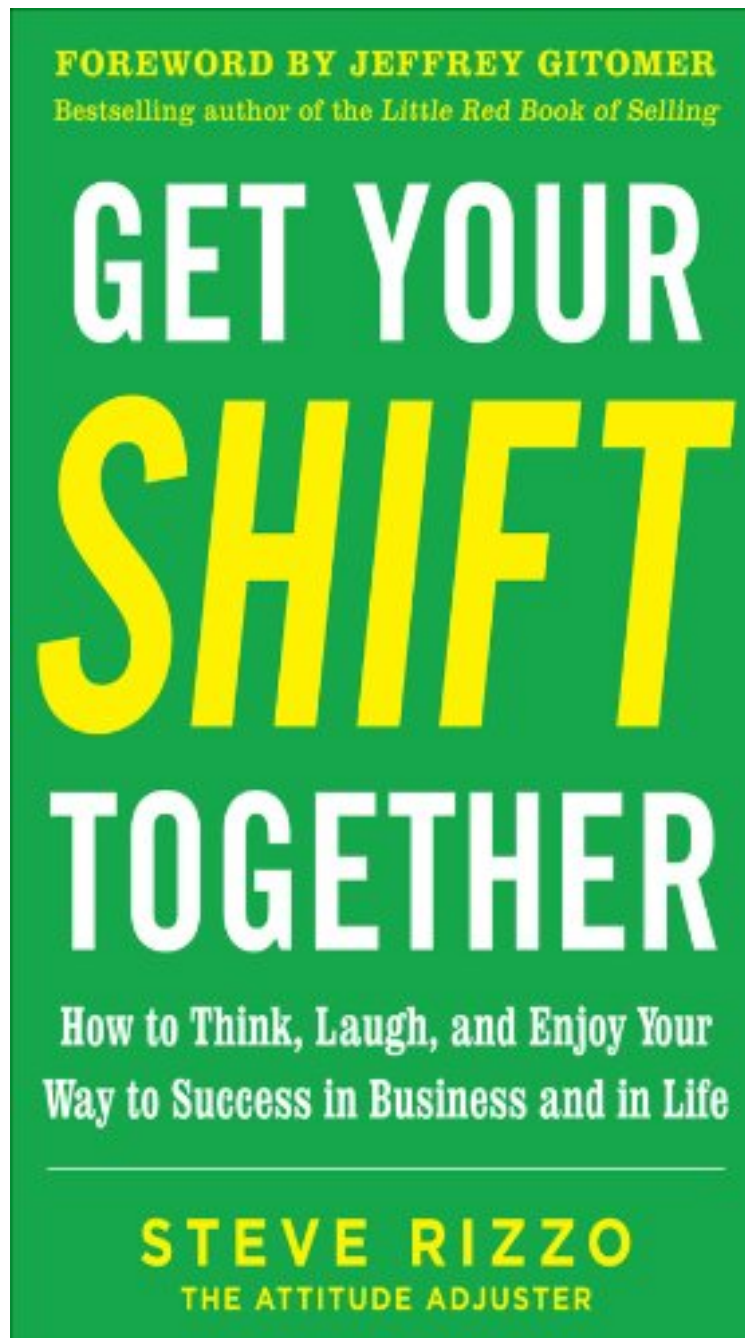


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0 of 0 people found the following review helpful. Better Start To My Day-Thanks SteveBy Marty WolffI recently had the honor and pleasure to meet and interview Steve Rizzo. No doubt my review has been influenced by that opportunity. Steve is a class act. But back to the book review. The title is spot on to the message inside. Steve's personal stories had an impact on me because after only knowing him for 30 minutes I felt he was my friend. Well written with very insightful messages. The way he suggested I start my day has actually improved my days and my productivity. Steve cares about you, that's why he wrote this book. Take advantage of his friendship. Buy and share this book with all your friends. Maybe more importantly share this book with someone who may need to "shift" their thinking from a "woe is me" perspective to a more positive and effective way of thinking and living. BTW Steve, did you hear the one about.....0 of 0 people found the following review helpful. Funny and insightfulBy Kathleen ThompsonI picked this book up because of its title and theme. I love the play on words, and the idea of shifting, as opposed to changing. As Steve Rizzo says, it seems less intimidating somehow. And it somehow connotes a smaller change. All the books I have read about change talk about making small, incremental changes to increase the likelihood of success. And this book is no different. What IS different is the humor and zest for life that is manifest in Mr. Rizzo's writing. Inside the front cover, the book promises to show us how to:- Find the humor in every situation- Turn negatives into positives- Make our workplace the best place to succeed- Stop being a full-time resident of the Negative Zone- Face our fears and get on with our lives- Make happiness a choice, and have fun doing itThe book delivers on these promises. It is easy to read, funny, inspiring, and practical. One of my favorite quotes is "People who are generally positive have problems just like everyone else. What separates the chronically positive from everyone else is that they know that their problems won't last and are simply part of the process of life...Pain is unavoidable, but to a person with a positive attitude, that's all it is: pain. It is not something to be compounded by doubt and past experience." This, along with Shawn Achor's "The Happiness Advantage", are my two favorite books on this topic. Happiness CAN improve not only your outlook, but also your health and performance. Happy reading!0 of 0 people found the following review helpful. Get Happy!By Karen A. YoungThis is an excellent guide to the many blessings YOU can provide yourself just by putting yourself in the right frame of mind. I consider myself a generally happy person but look to institute some of Mr. Rizzo's suggestions to prop myself up on those "other" days. Rizzo provides excellent stories to drive the point home and help you truly understand the points he is emphasizing. This is a good read for all!

