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Mel Robbins is a renowned motivational and keynote speaker, a CNN legal and social commentator, the creator of The 5 Second Rule, and

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On February 28, 2017, Robbins released her second book, *The 5 Second Rule: Transform Your Life, Work, and Confidence with Everyday Courage*. It was the top non-fiction book on Audible and sixth most-read book on Amazon in 2017. It was

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Mel Robbins - Wikipedia

This hands-on guide from Mel Robbins, one of America ' s top relationship experts and radio/tv

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personalities, addresses why over 100 million Americans secretly feel frustrated and bored with their lives and reveals what you can do about it.

Mel Robbins - [amazon.com](https://www.amazon.com)

Mel Robbins May 1, 2018. ... Before I worked for CNN, before I gave the

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TEDx talk, before I had written one of the top-selling books of last year, before I launched and sold two businesses—in fact, I discovered this tool in what was probably the worst moment of my life to this day.

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Mel Robbins (Author of The 5 Second Rule)

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Melanie Lee Schneeberger, simply
known as Mel Robbins is an American
CNN legal analyst, author,
motivational speaker, and TV host.

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She is widely recognized for her 15 million views TED X talk How to Stop Screwing Yourself Over, covering the George Zimmerman trial, and her book The 5 Second Rule.

Mel Robbins Bio, Married, Husband, Books and Net Worth

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Mel Robbins – Audio Books, Best Sellers, Author Bio ...

Robbins is a self-help author and motivational speaker who focused the

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