

# Psychology

## THE 5 SECOND RULE TRANSFORM YOUR LIFE, WORK, AND CONFIDENCE WITH EVERYDAY COURAGE

<https://www.pdfdrive.com/the-5-second-rule-transform-your-life-work-and-confidence-with-everyday-courage-d60374999.html>

**Author** : Robbins, Mel  
**Publisher** : A SAVIO REPUBLIC BOOK  
**Year** : 2017  
**ISBN** : 978-1-68261-239-2