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Sat, 19 May 2018 04:08:00 GMT - The 5 second rule can help you in those everyday moments of difficulty, uncertainty and fear. It can help you improve your health, increase productivity and combat procrastination. Robbins helps you be courageous and step outside of your comfort zone.

The 5 Second Rule by Mel Robbins [Book Summary and PDF ... -

Tue, 15 May 2018 16:23:00 GMT - Ken used the 5 Second Rule the same day he learned it at the Project Management Institute National Conference to meet "movers and shakers,"