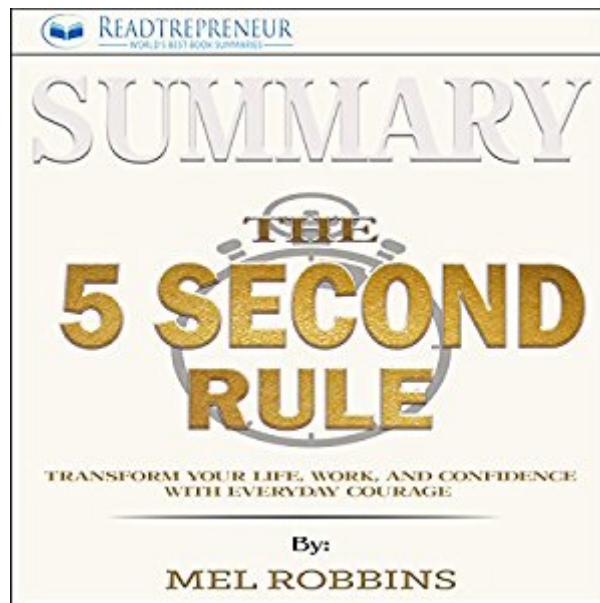




**The book was found**

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



## Synopsis

Disclaimer: This is a summary, not the original book. The original book can be found on [Amazon](#) and Audible. This summary is wholly written and published by [readtrepreneur.com](#). It is not affiliated with the original author in any way. We have different goals and purposes in life and we all need to start somewhere. However, our brain often rushes to make us comfortable, to protect us from danger and hesitate. The only way we can overcome this is to just do it. The 5 Second Rule will push us to act immediately and get started. Small actions will translate to big results. Getting started is the only way to achieve progress and improve from our current state. In this book, we will learn to be in control of our life and gain confidence and courage to do the things we have put off for too long. "If you only ever did the things you don't want to do, you'd have everything you've ever wanted." - Mel Robbins Author Mel Robbins and many others have transformed their lives with this 5 Second Rule. We all just need that little push to get started, and this 5 Second Rule will have a tremendous impact. While it may not be easy, it is necessary if you want to achieve your goals. P.S. Learn a simple technique that will help you go a long way. Notice your life changing for the better as you learn to be happier, more fulfilled and more productive.

## Book Information

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## Customer Reviews

The 5 Second Rule is a simple, one-size-fits-all solution for the one problem we all face—we hold ourselves back. Sometimes we need to realize that life isn't always easy. What may be better for us is not what we are used to, but it is certainly worth the trouble of breaking in new habits and lifestyle changes. This is truly interesting and motivational article.

Anyone can start and change his/her life.

This book is very good and it contains a lot of new and life changing information on how we can transform our life. This book tells us that we should be more committed to our work and to our life and thinking positive. And being more confident in everything we do and this book is very well written by the author and i really appreciate it. And i highly recommend this book to all of you guys.

Although the premise is well intended, the execution is terrible. This summary of Mel Robbins' book reads as though written by a fourth grader. There seemed to have been no editor. Bad grammar and poor sentence structure made it difficult to get through. I gave it a college try. I recommend to you to buy the original book.

I read the book and share the impressions. Very interesting book, in it I understood a lot of interesting things. Definitely recommended for reading! The author did an excellent job of writing!

Concise review and to the point. Excellent information without the filler.

If you can get past the strange writing of using Mel Robbins in the third person voice it's actually a very nice book. After a few pages I was thinking, um, wait, did Mel Robbins write this or not. Then after the book I realized it was simply a summary of The 5 Second Rule by Mel Robbins. I also found out that the original book by Mel was way too long and filled with filler content that I could not imagine having to read. ABOUT THE BOOK: The five second rule (book summary) describes a very simple mental trick of counting from 5, 4, 3, 2, and then 1 (like preparing for a rocket blasting off) before tackling that task or harnessing the will power you need to focus, refocus, or apply some form of self control. I can see why this might be useful and that with a small amount of practice can be beneficial. Honestly, this summary book could be condensed into a single blog post and you'd get 95% of the benefit. Maybe i'll do that. Still for a quick 10 minute speed read, it makes a lot of sense. The rating is actually a 3 star for writing style and 5 star for the final result to the reader. I think for a few minutes read this is well worth it.

I am really glad I read this book. It's a simple yet profound concept and 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 and summary of this book, complete with and 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 and 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 and 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) and I love the summary version and there was plenty here to let me think that I got the meat and didn't have to read filler words and ideas and i just wish I could implement it better! but it is a practical application of overcoming procrastination, by counting to 5 and just DOING it. and the book says it better.

I love this book and the 5 sec rule WORKS. I recommend this book to anyone needing a jump start with anxiety, work, or fitness. I enjoyed it enough to read it all but really considered stopping partway through. Thank you so much for sharing this book to us. A must keep in your library.

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Management & Leadership)) Self-Discipline: Become A Greek Spartan: Everything You Need to  
Know to Transform Your Life into A Modern Day Spartan & Gain More Confidence, Hunger and ...  
(Greek Spartan Mindset, Spartan Discipline) Spartan Fit!: 30 Days. Transform Your Mind. Transform  
Your Body. Commit to Grit. Shyness: How To Overcome Shyness and Social Anxiety: Own Your  
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