The High 5 Habit

Mel Robbins

International Best-Selling Author of The 5 Second Rule



Take control of your life with one simple habit

Szerz?: Mel Robbins

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Mel Robbins broke self-publishing records and changed the lives of millions of people with her bestselling global phenomenon, *The 5 Second Rule*.

And now, she's back with *The High 5 Habit* and on a mission to help you change your life.

Don't let the title fool you. This isn't a book about high fiving everyone else in your life. You're already doing that.

Instead, Mel teaches you how to start high fiving the most important person in your life, the one who is staring back at you in the mirror: YOURSELF.

If you struggle with self-doubt (and who doesn't?) ...If you're tired of that nagging critic in your head (could somebody evict them already?) ...If you're wildly successful but all you focus on is what's going wrong (you're not alone) ...If you're sick of watching everybody else get ahead while you sit on the couch with your dog (don't bring your dog into this) ...

...Mel dedicates this book to you.

Using her signature science-backed wisdom, Mel will teach you how to make believing in yourself a habit so that you operate with the confidence that your goals and dreams demand.

The High 5 Habit is a simple yet profound tool that changes your attitude, your mindset and your behaviour. So be prepared to laugh and learn as you take steps to immediately boost your confidence, happiness and results....

Cím : The High 5 Habit

Szerző : Mel Robbins

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File Size : 6.60MB

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[PDF | ePub | MOBI] Finding Your Element Szerz? Sir Ken Robinson



Ken Robinson, author of the international bestseller The Element and the most viewed talk on TED.com, offers a practical guide to discovering your passions and natural aptitudes, and finding the point at which the two meet: Finding Your Element . Through a range of stories from his own experience and those of people from all walks of life, Ken Robinson...

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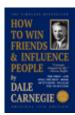
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[PDF | ePub | MOBI] How to Win Friends & Influence People Szerz? Dale Carnegie



How to Win Friends and Influence People is a self-help book written by Dale Carnegie, published in 1936. Over 30 million copies have been sold worldwide, making it one of the best-selling books of all time. In 2011, it was number 19 on Time Magazine's list of the 100 most influential books. Carnegie had been conducting business education courses in...

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[PDF | ePub | MOBI] Big Magic - Kreatív élet, félelem nélkül! Szerz? Elizabeth Gilbert



Elizabeth Gilbert legújabb könyvében megkapó őszinteséggel, elragadó közvetlenséggel és a tőle megszokott öniróniával fűszerezve mesél a kreatív élet megteremtésének lehetőségeiről. A Big Magic azonban nemcsak a varázslatos oldalát mutatja be a kreatív önmegvalósításnak, hanem a bennünk lakozó félelmekről is szól, amelyek megakadályoznak minket vágyaink...

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[PDF | ePub | MOBI] Heal Your Body Szerz? Louise Hay



Heal Your Body is a fresh and easy step-by-step guide. Just look up your specific health challenge and you will find the probable cause for this health issue and the information you need to overcome it by creating a new thought pattern. Louise Hay , bestselling author, is an internationally known leader in the self-help field. Her key message: " If...

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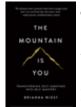
[PDF | ePub | MOBI] Love Your Body Szerz? Louise Hay



In this wonderful little book, bestselling author Louise L. Hay brings you 54 affirmation treatments designed to help you create a beautiful, healthy, happy body. If you are challenged by a particular part of your body, use the corresponding affirmations daily until you realize positive results.

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[PDF | ePub | MOBI] The Mountain Is You Szerz? Brianna Wiest



This book is about self-sabotage. Why we do it, when we do it, and how to stop doing it—for good. Coexisting but conflicting needs create self-sabotaging behaviors. This is why we resist efforts to change, often until they feel completely futile. But by extracting crucial insight from our most damaging habits, building emotional intelligence by better...

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Joseph Murphy Collected 3 Books. -The Power of Your Subconscious Mind. The Power of Your Subconscious Mind has been a bestseller since its first publication in 1963, selling many millions of copies since its original publication. It is one of the most brilliant and beloved spiritual self-help works of all time which can help you heal yourself,...

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[PDF | ePub | MOBI] The Complete Works of Florence Scovel Shinn: The Game of Life and How to Play It, Your Word Is Your Wand, The Secret Door to Success, and The Power of the Spoken Word Szerz? Florence Scovel Shinn



This is the complete collection of all four classic works of Florence Scovel Shinn. One of America's most beloved and best-selling inspirational authors, Scovel Shinn's advice is powerful and timeless. Discover the power of the spoken word and how to invoke the Law of Attraction in her classic best-sellers THE GAME OF LIFE and THE SECRETE DOOR TO SUCCESS....

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[PDF | ePub | MOBI] The 48 Laws of Power Szerz? Robert Greene & Joost Elffers



Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of The Laws of Human Nature. In the book that People magazine proclaimed "beguiling" and "fascinating,"...

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[PDF | ePub | MOBI] The Subtle Art of Not Giving a F*ck Szerz? Mark Manson



#1 New York Times Bestseller Over 10 million copies sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be "positive" all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. "F**k positivity,"...

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[PDF | ePub | MOBI] Think and Grow Rich! Szerz? Napoleon Hill



Think and Grow Rich by Napoleon Hill, promoted as a personal development and self-improvement book. Hill writes that he was inspired by a suggestion from business magnate and later-philanthropist Andrew Carnegie. While the book's title and much of the text concerns increasing income, the author insists that his philosophy can help people succeed...

