changing and Succeeding Under Any Conditions, by John Kotter and Holger Rathgeber

From the Cover:

Our Iceberg Is Melting is a simple fable about doing well in an ever-changing world. Based on the award-winning “Eight Steps” work of Harvard’s John Kotter, it is a story that has been used to help thousands of people and organizations.

The fable is about a penguin colony in Antarctica. When one curious bird discovers a potentially devastating problem threatening their home, no one listens to him. The characters in the story, Fred, Alice, Louis, Buddy, the Professor, and NoNo, are like people we recognize---even ourselves. Their tale is one of resistance to change and heroic action, seemingly intractable obstacles and the more clever tactics for dealing with those obstacles. It’s a story that is occurring in different forms all around us today.

This audiobook also contains a bonus CD of the authors discussing creative ways to put the lessons from *Our Iceberg Is Melting* into practice.

Want to hear more? Stop by the Mobile District Technical Library, Room 1013 to check out “*Our Iceberg Is Melting*” (CD 34).