

# The 5 Second Rule Book Summary (PDF) by Mel Robbins

Ready to learn the most important takeaways from The 5 Second Rule in less than two minutes? Keep reading!



## Why This Book Matters:

The 5 Second Rule helps readers leave fear at the door and face life head-on.

## The Big Takeaways:

- 1. It takes less than five seconds for you to act on impulse.**
  1. If By waiting for the initial first five seconds to pass in a situation where impulse seems to win, you can give yourself a choice to act differently in a familiar situation.
- 2. You may find courage through the five-second rule.**
  1. You are capable of pushing through the times you are scared.
- 3. There is no such thing as the right moment.**
  1. It takes one decision to change how people look at you. If you want to change, change now. There may

never be a “next time.”

**4. How you feel comes naturally. How you act is your decision.**

1. Taking those five seconds before an impulse to say “no” to something can put you in a place where you can reconsider and choose success.

**5. You may find yourself remorseful for “wasting” so much time thinking things wouldn’t work out.**

1. Direct your attention to what you have and not what you could have had if only...

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