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Book Review

The High 5 Habit: Take Control of Your Life with One Simple Habit by Mel Robbins

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ABSTRACT

The book "The High 5 Habit" makes a startling claim: a single change to your daily routine could help you break free from your old, self-limiting thinking and into high gear. Self-improvement appears to be easier than ever before with this plan for life change, which is intertwined with personal experiences and scientific data. Mel Robbins, the book's author, is a best-selling author and personal-development guru who lives in New England with her husband and three children. She is the creator of the number-one podcast on Audible, "Start Here: Pep Talks for Life." One of her other books is "The 5 Second Rule".

Author of the Book:
Mel Robbins

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The idea of visiting a friend or colleague excites and delights most of us.

But, when it comes to seeing ourselves, do we have the same feelings?

Mel Robbins, a best-selling author and motivational speaker, realised this during her darkest hour. She was fatigued and beaten down in the early days of the pandemic as she coped with a tsunami of emotions and obstacles, and she could barely get out of bed in the morning. But one day, she managed to give herself a high five in front of her weary counterpart in the mirror. She smiled at herself because it was corny, but she kept her head held a little higher for the rest of the day.

The true magic, according to Robbins, happened the next day when she dragged herself out of bed and into the bathroom. This time, though, she was actually looking forward to seeing herself in the mirror. She realised she had always ignored or ridiculed herself in the mirror, but she had never been delighted to see herself. It was the polar opposite of how she encouraged and welcomed others.

Robbins used that energy to take a deliberate minute in front of the mirror with herself. She considered who she needed to be on that particular day and how she might best represent herself. She then sealed the deal by giving herself a high five.

That little deed turned things around for Robbins, giving her the optimism and strength to persevere in the face of adversity.

Her new book, *The High 5 Habit*, is based on this experience. Robbins claims that the book is not a pandemic novel, despite the fact that it was written during the pandemic. We've all experienced times when we felt drained, battered, and burned out. It is at these times that we must take a position for ourselves and be our most ardent supporters and cheerleaders. This book is divided into fifteen chapters listed as below

Chapter 1	You deserve a High 5 life
Chapter 2	Science says this works
Chapter 3	I have few questions
Chapter 4	Why do I torture myself?
Chapter 5	Am I Broken?
Chapter 6	Where's all this negative crap coming from?
Chapter 7	Why I am suddenly seeing hearts everywhere?
Chapter 8	Why is Life so easy for them and not me?

Chapter 9	Isn't it easier if I say nothing?
Chapter 10	How about I start Tomorrow?
Chapter 11	But Do you like me?
Chapter 12	How can I screw everything up?
Chapter 13	Can I actually handle this?
Chapter 14	Okay, you may not want to read this chapter
Chapter 15	Eventually, It will all make sense

This isn't a book about high-fiving your friends and family. That's something you're already doing. Supporting your favourite teams. Having a party with your buddies. Supporting the individuals, you care about as they pursue their dreams. Consider how you would feel if you showed yourself the same love and encouragement. Or, better still, you've made it a habit. You'd be invincible.

This book would help the readers to understand the meaning of

1	The aha moment that changed Mel's life forever.
2	What "neurobics" are and why you need them in your daily routine.
3	The science behind Mel's weird little success ritual.
4	How to silence your relentless inner critic.
5	The right — and wrong — ways to manifest your dreams.
6	How to unlock the positive programming that's already in your mind.
7	What the NBA knows about championships and fist bumps.
8	How to overcome resistance using the Zeigarnik effect.
9	One question you should ask yourself to create positive momentum every morning.

The High 5 Habit, according to Dr. Daniel Amen, one of the world's best specialists on brain health, improves your mood, confidence, and energy. Why? Because every high five gives your brain a shot of dopamine. That's how it goes from "blah" to "OMG" in a matter of seconds. Not only that, but there's more. Giving high fives to others has a long history of pleasant associations for you. A high five communicates "I believe in you," "I love you," "You got this," and "Let's do this." As a result, whenever you raise your palm to the mirror, all of your positive programming is merged with your reflection.

