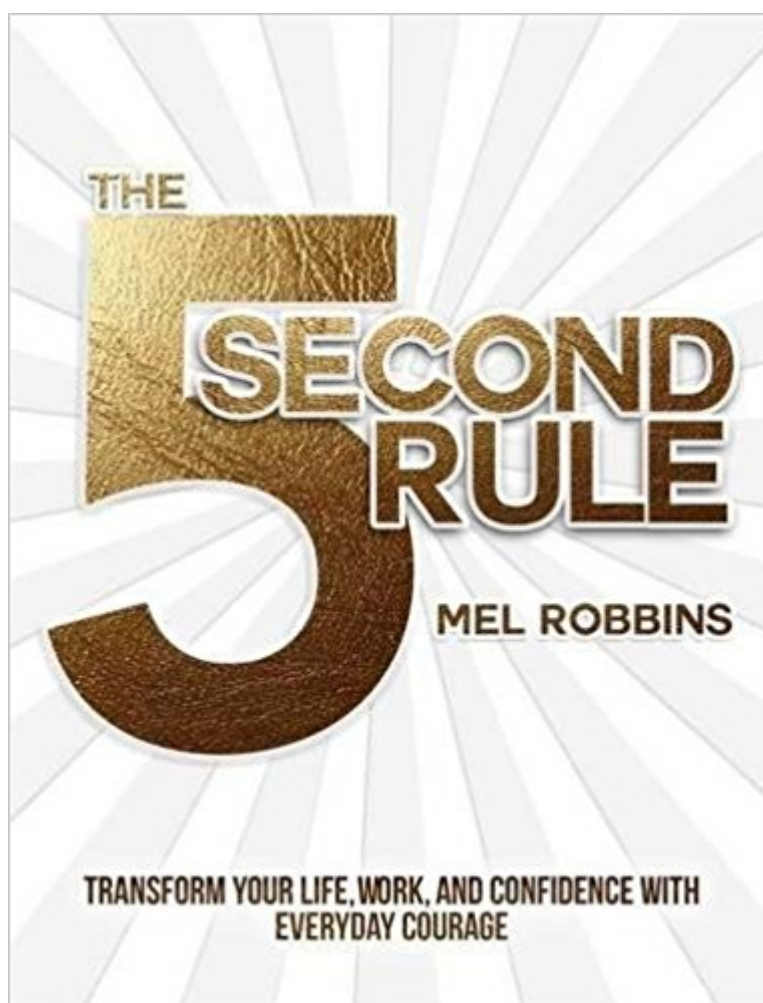


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# The 5 Second Rule: Transform Your Life, Work, And Confidence With Everyday Courage



## Synopsis

National Bestseller! How to enrich your life and destroy doubt in 5 seconds. Throughout your life, you've had parents, coaches, teachers, friends and mentors who have pushed you to be better than your excuses and bigger than your fears. What if the secret to having the confidence and courage to enrich your life and work is simply knowing how to push yourself? Using the science of habits, riveting stories and surprising facts from some of the most famous moments in history, art and business, Mel Robbins will explain the power of a "push moment." Then, she'll give you one simple tool you can use to become your greatest self. It takes just five seconds to use this tool, and every time you do you'll be in great company. More than 8 million people have watched Mel's TEDx Talk, and executives inside of the world's largest brands are using the tool to increase productivity, collaboration, and engagement. In *The 5 Second Rule*, you'll discover it takes just five seconds to: Become confident Break the habit of procrastination and self-doubt Beat fear and uncertainty Stop worrying and feel happier Share your ideas with courage *The 5 Second Rule* is a simple, one-size-fits-all solution for the one problem we all face • we hold ourselves back. The secret isn't knowing what to do • it's knowing how to make yourself do it.

## Book Information

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## Customer Reviews

Mel Robbins is an award-winning CNN on-air commentator and op-ed writer, a contributing editor to

SUCCESS Magazine, best-selling author and one of the most sought-after keynote speakers in America. She began her career as a criminal defense attorney in New York City, then launched and sold several companies and hosted TV and radio programs for A&E, FOX, Cox Media, and CNN. Now that she's no longer arguing "reasonable doubt" inside the courtroom, she's teaching leaders inside the world's leading brands how to break the habit of self-doubt and build the habits of confidence and courage at work and in life. Mel is a Dartmouth College and Boston College Law School graduate. She and her husband of 18 years have three young kids. She lives in the Boston area, but remains a Midwesterner at heart.

