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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.

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Transform your Life, Work ...

If you are sick of doubting yourself, use the 5 Second Rule. Here ' s how you use it: The moment your instincts fire up (or you know you know you should do something) but you feeling yourself hesitate, that ' s when you use the Rule. You have five seconds.

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Start counting backward to yourself, 5-4-3-2-1, then move. If you don't move within five seconds, your brain will kill the idea and you'll talk yourself out of doing it.

The 5 Second Rule: Transform Your Life With Everyday Courage

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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.

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The 5 Second Rule. Transform your Life, Work, and Confidence with Everyday Courage (Hardcover) Using the science of habits, riveting stories, and surprising facts from some of the most famous moments in history, art,

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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.

Books - Mel Robbins

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your Life, Work, and Confidence with
Everyday Courage : Author: Mel

Robbins : Language: English : Genre:

Self-improvement : Pages: 252 Pages :

Everyday Courage: Courage is the ability to do things that feel difficult, scary, or uncertain. It isn't reserved for just a chosen few.

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The 5 Second Rule: Transform your
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On February 28, 2017, Robbins
released her second book, The 5
Second Rule: Transform Your Life,
Work, and Confidence with Everyday

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Courage. It was the top non-fiction book on Audible and sixth most-read book on Amazon in 2017. It was named Audible's 2017 Book of the Year in the category of Self-Development.

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The five-second rule is a rule which allows you to change your life with only 5 seconds of thought or attention. All of us often run into feelings and emotions of fear and

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uncertainty which require courage to face into and tackle.

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