



2 Second Lean: How to Grow People and Build a Fun Lean Culture

Paul A. Akers

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2 Second Lean will flip your world right-side up. It's a practical way to improve your life every day by making a simple 2 second improvement. Join author, business expert, radio show host, and international speaker, Paul A. Akers, as he takes you on a LEAN journey that will transform every aspect your life... from your home to the office.

“Ten years ago I began my Lean journey. I had never even heard the word before, but what happened was nothing short of astounding. Lean thinking has propelled my business from a small operation in my garage into an international, multi-million dollar enterprise. Welcome to my world of Extreme Lean thinking. Once you have experienced the vast benefits of Lean, you will crave it, want it, and do anything to get it. Lean thinking has made an enormous difference in my life – personally and professionally.”

“This book is not intended for MBAs or those interested in manufacturing theory or flow charts. This book is intended to blast open the door of opportunity for people who want to improve their daily life, be it in their workplace or home. Lean is not as complicated

as all the experts and textbooks make it out to be. In fact, as you learn to incorporate a Lean approach to your life, you will see that the more Lean thinking you have in your life, the more you will enjoy life.” ~ Paul A. Akers

Read this book and be inspired by how easy and fun it can be. No flow charts or graphs – just the real life journey of one company and the astounding results Lean thinking can produce. Take a few hours, read 2 Second Lean and change your life!

2 Second Lean: How to Grow People and Build a Fun Lean Culture Details

Date : Published November 8th 2011 by FastCap LLC

ISBN :

Author : Paul A. Akers

Format : ebook 176 pages

Genre : Business, Nonfiction, Leadership, Self Help, Buisness, Productivity



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From Reader Review 2 Second Lean: How to Grow People and Build a Fun Lean Culture for online ebook

Aaron Dutton says

When I saw the cover for this book, I expected something very cheesy. Instead I got an incredible read and my mind was opened to the world of lean. I listened to the audio edition, which I highly recommend. Akers' energy and passion are obvious and infectious.

Be sure to view the videos on the website. I am not much of a video guy but they're great.

Tyson says

Poorly written and full of dumb jokes and shameless self-promotion. My boss required my team read this book.

Paul Hambrick says

Audio version of the 3rd edition.

What a great concept for any business or organization. I've always intuitively been attracted to lean work, preferring to not waste time or motion ever under any circumstances.

For example, when I have to leave the house for the office, I HATE making more than one trip to the car. I try to make the morning go so that I can leave the porch and get in the car once.

This book inspired me to "Start in the Bathroom" so I went to Lowe's and Oreck and got a set of shelves and an Oreck vacuum cleaner so that my office can be cleaned and the supply closet organized more efficiently.

Get this book and start by making your own life and immediate environment lean.

I definitely recommend the audio version of the book because Akers has many asides and they are all gold.

Josh Hull says

I really liked this book and particularly the concepts. It's very applicable to all of life and I've already completed a few of my own two second improvements! Hopefully many more to come.

Having an intro to the basic concepts of lean manufacturing was really helpful to give me new categories to think of waste and inefficiency. I'm really thankful for that!

If I could sum it up in one sentence it would be: Fix what bugs you!

Sarah Bradshaw says

Entertaining, and mindset-shifting. Many applications don't apply to my life or work culture, but the mindset shifts presented in this book are challenging me to rethink my workflow and processes. How can I reduce waste? Wasted time, wasted energy, wasted resources, wasted money, wasted relationships... a lean culture is all about focusing on value-add, serving customers, and reducing waste.

Zoie says

Just finished reading this in conjunction with The Life-changing Magic of Tidying Up, and my house and my life will never be the same.

The suggested videos in the book are really helpful, as well. They're worth searching up.

Seriously, if you're going to read one, read the other, too.

Lori says

3.5 stars. Paul Akers is quite enthusiastic about Lean and his enthusiasm is infectious. This is the perfect book to read if you are interested in Lean principles and how to incorporate them into any aspect of your life—but you tend to fall asleep reading technical books, looking at statistics, and trying to interpret various charts and maps. The chapters of Akers' book are brief, written in layman's terms, include color photos, sum everything up at the end, and are actually pretty entertaining. He also includes several links to YouTube videos and other relevant, illustrative information.

Noteworthy quotes:

"Lean does not make things more difficult. Lean is focused on intentionally simplifying any process....Lean is not about working harder and more frantically, but about making things simpler. It is not just about making everything faster, but about improving the quality of everything you do. It's rarely a huge or drastic change, but baby steps in an endless drive to continuously improve everything every day."

"Lean is about fixing what bugs you."

"Everybody wins- another benefit of Lean."

"...I asked the VP of (of Toyota) a very direct question, 'What is the most important thing for Toyota?'...Without hesitating, he said, 'The most important thing for Toyota is people. Toyota is all about teaching and training people and building a culture of continuous improvement.'

"My mistake had to do with my incorrect focus on processes. I needed to focus on building a culture of people who understand and embrace continuous improvement."

"He understood that if you made things simple, there was a much greater chance of people understanding and implementing the ideas."

"When money is no object we abdicate our most powerful resource: our ideas. It just gets too easy to throw money at problems and yet we see time and time again that money often creates problems rather than solving them."

