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# This Is Lean: Resolving The Efficiency Paradox

NO.1 BEST-SELLING MANAGEMENT BOOK IN SWEDEN

## THIS IS LEAN

RESOLVING THE  
EFFICIENCY PARADOX

NIKLAS MODIG & PÅL ÄRNESTHÖM



"This book gives us a new way to think about a difficult concept and to understand it. It is a book that will help you understand the concept and to use it in your own work."   
— JONAS BERGSTRÖM, CEO of Volvo Group

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## Synopsis

Lean is the most widespread management philosophy of our time and is currently present in every industry, yet the concept is still vaguely defined and widely misunderstood. This is Lean - Resolving the efficiency paradox was launched in October 2011 and has sold over 180.000 copies. By using clear, concise language and insightful examples, the book has brought greater clarification to the essence of lean and revolutionized top-executives and employees understanding of what lean actually is.

## Book Information

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## Customer Reviews

There are lots of books on process, and many of them are so academic as to be a pain to read. This one was a pleasure to read, using real world examples that anyone could relate. I would recommend this book to anyone who is looking for books to read, to give them some ideas on how to improve their flow efficiency by being leaner.

In case you want to fully utilize your resources, changes are that you'll end up with customers who

are waiting. Modig and ÅfÅ...hlstrÅ¶m describe how to take path towards flow efficiency and serving the customer, and along the way end up improving both - resource efficiency and flow efficiency. Quick read, feels a bit naive on the beginning, but really delivers towards the end.

This book gave me a short concise and great way to explain what lean is all about. I use that framework everything I introduce lean to anyone. The book is an easy, short read - and still manages to explain topics that's been obscured in many other books in a very clear manner. I recommend this book to anyone learning lean

The authors set out to clarify lean and now I am perfectly equipped to differentiate and observe different contexts in a way I wasn't before despite having read a few Lean books. Liker's Toyota Kata book makes more sense to me - now I can see how the Katas fit the mindset of Lean and are a strategy for a Lean organization seeking improvement...Thanks for providing so many useful metaphors too - a truly great read and a nice digestible length!

Awesome framework to understand lean and think how an org operations strategy can adapt for continuous improvement. Like the connection to business strategy as the driver without getting distracted with that topic itself. Well Done!

This book is a great intro on Lean and the real definition of effectiveness, it could be a also an advance book if used correctly by tapping into the examples, and main concepts. All in all I think its a very refreshing book in this subject, we need more books with fresh ideas in Lean.

Very enlightening. A must-read for everyone who wants to understand the true story and benefits behind lean as an operational strategy.

Great book - probably one of my top five Agile/Lean books for its clarity in comparing flow and resource efficiency. I wish all leaders understood these concepts.

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