



“Who Moved My Cheese?”

For Teens

By Spencer Johnson

“What would you do if you weren't afraid?”

‘For many people, fear is a big obstacle that stops them from moving ahead. They dwell on their difficult situations and failures. This prevents them from moving forward. This quote reminds me that whenever I face a change in my life, I should not be too overwhelmed by fear and let it stop me from getting something better.’ – *Miss Jennifer Wong*

Who Moved My Cheese is a story of four characters who live in a “Maze” and look for “Cheese” to nourish them and make them happy. The four characters include two mice named Sniff and Scurry and two “Little people” named Hem and Haw. “Cheese” is a metaphor for what you want to have in life. For teenagers, it can be doing well at school or in HKDSE, being a good leader in a club or just feeling good about yourself. And the “Maze” is where you look for what you want – your school, your family and the community you live in. In this story, the four characters look for Cheese at the same place of the maze every day. One day, an accident happens and all the Cheese at the original place disappears. These four characters then need to go to another place to get New Cheese. This story is about how these four characters face this big change in their life. Some of them give up in the process but some of them succeeded in getting the new Cheese.

This book is now available in the School Library.