



weLEAD Book Review

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If It Is To Be It's Up To Me

How to Develop the Attitude of a Winner and Become a Leader

Possibility Press - 2003 (170 pages in paperback)

Author Thomas B. Smith

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Author Thomas B. Smith has a personal success story to tell. It is the story of his life and the values that have served him well. If It Is To Be It's Up To Me is a classic self-help book. The main focus of the book is the powerful impact that attitude has in every area of your life. Smith grew up in a large struggling family that taught him the importance of honesty, responsibility, commitment and consistent action. After serving in World War II, he embarked on a successful 30-plus year career in the insurance business before retirement. This book reflects his background, personal example and life experiences.

If It Is To Be It's Up To Me has an ongoing emphasis on being *positive* about living. As Smith states in the first chapter, "An optimistic outlook on life has many advantages. It means you're solution-oriented and a possibility thinker. You look for the good. When you have a positive attitude, you're more likely to be committed and achieve your goals and dreams." The rest of the book discusses the role of maintaining a positive attitude and its relationship through stress, exercise, motivation, career development, time management and other areas. The book is composed of 14 chapters with numerous quotations.

If It Is To Be It's Up To Me does not break new ground in the study of leadership or personal success. However, Thomas Smith reminds us that certain basic principles can change your life, and how you perceive its purpose. Achieving and maintaining a positive perspective provides many opportunities that others simply miss out on because of their negative approach. This book reinforces why generating enthusiasm and sound values are vitally important, and how they can affect virtually every aspect of your daily existence!

weLEAD Rating - recommended

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