"When humility becomes a central attribute of the Lean leadership, a vortex of creativity and buy-in will follow. When there is a culture where people know there is not an egomaniac in charge, they begin to grow and thrive."

"This is the spirit of a Lean culture. When the leader is willing to be corrected and has no ego issues with sharing credit, that same generous and supportive spirit flows between everybody."

"...I should have been making videos six years ago, but I got paralyzed because I wanted everything to be perfect. I bought all kinds of film gear and lighting and software, but I never made a video because I was waiting for everything to be perfect. Then I realized the folly of that. If you just do it, you'll learn so much by 'just doing it.' That is really the story of 2 Second Lean. If you just make a small improvement, you'll learn so much that the next improvement will be that much better."

"We are very deliberate in how we hire people. We look for two characteristics- people who are humble and curious. We want people who don't act and feel like they know it all. We want people who are naturally curious about life."

"Focus on you. Focus on eliminating your waste.... When people see how much your area has improved, how much easier your work is, how much more they can depend on you, how consistent you are and how the quality of your product improves, they will want to know how you are doing it. Then you can show them. And then they will be eager to learn and begin their own Lean journey. But do not try to get your wife, your dog, your hamster, your cat, or your co-workers to do Lean."

"My Favorite Principles: Make people the center focus of your life. Pursue the right thing over profit. The profit will follow. Teach and train..."

"You can organize waste."

"Lean has been misunderstood to be the methodology of taking away jobs, making things sterile with little or no creativity. Lean is the opposite of that. Rarely, if ever, does it take away a single job. It creates boundless opportunities and continual employment, adds longevity for existing employees and growth for new people to be brought into the company."

"When I go to hire someone, I always hire for character and teach for skill. I can teach anybody to do the job, but character is a rare commodity."

Joe Gee says

A quick, easy introduction to lean thinking. Don't pay for it, google it. He gives it away for free, audio book too. I found his speaking energy in the audio book to be a bit distracting as he always has a "selling" tone.

Don't stop before the extra chapters, though. He readdresses and fixes some of the gaps in the first edition.

Amanda NEVER MANDY says

For work I have to get so many education hours in a year and thankfully reading to obtain them is an option. Too bad it's not from a list of my choosing because we all know how absolutely relatable that would be. Two second in a title for an educational book sounded perfect. Not enough to bore, just enough to enlighten. True to it's name, it was a quick and painless read. What I walked away with, throw out your waste. What my imagination heard and will forever link it to, "BRING OUT YOUR DEAD!"

Thanks Monty Python for making me the office leper yet again.

Stephanie says

This isn't groundbreaking work - it's a common sense approach to reduce wasted time and effort. There are tons of silly examples of how the author has shaved seconds off his daily routines - such as installing a light in his closet so he can easily match his shirts and slacks when dressing in the morning. That just seems excessive to me. There was also an example of installing a sprinkler and drain system in his backyard to wash off the underside of his lawnmower, because it took too long to use a regular hose and squirt it underneath. The principles of Lean are good, but this book is not

Caren says

The author spent more time hyping his own products/company and restating the title than he did making new revelations. It would have been lean to condense this short book down to three chapters .The links to the videos will take you to some of the most banal content allowed on Youtube.

Emily says

I had to read this book for my industrial arts class. It was interesting how small improvements can help your daily routine, even small ones, and how if something is bothering you, fixing it can help a lot. The first half of the book was pretty interesting but as nearing the end, it seemed to go on forever. This book is more for business owners and workers than for students but this book really connected to what my teacher is trying to do to our industrial arts classroom. Our shop class takes place in two shipping containers. Sometimes it is hard to find a place for everything. We try to consistently make two second improvements to the classroom and eventually we will be more organized and processes will be simpler. One example of a great improvement we made was putting velcro on hand sanitizer and attaching it to the wall. That way we can easily find it and it is not taking up space.

David says

Lean is all about the elimination of the 8 deadly wastes:

- Overproduction
- Overprocessing
- Motion
- Waiting
- Transportation
- Inventory
- Rework of defects
- Unused employee genius

Results:

- Operational excellence
- Low turnover
- Customer retention
- Consistent reduction in cost
- Consistent increase in quality
- Continuous innovation
- A fun place to work

Continuous improvement comes from "fixing what bugs you" every day!

Rating: 4/5

- Your pride will blind you to what you most need to learn.*
- Show me your checkbook and where you spend your money and I will show you what you value.*
- Start small, dream big!*
- Build it in and it is difficult to change.*

Tony Cavigchi says

2 Second Lean is a fun, narrative style, book where Paul Akers shares his lean journey. Akers identifies lean as eliminating waste and "what bugs you." He encourages people to have fun while doing it and continuously improve processes.

Bradley Arlt says

Sweet jesus! I love books that just go down smoothly. Knowledgeable author, interesting way of writing, and then at the end you feel like you learned something.

My only complaint is that the title of the book made me delay reading it. I've seen too many Lean attempts get twisted into a time obsession, and sometimes I'm not trying to optimize time. Sometimes I'm trying not to get injured, or trying to wash and dry the most clothes in a day. These are about spending time.

But 2 Second Lean is not about time. It is about eliminating waste. And that I can get behind. Because making something faster is less wasteful, but so is making it less bad for employees.

And the spoiler alert. Lean is about treating you employees well.
