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On February 28, 2017,
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in 2017. It was named Audible's 2017 Book of the Year in the category of Self-Development.

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fact, I discovered this tool in what was probably the worst moment of my life to this day.

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The 5 Second Rule is simple. If you have an instinct to act on a goal, you must physically move within 5 seconds or your brain will kill it. The moment you feel an instinct or a desire to act on a goal or a commitment, use the Rule.

The Five Elements of
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In *The 5 Second Rule* Mel Robbins shares a useful tool that will help you in all areas of life. This is an ideal read for anyone who struggles with those everyday moments of difficulty, uncertainty, and fear. Robbins aims to help you improve your health, increase productivity and combat procrastination.

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