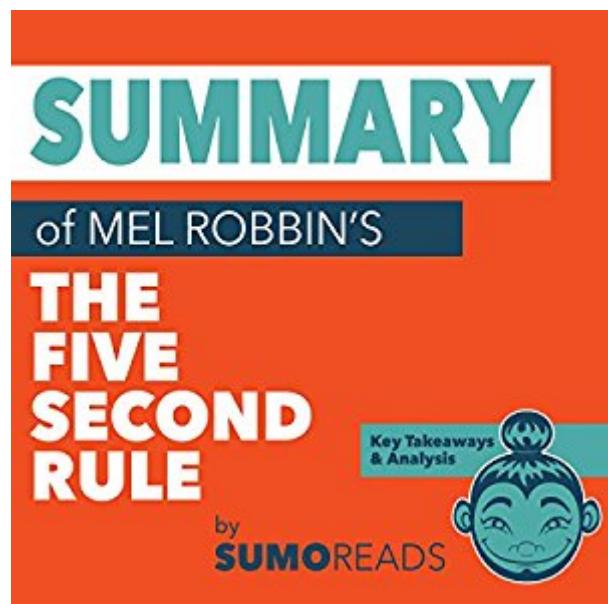


The book was found

# 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

Audible Audio Edition

Listening Length: 21 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: SUMOREADS

Audible.com Release Date: June 21, 2017

Language: English

ASIN: B071XDXSBH

Best Sellers Rank: #29 in [Books](#) > Audible Audiobooks > Nonfiction > Study Aids #43 in [Books](#) > Audible Audiobooks > Fiction & Literature > Literary Criticism #365 in [Books](#) > Literature & Fiction > History & Criticism > Movements & Periods

## 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.

[Download to continue reading...](#)

Summary of Mel Robbins The Five Second Rule: Key Takeaways & Analysis Summary: The Obesity Code: Unlocking the Secrets of Weight Loss by Dr. Jason Fung and Timothy Noakes: Understand Main Takeaways and Analysis (Summary Takeaways ... Low Carb, Insulin Resistance, Vegan Diet) Summary - The Invention Of Wings: Novel By Sue Monk Kidd --- An Incredible Summary (The Invention Of Wings: An Incredible Summary-- Paperback, Hardcover, Summary, Audible, Novel, Audiobook Book 1) Summary of Jason Fung's The Obesity Code: Key Takeaways & Analysis Summary of When Things Fall Apart: by Pema Chodron: Includes Key Takeaways & Analysis Summary of Grit by Angela Duckworth: Includes Key Takeaways & Analysis Summary of Feeling Good: by David D. Burns, M.D.: Includes Key Takeaways & Analysis Summary of Mindset by Carol Dweck: Includes Key Takeaways & Analysis Summary of Steven R. Gundry's The Plant Paradox: Key Takeaways & Analysis The 48 Laws of Power by Robert Greene: Summary, Key Takeaways & Analysis The Five Dysfunctions of a Team: A Leadership Fable, by Patrick Lencioni: Key Takeaways, Analysis & Review Summary: The 10X Rule: The Only Difference Between Success and Failure by Grant Cardone: Book Summary Summary - Creativity, Inc.: By Ed Catmull - Overcoming the Unseen Forces That Stand in the Way of True Inspiration (Creativity, Inc: A Complete Summary ... Book, Paperback, Hardcover, Summary Book 1) Summary - Circling the Sun: By Paula McLain - A Detailed Summary (Circling The Sun: A Detailed Summary---Paperback, Ebook, Novel, Audiobook, Audible, Hardcover) Nora Roberts Key Trilogy CD Collection: Key of Light, Key of Knowledge, Key of Valor The Intelligent Investor: The Definitive Book on Value Investing, by Benjamin Graham and Jason Zweig: Key Takeaways, Analysis & Review Good to Great: Why Some Companies Make the Leap...and Others Don't, by Jim Collins: Key Takeaways, Analysis & Review Essentialism: The Disciplined Pursuit of Less, by Greg McKeown: Key Takeaways, Analysis & Review The Compound Effect, by Darren Hardy: Key Takeaways, Analysis, & Review The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet: Key Takeaways, Analysis & Review

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)