



3 Seconds: The Power of Thinking Twice

By Les Parrott

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3 Seconds: The Power of Thinking Twice By Les Parrott

Just three seconds. The time it takes to make a decision. That's all that lies between settling for "Whatever" ... or insisting on "Whatever it takes." 3 Seconds shows how to unleash the inner resources that can move you to a whole new level of success. It comes down to six predictable impulses that most of us automatically accept without a second thought. You can replace them with new impulses that lead toward impact and significance. For instance, it takes Three Seconds to ... Disown Your Helplessness: The First Impulse: "There's nothing I can do about it." The Second Impulse: "I can't do everything, but I can do something." Quit Stewing and Start Doing: The First Impulse: "Someday I'm going to do that." The Second Impulse: "I'm diving in ... starting today." Fuel Your Passion: The First Impulse: "I'll do what happens to come my way." The Second Impulse: "I'll do what I'm designed to do." Inhale ... exhale ... the difference of your lifetime can begin in the space of a single breath. The decision is yours. Start today.

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Editorial Review

From the Back Cover

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About the Author

#1 New York Times bestselling author Les Parrott is co-founder, with his wife, Leslie, of the Center for Relationship Development on the campus of Seattle Pacific University and the bestselling author of High-Maintenance Relationships, Love the Life You Live (with Neil Clark Warren), Love Talk (with Leslie Parrott), 3 Seconds, and 25 Ways to Win with People (with John C. Maxwell). Dr. Parrott is a sought-after speaker to Fortune 500 companies and holds relationship seminars across North America. Dr. Parrott has been featured in USA Today, the Wall Street Journal, and the New York Times. His many television appearances include The View, The O'Reilly Factor, CNN, Good Morning America, and Oprah. To learn more, visit www.lesandleslie.com

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