I purchased "The 5 Second" book during a Lewis Howes YouTube video interview with Mel Robbins. Viewing inspiring videos first thing in the morning had become part of my morning ritual. So had watching past my allotted time for it. The 5 - has been a game changer - especially when getting moving is important. We lost our only child just before her 15th birthday to suicide. I found her, administered CPR and an ordeal with a coma ensued. The aftermath is a journey through grief leaving me with many issues. The simple became difficult and PTSD is what the doctors said I was experiencing. The 5 Second rule has helped me stay on tasks, get going in the morning, find my mind when it feels gone, and focus on my business. Best of all - happiness and hope are a big part of my life AGAIN! The 5 has helped me feel alive when I needed it.

This is not an actual book. This is more of a scrapbook, loaded with screenshots of Facebook posts (and each one of them has a transcription!). The free TED talk on YouTube will do it just fine. Don't waste your money (and time).

Let me preface by saying that I am a Mel fan! I have heard her Ted Talks and have heard several Podcasts that she has been on. I also read her column on Success magazine. But this book is very disappointing due to the sole reason that the 5-second rule can easily be explained in a well-written blog post. There is some merit to the 'rule' and it can help us all get off our behinds and get things done but one can learn about it from the Ted Talk. Save yourself the money and time it takes to get and read this. Also, the book is filled with fillers! If I wanted to read social media posts about how the rule has been beneficial to followers, I can go to the authors Facebook page, I don't need to see that in the book. It's filled with fillers because there is only so much you can say about counting backwards to 5. I highly advise everyone to see her Ted Talk as I think you will get a lot out of it. But this book was disappointing. The only positive point is that you can finish it in one afternoon.

There are two modes of thinking in Zen. The first is the observing mind and the second is the thinking mind. The thinking mind does, the observing mind observes. If you've ever done something while you said to yourself that you shouldn't be doing it, that's your observing mind telling you you shouldn't. If you've ever not done something that you felt you should absolutely do, that feeling in your guts pushing you to do it and decided not to, then that's your observing mind telling you not to do something and your thinking mind stopping you with a catalog of what consequences might happen to come. But if you don't like all the spiritual talk, you can instead think of it as right brain/left brain dichotomy (See *The Master and His Emissary: The Divided Brain and the Making of the Western World*) where it was shown through unfortunate stroke victims that the right brain is silent and holistic and the left brain is detail oriented and abstract, theories that came to be confirmed by hemisphere specific stroke victims where ones that had a stroke on the left hemisphere could still make an accurate drawing on paper about what they see, while those with a stroke on the right hemisphere could only draw a Picasso-esque shape (a ball with sticks poking out, an eye misplaced as a representation of a person. Example given). The left brain has an inhibitory effect on the right brain, this is further explained in detail in the book. My conjecture is, that this feeling we feel in our gut, our body, or soul is our right brain telling us what to do, if you don't do it before there's a shift in consciousness you will be filled with the dread of consequences, detail oriented left brain is very good in that regard, however with this tool, this 5 second count, you can skip it. You can ignore it and do what that inner voice tells you you should do. This is a revolutionary tool, both in your personal relationships and professional life. Larry King, a person that never went to college or had any credentials with a family on welfare got to a 15 million dollar salary and a private jet from a single meeting with the director of announcers at CBS on the street asking him what to do, and from there on out his journey started at 22 years old. Imagine if he were too scared at that time to go and talk to the guy, imagine the chances you missed or might miss in the future for not having the nerve to go ahead and simply do what you feel you really should be doing. This is where the 5 second rule can come in to the rescue and help you do what you are meant to do.

This makes a lot of sense. We are going to use it.

OK

Looking for the right time? The right time is now! I love this book and the life changing message Mel

Robbins shared with us.

This book is a wonderful enlightening book. You can put the 5 second rule into practice immediately!  
I haven't hit snooze once since reading this.

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The 5 Second Rule: Transform your Life, Work, and Confidence with Everyday Courage Summary:  
The 5 Second Rule: Transform Your Life, Work, and Confidence with Everyday Courage  
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Yourself: Keep Talking) A Fearless Heart: How the Courage to Be Compassionate Can Transform Our Lives

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