



Stop Saying You're Fine: Discover a More Powerful You

By Mel Robbins

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Right now, over 100 million Americans secretly feel frustrated and bored with their lives. You may be one of them if...

- *you've come to regard yourself as "your own worst enemy"
- *you've developed a commute-work-commute-sleep routine that seems endless
- *you and your significant other treat each other like roommates
- *you constantly daydream and wonder, "Is this all there is?"
- *you sense a potentially hot relationship with someone next door, down the hall, or in the adjacent cubicle but somehow it *never* happens
- *you worry that no matter *what* you do to stay in shape, the battle is already lost
- *you have a tendency, when asked how you're doing, to just say, "Fine."

If any of the above 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 and radio/tv personalities, 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 important, 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 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*."

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Editorial Review

Review

"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

About the Author

MEL ROBBINS is the host of an upcoming relationship series on the A+E Network and she gives advice to men and women across America on her daily syndicated radio show "The Mel Robbins Show." A Dartmouth-educated lawyer-turned-life coach, she's also a columnist at Success Magazine, blogger, relationship expert and working mom. She currently lives with her family in Sherborn, Massachusetts.

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CHAPTER ONE

Stop Hitting the Snooze Button

Gain Power by Taking Action

There are some days when you just feel more powerful. You force yourself to get up early and break a sweat before everyone else wakes up. That sets the tone for the rest of your day. Your coffee tastes especially good, and the commute doesn't suck. At work, you go the extra mile on a project and come off looking like a hero. Afterward, you meet some friends whom you haven't seen in months, and have a couple of drinks on an outdoor deck in the cool summertime air. Someone hands you tickets he couldn't use. You embrace spontaneity and go see a great show. Afterward, you drive home by moonlight, have great sex, and drift off to sleep on a cloud.

We've all had days when we feel excited about our lives. We feel young, confident, and alive. Everything clicks. We feel like we're going somewhere, like we have momentum. We become more powerful versions of ourselves.

The powerful you is always there waiting and you can tap it anytime you want, if you know how. It's the part of you that loves discovery, curiosity, challenges, exercise, connecting with other people, checking off goals, taking action, heading somewhere, and talking out loud. It is a force inside you that wants to grow, move, and expand.

At the same time, there's an equal and opposite force that works inside you to hold you back. You were born with resistance. It's an inner, evolutionary bias to take the safe bet, the sure thing, the known path. Whenever you're feeling bored, bummed, or broken, resistance is winning in your life. Resistance loves surfing the Web, vegging out in front of the TV, sticking to routine, not picking up the phone, hitting snooze, avoiding confrontation, making excuses, rumination, and isolation.

Resistance will keep you in place; the powerful you will push you ahead. You will always feel tension between these two forces, between your current life and your desire for more. The direction you choose is entirely up to you. Every single day of your life, you have the choice to stay where you are or move your life in new directions. The question is, Will the powerful you awaken and start taking action, or will you wait just a little longer and delay the joy, satisfaction, and fulfillment you deserve?

Users Review

From reader reviews:

Michael Madden:

This Stop Saying You're Fine: Discover a More Powerful You usually are reliable for you who want to be considered a successful person, why. The reason of this Stop Saying You're Fine: Discover a More Powerful You can be among the great books you must have is actually giving you more than just simple studying food but feed you actually with information that perhaps will shock your before knowledge. This book is actually handy, you can bring it everywhere you go and whenever your conditions at e-book and printed kinds. Beside that this Stop Saying You're Fine: Discover a More Powerful You forcing you to have an enormous of experience such as rich vocabulary, giving you demo of critical thinking that we realize it useful in your day action. So , let's have it and enjoy reading.

Eleanor Hayes:

The guide untitled Stop Saying You're Fine: Discover a More Powerful You is the e-book that recommended to you to learn. You can see the quality of the e-book content that will be shown to anyone. The language that article author use to explained their way of doing something is easily to understand. The copy writer was did a lot of investigation when write the book, and so the information that they share for you is absolutely accurate. You also could get the e-book of Stop Saying You're Fine: Discover a More Powerful You from the publisher to make you more enjoy free time.

Mary Block:

Is it you actually who having spare time then spend it whole day by means of watching television programs or just lying down on the bed? Do you need something new? This Stop Saying You're Fine: Discover a More Powerful You can be the reply, oh how comes? The new book you know. You are therefore out of date, spending your extra time by reading in this brand-new era is common not a geek activity. So what these books have than the others?

Latosha Page:

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