

# Living Kaizen

An innovative, systematic way  
to transform your life!



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## *Foreword*

We all want happiness, and we are very fortunate to have access to many different ways and means to find that happiness. Indeed finding joy and happiness should become the primary concern for all people, because only by finding their own happiness, will happiness spread.

This book was written to help those who want change, but are unable to do so without some form of system or logical framework to work with. One of the fundamental tenets that support *Living Kaizen* include the now famous *Universal Law of Attraction*. This universal concept of physics has received great attention amongst gurus and men of science. Indeed, it was the manifestation of this powerful and unique Law that this book and the amazing journey could be possible.

Two ingredients were necessary in making this book a reality. The first was the meeting of 2 completely different individuals, united by the compassion and the realization of their life purpose — and from that synergy, a powerful desire was formed to help people find greater clarity and joy in their lives. The second ingredient was a traditional code of conduct — which apart from its practice in certain manufacturing and processing industries, no one bothered about. However, the inherent power of this Japanese discipline formed the basis of which we saw the possibility for innovation and transformation. At that point, we decided that the only way to validate it would be to live it and practise the

## *Living Kaizen*

systematic, yet adaptable techniques we innovated. The rest, as they say is history, and the story of that success formed the basis of *Living Kaizen's* story.



The sole purpose of this book is to be a compass for people who have a strong desire for change, but are not able to crystallize a workable, practical plan of action. While we would be the first to state that *Living Kaizen* may not be the right cup of tea for everyone, we do believe that *Living Kaizen* does play a valuable role as a powerful tool to solve challenges and issues of contrast in our daily lives. It is a valuable discipline that when habituated, will help you find and sustain that critical vibrational frequency or state of mind that will propel you to achieve your goals and desires.

*Living Kaizen* fulfills a powerful proactive role in ensuring that the mind and the body are attuned and in constant motion of thoughts and deeds that put a person closer to goals and dreams in a

## *Foreword*

measurable, step by step manner. You could say that *Living Kaizen* forms the missing “actionable” portion of attaining one’s dreams and desires. There are many books that do a wonderful job of aligning a person’s concepts of being. *Living Kaizen* leverages on the scenario that the person has achieved a level of consciousness and is looking for measurable means to practice habituating and being in the constant state of alignment with what they want.

Is that a tall order? Far from it. This book is proof that *Living Kaizen* works and continues to work. It is with great excitement and hope that anyone looking to make measurable changes in their life will find the stories and wisdom contained in this book a valuable tool that will help them get it and find joy getting it.