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April 20th 2017: Mel Robbins' 5 Second Rule

In today's episode, I'll be chatting with Mel Robbins about how it just takes 5 seconds to change your life.

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Featured Guest

Guest Image

Mel Robbins

Mel Robbins is the host of the new daytime syndicated talk show with Sony Pictures TV, The Mel Robbins Show, which airs nationwide on September 16th, 2019.

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