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Mel Robbins is an award-winning CNN on-air commentator and op-ed writer, a contributing editor to SUCCESS Magazine, best-selling author and one of the most sought-after keynote speakers in America. She began her career as a criminal defense attorney in New York City, then launched and sold several companies and hosted TV and radio programs for A&E, FOX,

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Mel Robbins is an award-winning CNN on-air commentator and op-ed writer, a contributing editor to SUCCESS Magazine, best-selling author and one of the most sought-after keynote speakers in America. She began her career as a criminal defense attorney in New York City, then launched and sold several companies and hosted TV and radio programs for A&E, FOX, Cox Media, and CNN.

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Mel Robbins has over 11 million views on Youtube for her Ted talk, "How To Stop Screwing Yourself Over." When you read this book, you'll understand why. The 5 Second Rule helps you build an excellent habit that will transform your life. I spend 10-14 days reading a book and read this in 3 days, it was that good.

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[The 5 Second Rule: Transform your Life, Work, and ...](#)

September 14, 2020. / Non Fiction. /
By Robin Storey. The 5 Second Rule: Transform Your Life, Work and Confidence with Everyday Courage by Mel Robbins was published in 2017 by Savio Republic. As is obvious from the title, this is a personal development book, and being the self-development junkie that I am, I just had to include it in my non-fiction book reviews.

[The 5 Second Rule Mel Robbins Review | Robin Storey](#)

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at you, Mel gives you the tools you need to tackle the hardest part: That first step.

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