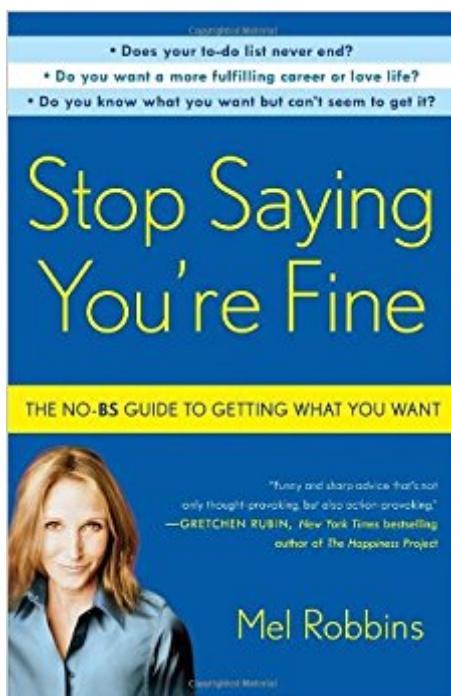


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# Stop Saying You're Fine: The No-BS Guide To Getting What You Want



## Synopsis

This hands-on guide from Mel Robbins, one of America's top relationship experts and radio/tv 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 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 important, a unique set of tools for getting you where you want to be. In *Stop Saying You're Fine*, she draws on 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 moments of rich possibility--a process she calls "leaning in"--you can make tiny course directions 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. Blending warmth, humor and unflinching honesty with up-to-the-minute science and hard-earned wisdom, *Stop Saying You're Fine* moves beyond the platitudes and easy fixes offered in many self-help books. Mel's insights will actually help vault you to a better life, ensuring that the next time someone asks how you're doing, you can truthfully answer, "Absolutely great."

## Book Information

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## Customer Reviews

"Why is it so hard to do the things that we know will make us happier? In *Stop Saying You're Fine*, Mel Robbins gives funny and sharp advice that's not only thought-provoking, but also action-provoking." --Gretchen Rubin, author of the #1 New York Times bestseller *The Happiness Project* "Mel Robbins is one of the most entertaining and compelling voices today. Read at your own risk. Mel will obliterate your excuses and leave you inspired, empowered and on fire." --Darren Hardy, Publisher of *Success* magazine and bestselling author of *The Compound Effect* "Mel Robbins has the guts to tell you why your brain is your biggest problem but only if you listen to it. Here, she tells you how to power through and get what you want. I, for one, am listening." •Chris Brogan, President of *Human Business Works* and co-author of the New York Times bestseller *TRUST AGENTS* "In *STOP SAYING YOU'RE FINE*, Mel Robbins draws on everything from cutting-edge research to countless real-world case studies to create a wonderful program for anyone who's ever wanted to stop wishing and start doing." •Marci Shimoff, New York Times bestselling author of *LOVE FOR NO REASON* and *HAPPY FOR NO REASON* "Quit whining, stop saying you're fine, and just snap out of it. Easier said than done, of course, which is why this roadmap is so remarkable. It's jam-packed with concrete steps to pave the way." •Tory Johnson, Workplace Contributor for "Good Morning America" and CEO of *Women for Hire* "STOP SAYING YOU'RE FINE nails a national problem: our tendency to try and be strong and stay the course--when it's the course we have to change, and strength is not working in our favor! In this no-nonsense book, every page demolishes the excuses we all make for not moving ahead with our lives, and gives us solid practical assignments that help us be better, happier, more fulfilled. Robbins is wonderfully inspiring and helpful, but also hugely entertaining -- moving forward doesn't have to be dull or depressing! You'll be surprised how her small suggestions can create life-changing new directions. *STOP SAYING YOU'RE FINE* deserves to be a best seller." •Pepper Schwartz, PhD, Professor of Sociology, University of Washington, and author of *PRIME: ADVENTURES AND ADVICE ON SEX, LOVE, AND THE SENSUAL YEARS*

Mel Robbins is a best-selling author, award-winning CNN commentator, and motivational speaker. In her TEDx Talk, "How To Stop Screwing Yourself Over," she has been viewed more than 10 million times, and her book, *Stop Saying You're Fine*, is a business bestseller. A Dartmouth-educated lawyer-turned-life coach, she is also a blogger, relationship expert and working mom. She currently lives with her family in Sherborn, Massachusetts.

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.

Mel writes in a friendly yet in your face manner as if she is both your best friend and worst enemy. Her advice is sound and at its core is the demand for action. I was inspired to do something at the right time in my life and can't thank her enough for writing a heartfelt and honest book.

This book is the kick I needed to just get myself out there. It widens your outlook on numerous behaviors which may keep you on a hamster wheel and how impacting a simple change could be.

The main theme of this book is if you want things to change in your life, you're going to have to do things that you don't want to do. Do them anyway.

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 but 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.

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