

It Starts with Attitude

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Synopsis

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We all know we are supposed to go through life with a positive attitude. It is healthier and makes us more productive. But exactly how do we develop that positive attitude? Longtime professional speaker, entrepreneur, and leadership consultant Mike Oster has the answers. His new book *It Starts With Attitude* is the "how to" manual for positioning ourselves to attain and maintain a positive attitude all day, every day. each chapter includes supporting practices and habits that allow us multiple opportunities for positive attitude choices. In this book, you'll learn to:

- Be positive when others are negative.
- See opportunities when others see issues.
- Grow through the opportunities you uncover.
- Establish goals you believe in and accomplish.
- Embrace good and even bad stress as opportunities.
- Make humor part of your daily life.
- Allow your "best self" to be the first thing you offer.
- Make excellence not the pinnacle but the average of your performance.

It Starts With Attitude reminds us that there is always an opportunity to grow, regardless of our current status and fortune, and, when we become better at who we are, we become better in all we do.

Reader's comments

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