Get ready to SHIFT your life! "Through shifting your focus and way of thinking, Steve Rizzo shows how to succeed on all levels of life, while actually enjoying the process. What could be better?! You will love the truth, the humor, and the wisdom this book contains." -- Dr. Mehmet Oz, host of The Dr. Oz Show and bestselling coauthor of You: The Owner's Manual "Irsquo;m positive you will love this book!rdquo; ndash;- Jeffrey Gitomer, bestselling author of the Little Red Book of Selling "The stories in this book will make you think, laugh, and think again. It's an indispensable tool for maximizing your personal and professional success and happiness." -- Joe Vitale, bestselling author of The Attractor Factor "Engaging, hilarious, heartfelt, and authenticmdash;just like Steve--this book is for anyone seeking more purpose and joy in business and in life. I couldn't put it down." -- Lt. Col. Rob "Waldo" Waldman, bestselling author of Never Fly Solo "With humor, research, and personal insights, Steve Rizzo will help you enjoy the journey of life, both personally and professionally. And he will make you laugh--bonus!" -- Chester Elton, bestselling coauthor of The Carrot Principle and All In "Everyone is looking for a road map. Steve provides the driving instructions for those who are ready to shift into high gear on the highway of life." -- Wayne B. Goldberg, President and CEO, La Quinta Inns and Suites "In a book overflowing with wit, passion, and serious truth, Steve helps you navigate that often elusive, yet vital shift in focus that allows you to reclaim the success, joy, and happiness for which your life was intended. Your eyes will be opened, and you will never be the same." -- Joseph Fusco, Vice President, Casella Waste Systems, Inc. LAUGH YOUR WAY TO SUCCESS . . . Who says you have to "get serious" to get everything you want out of life? According to Steve Rizzo, The Attitude Adjuster, you simply need to shift your attitude to get the ball rolling, both at work and in your personal life. In his funny and moving motivational guide, Rizzo shares the life-changing secrets that helped him confront his fears and shift from a promising career as a stand-up comic to his incredible success as a public speaker. Packed with humor, charm, and mind-altering insights--no, not that kind!--Rizzo's unique approach will show you how to: Find the humor in every situation Turn negatives into positives--every

single day Make your workplace the best place to succeed Stop being a full-time resident of the Negative Zone Face your fears and get on with your life Make happiness a choice--and have fun doing it! Throughout the book, you'll find specific Attitude Adjustment Strategies that you can apply to every aspect of your professional and personal life. You'll learn how to avoid the Eeyore Syndrome, tap into your Humor Being, turn self-doubt into selfconfidence, and make everyday conversations more engaging and more productive. You'll discover a tried-and-true method for shutting down that selfdefeating Big Mouth inside your head--so you can listen to what's inside your heart. Along the way you'll hear about Rizzo's enlightening firsthand encounters with Eddie Murphy, Rodney Dangerfield, Naomi Judd, Christopher Reeve, and many more. It's all you need to get your shift together, and that's no joke. When the shift hits the fan, your new life begins--with love, with joy, and, of course, with laughter.

About the Author Steve Rizzo, a.k.a. The Attitude Adjuster, is a personal development expert whose clients include American Airlines, BP, JPMorgan Chase, Scholastic, and Sprint, among others. As a standup comic, he has headlined with many titans of comedy, including Jerry Seinfeld, Eddie Murphy, Drew Carey, and Ellen DeGeneres.