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# Stop Saying You're Fine: Discover A More Powerful You



## **Synopsis**

Right now, over 100 million Americans secretly feel frustrated and bored with their lives. If you've come to regard yourself as your own worst enemy; if you constantly daydream and wonder, "Is this all there is?"; if you have a tendency, when asked how you're doing, to just say "Fine," you may be one of them. If this sounds familiar, there's clearly something missing from your life. This book will help you discover what it is, and how to win it back. Written by Mel Robbins, one of America's top relationship experts, this hands-on guide not only shows you how to put your finger on the problem, it reveals what to do about it. Mel Robbins has spent her career teaching people how to push past their self-imposed limits to get what they truly desire. She has an in-depth understanding of the psychological and social factors that repeatedly hold you back, and more importantly, a unique set of tools for getting you where you want to be. In *Stop Saying You're Fine*, she draws on the latest neuroscientific research, interviews with countless everyday people, and ideas she's tested in her own life to show what works and what doesn't. The key, she explains, is understanding how your own brain works against you. Because evolution has biased your mental gears against taking action, what you need are techniques to outsmart yourself. That may sound impossible, but Mel has created a remarkably effective method to help you do just that---and some of her discoveries will astonish you. By ignoring how you feel and seizing small amounts of rich possibility---a process she calls "leaning in"---you can make tiny course corrections add up to huge change. Among this book's other topics: how everything can depend on not hitting the snooze button; the science of connecting with other people; what children can teach us about getting things done; and why five seconds is the maximum time you should wait before acting on a great idea.

## **Book Information**

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## Customer Reviews

I saw the Tedx talk with Mel Robbins and loved it so bought her book a couple of days ago. How inspiring! She says to act quickly instead of second guessing (I am paraphrasing) and so I have been. I thought, I want to leave an review for a product yesterday and did it. I have had an account for 11 years and have not left a review in all of that time although I shop here regularly. I always wanted to because I read so many reviews, and I wanted to contribute. However, I ignored the impulse to do it using excuses such as "what if my review sounds silly" or "who would care what I have to say"... etc. But I ignored it and started leaving reviews after all of these years! Why? Because I wanted to. And this book is about doing what you want to do! It may seem like a small change (it's a big change for shy me!) but there will be many more I am certain. I will update this review soon. I am only 20 percent through the book and she already inspired a change in me. This is proof! Thanks Mel! Update 3-29-17 I finished the book shortly after leaving my review... wonderful book. I have read motivational books before but this is my favorite one because it has inspired me, (and not just for a couple of days after reading it)... and the inspiration has led to action and PROGRESS. I have mapped out my goals for the year and figured out ways I can reach these goals by working on them 10-15 minutes per day or with a small check off list. I looked at my never-ending to do list and discovered I don't need to do most of those things- I want to accomplish things that are meaningful to me. I get the negative voices all the time that say "I am too tired" or "I can't because it is too difficult" or "I can't because it won't work"... and I ignore them because those excuses will not help me reach my dreams. A cool thing about reaching these goals is it may inspire others in my life who feel stuck. If I can do it, they may feel like they can, too. I want to do that. This book will help you do that.

This book has pushed me to take action. Thank you so much Mel Robbins for the reality you exposed me to. I have learned so much and from this moment on I have decided to keep moving forward. No more going back to my old habits. This is the book I needed! Thank You

It's great

Great book!

I had already seen the Ted Talk with Mel Robbins, and decided to buy the book to keep as a handy guide. Her view is positive and honest. Thought provoking and realistic. Just the way a motivational read should be.

Good book to have to refer back to. I love the 5 second rule and the strategies she gives you when you accept your situation. Very empowering.

Mel Robbins came recently recommended to me, and I'm delighted to have discovered this book! She has a "no b.s." approach that I really appreciated. Her strategies are practical, realistic, actionable and effective, and I've incorporated several since beginning the book. Her recommendations are rooted in research. I go forward paying greater attention and credence to that little voice inside myself urging me on onward, upward. I recommend this book highly.

For a while now I've felt like I've been stuck in a rut. I didn't know what I was doing with my life, nor where I was headed. I needed direction. 'Stop Saying You're Fine' gave me that direction. I was blown away by Mel's words, and I felt like this book spoke perfectly to my situation. I have the ability now to stop ignoring things...to stop saying that things will work itself out, and that everything will end up okay. I know I have the confidence to make my own destiny, and I have that confidence thanks to this book. It was well written and succinct, and I know anyone who needs to fix their life compass will love it too.

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