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Azok a nők, akiknek ezt a könyvet szántam, pontosan tudják, hogyan kell túlélni. Lehet, hogy még csak lányok, de tudják, mit akarnak, és még fontosabb: hogy mit nem. Túléltek szakítást, szívtörést, válást, vizsgaidőszakot, magányt, döntésképtelenséget, kirúgást, háztartási katasztrófát, másnaposságot, elaludt nyakat és elaludt hajat, legalább egy fajta...

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Hogyan változtatja meg életünket, érzelmeinket, kapcsolatainkat és karrierünket, ha felvállaljuk, hogy sebezhetőek vagyunk? "Ez a könyv könnyen olvasható, meggyőző, idézhető és veszélyes. Aki tényleg megemészti azt, amit Brené Brown itt elmond, az meg fog változni, annak a kapcsolatai átalakulnak és másképpen fog részt venni a világban." - írja az előszóban...

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[PDF | ePub | MOBI] The Power of Habit Szerz? Charles Duhigg



There's never been a better time to set new habits. This book will change your life.

Why do we do develop habits? And how can we change them? We can always change. In The Power of Habit, award-winning New York Times business reporter Charles Duhigg translates cutting-edge behavioural science into practical self-improvement...

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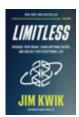
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An instant New York Times bestseller and #1 Wall Street Journal bestseller. JIM KWIK, the world's #1 brain coach, has written the owner's manual for mental expansion and brain fitness. Limitless gives people the ability to accomplish more-more productivity, more transformation, more personal success and business achievement-by...

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[PDF | ePub | MOBI] How to Win Friends and Influence People Szerz? Dale Carnegie



The most famous confidence-boosting book ever published; with sales of over 16 million copies worldwide Millions of people around the world have improved their lives based on the teachings of Dale Carnegie. In How to Win Friends and Influence People, he offers practical advice and techniques, in his exuberant and conversational style, for how to get...

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[PDF | ePub | MOBI] Múzsa Szerz? Csaba Braskó



Éva, a pultoslány élete elég kilátástalan: tönkrement a párkapcsolata, az anyagi helyzete, viszonya az anyjával, és még a főnöke is egy szemét alak. Ám egy nap beszélgetésbe elegyedik a kávézó furcsa vendégével, és a rendszeres eszmecserék segítenek rádöbbenteni a lányt, merre találja a kiutat. Az új gondolatok hatására Éva elkezdi másképp látni...

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[PDF | ePub | MOBI] Amikor minden darabokra hullik Szerz? Pema Chödrön



Pema Chödrön amerikai buddhista szerzetes nő, Csögjam Trungpa, a híres mester egyik első tanítványa. Amikor minden darabokra hullik című könyve együttérző hangon szólítja meg azokat, akiknek széthullóban van az életük. A kötet Pema Chödrön 1987 és 1994 között tartott beszédeit gyűjti csokorba, olyan bölcsességeket és gondolatokat átnyújtva, melyek enyhíthetnek...

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[PDF | ePub | MOBI] A második életed akkor kezdődik, amikor megérted, hogy csak egy van Szerz? Raphaëlle Giordano



A #1 nemzetközi bestseller regény , amely már több, mint 2 millió olvasót segitett eljutni egy boldogabb,és teljesebb élethez. A harmincnyolc és negyed éves Camille-nak látszólag mindene megvan, hogy boldog legyen. Miért érzi mégis úgy, hogy elillant ez a boldogság? Arra vágyik, hogy visszataláljon az öröm és a kiteljesedés útjára. Amikor a rutinológus...

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[PDF | ePub | MOBI] Warning Adults Only: The 9 Daily Success Habits That Indirectly Make You More Sexual, Attract the Opposite Sex Effortlessly, Get More Sex & Walk Around with a Huge Smile Everywhere You Go! Szerz? Alex Altman



What women secretly wish YOU knew about dating and relationships... but will never, ever tell you to your face! "The Simple Secrets To Hotter More Frequent Sex Most Guys Never Learn... By Changing Your Habits & The Way You Think!" The ladies have been talking about you. And what they want you to know will change...

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[PDF | ePub | MOBI] The Daily Laws Szerz? Robert Greene



A NEW YORK TIMES BESTSELLER From the world's foremost expert on power and strategy comes a daily devotional designed to help you seize your destiny. Robert Greene, the #1 New York Times bestselling author, has been the consigliere to millions for more than two decades. Now, with entries that are drawn from his five books, plus never-🗲 before-published...

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[PDF | ePub | MOBI] P***y Szerz? Regena Thomashauer



It just may be the most pejorative word in the English language. It's the ultimate salacious smack to a woman's dignity, used to hurt, humiliate, and dehumanize. No one calls you a "p***y" when they want to tell you how radiant you look, how capably you work, or what an inspiring life you lead. That's about to change. In this remarkable book, Regena...

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[PDF | ePub | MOBI] Unfu*k Yourself Szerz? Gary John Bishop



Joining the ranks of The Life-Changing Magic of Not Giving a F*ck, The Subtle Art of Not Giving a F*ck, You Are a Badas*, and F*ck Feelings comes this refreshing, BS-free, selfempowerment guide that offers an honest, no-nonsense, tough-love approach to help you move past self-imposed limitations. Are you tired of feeling fu*ked up? If you are, Gary...

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[PDF | ePub | MOBI] How To Be Parisian Szerz? Anne Berest, Audrey Diwan, Caroline De Maigret & Sophie Mas



How To Be Parisian brilliantly deconstructs the French woman's views on culture, fashion and attitude. Bohemian free-thinkers and iconoclasts, Anne Berest, Caroline De Maigret, Audrey Diwan and Sophie Mas cut through the myths in this gorgeous, witty guide to Parisienne savoir faire. These modern Parisiennes say what you don't expect to hear, just the...

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