This is a branch of study known as "Neurobics". Neurobics is a type of mental workout that involves using the senses in unusual ways, such as giving a high five in the mirror, to generate new neural connections in the brain. In its lab schools for youngsters with learning disabilities, MIT conducts comparable body/brain activities. One of the quickest methods to develop new neural pathways connected with your reflection is to use positive associations with a high five, and you don't even have to go to Cambridge to do it!

Make The High 5 Habit a part of your morning routine, according to the author, because it will help you develop self-confidence, motivation, and, of course, happiness. You develop a whole new and loving relationship with yourself (and a brain rewired for more positivity).

The article goes on to say that you should do this for five days. What is the significance of five days? Because during the first few days, you're going to fight it. It's natural for your mind to fight it because it's a new habit for you. Ignore the opposition and go ahead and do it anyway. Within five days, your mind will have developed more positive instinctive habits, beliefs, and neural connections.

One of the most amazing lessons learned from this book is that your nervous system must be calmed before your brain can focus on anything or learn anything new. Consider this: if you arrive into work feeling like you're about to be fired, you're not going to be able to concentrate on a math problem. You're a little too pumped up. Before you can think, you must first calm down. Isn't that reasonable? By turning on my parasympathetic nervous system, the author seeks to teach readers how to relax their on-edge sympathetic nervous system. In a nutshell, the science is as follows: The vagus nerve is a hidden gem inside your body. It's like to turning on and off a light switch for your neurological system. The ultimate power move is to put yourself in a calm and grounded "off" state. The author refers to this as "high fiving your heart" and discusses it in Chapter 13 of The High 5 Habit.

This is how you do it: Simply place your hands on your heart and tell yourself, "I'm fine, I'm safe, and I'm loved." You can do it as many times as you want. After a few repetitions, you'll notice that it's true! You're all right, you're safe, and you're loved. You'll also find that you're more anchored in your body and more prepared to face the day. Your nervous system has calmed down, allowing you to move forward feeling focused and connected to

yourself. Perhaps you've seen a pattern. The author's happiness tips appear easy and even silly at first glance, but they're backed up by a lot of evidence. The author expresses her enthusiasm for items that are simple, memorable, and free, and that may be used by anyone.

The author effectually used a below mentioned analogy to explain the effect of unnecessary information on your mind:

"You presumably clean the lint filter when you put your clothing in the dryer. It isn't a huge problem. Dryers create lint over time, and if the filter isn't cleaned, the dryer will stop working correctly."

She further explains that, "The RAS, or Reticular Activating System, is a mental filter that filters the information your brain processes, ensuring that only the most relevant information enters conscious thinking. Your RAS, like your laundry's lint filter, might need a thorough cleaning now and again. The essential point is that your RAS might get clogged with unnecessary information. So, what is the "lint" that is clogging up your RAS? In a word, it's your self-defeating and self-limiting attitudes and beliefs, which are the same ones that have prevented Robbins from progressing in her law career. Rejection, failures, disappointments, and insults may all cause your RAS to get stuck, allowing your mind to focus on negative information while dismissing positive information".

Mel Robbins also stresses that thankfulness may be used instead of apologies. The author said that "the word- sorry, seems to be on our lips all the time when we have to cancel plans, beg for help, or even if someone else accidentally runs into us on the street".

On the surface, it appears to be a harmless habit. After all, who do you think you're hurting by apologizing? If you dig a bit further, though, the desire to apologies could be an indication of something more serious: a strong sense of guilt that makes living a full life difficult. However, living bravely and authentically implies that you may occasionally disappoint others. It also means that you will occasionally need to rely on others, whether for moral support, a favor, or simply a sympathetic ear. Instead of apologizing, try expressing gratitude. It's a lot better to be exposed to thanksgiving than it is to be exposed to guilt. To put it another way, it's preferable to be praised rather than apologized to.

In a nut shell, Mel uses her signature science-backed wisdom, deeply personal stories, and the real-life results that *The High 5 Habit* is creating in people's lives all over the world to teach you how to make believing in yourself a habit so that you can operate with the confidence that your goals and dreams demand. *The High 5 Habit* is a simple yet powerful method for changing your attitude, cognition, and behaviour. So, prepare to laugh and learn while taking immediate steps to boost your confidence, happiness, and outcomes. It's time to reward yourself with

high fives, congratulations texts, and words of support.

-Ushmeet Kaur Soni