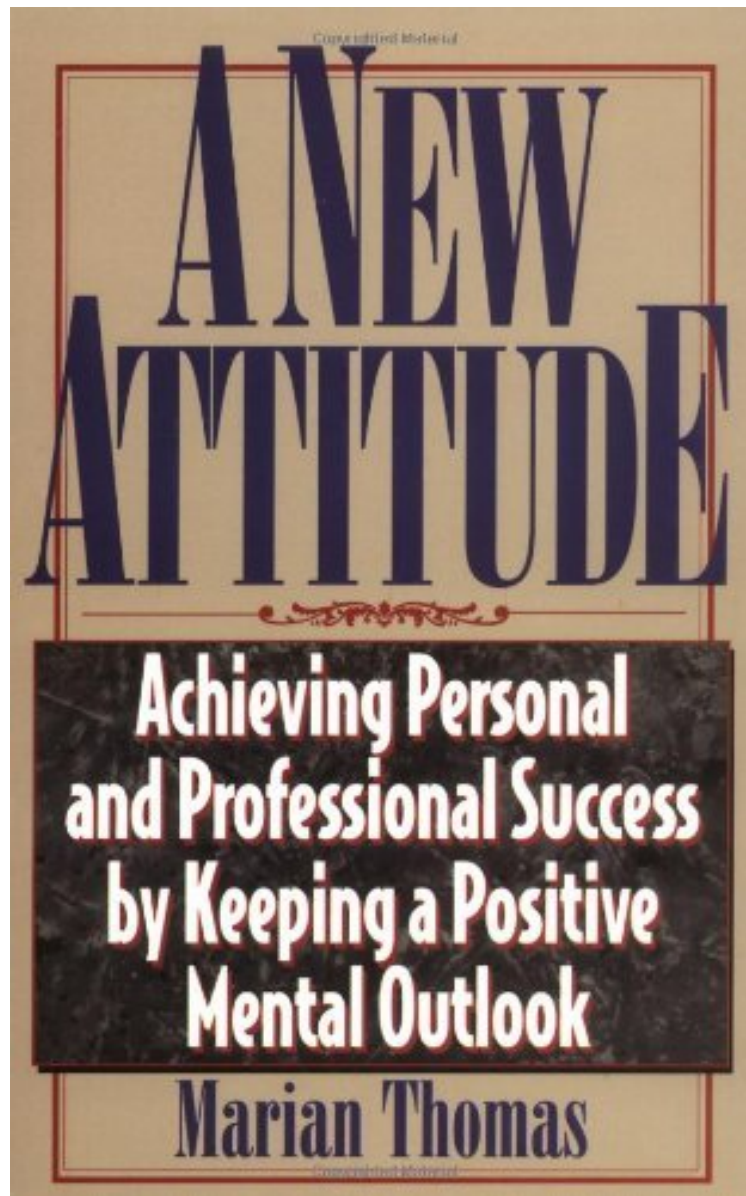


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## New Attitude, A (A New Attitude)

*Marian Thomas*

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**Marian Thomas : New Attitude, A (A New Attitude)** before purchasing it in order to gage whether or not it would be worth my time, and all praised New Attitude, A (A New Attitude):

2 of 2 people found the following review helpful. I recommend this book!By Rolf DobelliThe universal goal is to combine career and financial success with personal happiness, but if that were easy, everyone would be prosperous and blissful. Well, maybe not everyone, but certainly you, says author Marian Thomas, who maintains that you can achieve all this and more by changing your attitude. In this concise book, the author discusses attitude as it relates to

personal and business success. In her spin on the Norman Vincent Peal classic, *The Power of Positive Thinking*, Thomas offers workplace examples and tips. The book is an excellent primer for readers who want a quick introduction to positive thinking and attitude. Readers who want more depth may need to consult secondary sources, but they will still find value here. We at getAbstract.com recommend this book to employees, students and managers, as well as to anyone who'd like a most positive outlook (and maybe some of that money and bliss). 1 of 3 people found the following review helpful. A spin-off from the work of Dr Martin Seligman! By Lee Say Keng This book is compact it's a quick read. However, this book is just a spin-off from the pioneering work of Dr Martin Seligman, who is considered the father of the new science of positive psychology. This is not a reflection on the intent purpose of the author (Marian Thomas), as she has acknowledged Dr Seligman in the book. Most readers will know that Dr Seligman wrote the ground-breaking book, 'Learned Optimism', in the early 90's. He has spent more than two decades in clinical research to demonstrate how optimism enhances the quality of life. In contrast, I feel that it would be more worthwhile to read Dr Seligman's original book, which is being re-released as a new print. Its secondary book title is 'How to Change Your Mind Your Life.' There is another insightful book by Dr Seligman, i.e. 'Authentic Happiness: Using the New Positive Psychology to Realise Your Potential for Lasting Fulfillment.' However, this book is intellectually more stimulating to read than the author's first book. In both books by Dr Seligman, there are even generous advice on how to encourage optimistic behavior at school, at work in children. The author (Dr Seligman) also has website where you can access some of his personal assessment tools. If you are seriously looking for proven strategies practical techniques to release your potential for lasting fulfillment, I reckon you should read both books from Dr Seligman. 2 of 2 people found the following review helpful. Quite Empowering By A Customer I found *A New Attitude* by Marian Thomas to be exceptional and quite empowering. It covers a lot of ground in a small compact book. Gives you reflection pages to help you learn and understand more about yourself. We are putting together a library at work for our employees that include training and self empowering materials. This was a book I read for review and quickly put it in the library for others to share.

Highly accessible and fun to read, this book will show users how to get their attitude to work for them, rather than against them. The techniques provided teach one to believe in themselves, how to attack personal problems head-on, how to look for the bright side in every situation, and how to rely on a sense of humor. By learning how to overcome disappointments and failures, users will achieve greater success in their lives.