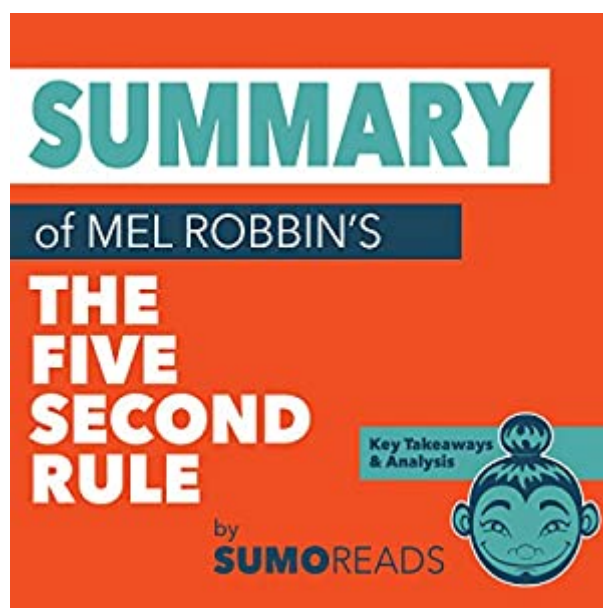


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# Summary Of Mel Robbins The Five Second Rule: Key Takeaways & Analysis



## Synopsis

Don't miss this summary of Mel Robbins' wonderfully simple secret to changing your life: *The Five Second Rule: Transform Your Life, Work, and Confidence with Everyday Courage*. Robbins' book will show you that courage isn't something only heroes possess, but something we can all easily access inside of ourselves. This SUMOREADS summary includes key takeaways and analysis to help you quickly understand the how to apply Robbins' philosophy to your own life! What Will You Learn from Reading This Book? What you do within the first five seconds of getting an instinct determines whether you act or not How the small decisions you make every day create your habits How to push yourself from your comfort zone and live to your greatest potential How to end self-doubt and procrastination and be more productive How to stop worrying and being anxious and experience the joy of the present moment How to build confidence in yourself and your ideas The one decision that can instantly improve your relationships Book Summary Overview Anyone who has struggled to lose weight, be a good public speaker, or do something difficult knows that every minute spent thinking about it only makes things worse. Mel Robbins builds on behavioral research to explain why the only thing you get out of thinking about change is more excuses not to change. She draws from her experience and the experiences of people who made history to illustrate that the fastest way to initiate change or progress is to honor your instincts and push yourself to action before you talk yourself out of it. *The Five Second Rule* is a practical guide to help anyone stuck with procrastination, analysis paralysis, anxiety, and other unhealthy habits, and turn their life around and live to their greatest potential.

## Book Information

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## Customer Reviews

I have not read Robbin's book but have seen her on a few talk shows talking about her book. I thought the essence of her five second rule was described well in the summary...thank you! I can now start to use the five second rule with the information from your summary.

I love the summary version. There was plenty here to let me think that I got the meat and didn't have to read filler words and ideas. It's a great idea...just wish I could implement it better! But it is a practical application of overcoming procrastination, by counting to 5 and just DOING it. The book says it better. :-)

I find most books in this genre to be overly lengthy. Sumoreads gives all the highlights and basis, without the fluff.

It is OK if you like it

What you do within five seconds of having a thought decides whether or not you will act. Waiting longer allows the mind to dissuade you often through fear of failure or rejection, or any number of negatives. In *The Five Second Rule* by Mel Robbins, this phenomenon is explored. Robbins posits that in order to be successful and fulfilled, we must get outside our comfort zones and practice making small decisions daily until they become positive habits. SumoReads summary of this book, complete with an executive summary, key takeaways, and an editorial review that addresses its weak points as well as its strengths, is an excellent overview that will enable you in less than ten minutes of reading to determine if it's worth the investment.

I got this book because I did not want to read the original full version, but wanted to learn a bit more of its content. If you are a slow reader like me and do not want to invest a lot on learning about a simple method (the 5 second rule), go ahead and get it. It was a very good read.

Enjoyed the abbreviated version. This was my first time with such a book and I will definitely return to short books. Definitely liked the editorial review at the end. I feel like I saved myself quite a bit of time and money.

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