

A Dissertation

K.A.A.N.

It's a... it's a joy to be back here again, and feel the love in this room
What allows people to sustain excellence in all three areas of life
Health, relationship, and career
One of the concepts we came across was how successful people create and sustain change
And came across a concept called Kaizen
It's an ancient Asian philosophy all though it goes back even before, uh, some of the Asian writings
But ironically we can find no evidence of it's application
Kaizen, now has two definitions the one we'll start with, is very very-its-they make a distinction between what we think of as the western notion of change, innovation
And making the largest possible steps as to accomplish large goals