



## 3 Seconds: The Power of Thinking Twice

*Les Parrott III*

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## **3 Seconds: The Power of Thinking Twice** Les Parrott III

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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