



3 Seconds: The Power of Thinking Twice

Les Parrott III

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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.

3 Seconds: The Power of Thinking Twice Details

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Γι?τα Παπαδημακοπο?λου says

Ακ?μα ?να βιβλ?ο αυτοβελτ?ωσης που βρ?θηκε φ?τος το καλοκα?ρι στα χ?ρια μου ε?ναι το "3 δευτερ?λεπτα που κ?νουν τη διαφορ?", με την υπογραφ? ντ?κτορα μ?λιστα, αυτ? τη φορ?. Αυτ?ς ο οδηγ?ς προσωπικ?ς βελτ?ωσης του δρ. Les Parrott, μπορε? να μην ε?ναι απ? τα κορυφα?α βιβλ?α του ε?δους του, π?ντα κατ? την προσωπικ? μου εκτ?μηση, αποτελε? ?μως ?να ιδια?τερα απλο?κ? και ε?χρηστο εγχειρ?διο, ?μεσα κατανοητ? και ε?κολο να ακολουθ?σει κανε?ς τις συμβουλ?ς του, ειδικ? αν δεν ?χει μεγ?λη εμπειρ?α με τα βιβλ?α της κατηγορ?ας αυτ?ς, και θ?λει να κ?νει μια πρ?τη επαφ?, αναζητ?ντας ν?ους τρ?πους να βελτι?σει τον εαυτ? του π?νω απ' ?λα και στη συν?χεια, ως φυσικ? επ?μενο, την ?δια την καθημεριν?τητ? του και την ποι?τητα της ζω?ς του.

Η φιλοσοφ?α π?σω απ? την θεωρ?α του δρ. Les Parrott ε?ναι η πιο απλ? που θα μπορο?σε να ακολουθ?σει κ?ποιος ειδικ?ς σ?μβουλος διαχερ?ρισης θυμο? και ?γχους. "Π?ρε μια βαθι? αν?σα πριν να μιλ?σεις ? πριν να πρ?ξεις". Το να π?ρεις μια αν?σα διαρκε? 3 δευτερ?λεπτα. Το να π?ρεις μια σωστ? ? μια λ?θος απ?φαση, διαρκε? -επ?σης- περ?που τ?σο. Με το να προσφ?ρεις στον εαυτ? σου αυτ? τα 3 δευτερ?λεπτα αυξ?νεις τις πιθαν?τητες να σκεφτε?ς λογικ?, μει?νεις τις πιθαν?τητες να πρ?ξεις παρορμητικ? και κατ? συν?πεια, βοηθ?ς τον εαυτ? σου να διατηρ?σει καλ?τερη πνευματικ? και συναισθηματικ? ισορροπ?α, καταλ?γοντας να κ?νει αυτ? που πραγματικ? θ?λει, με τον τρ?πο που θ?λει, χωρ?ς απαρα?τητα να μας νοι?ζει το σωστ? ? το λ?θος αποτ?λεσμα αφο?καμι? φορ? η επιλογ? ε?ναι αυτ? που ?χει την μεγαλ?τερη βαρ?τητα.

Sandile Mkhize says

A Short practical read, but honestly there was absolutely nothing thought provoking.

Robert Chapman says

A lot of common sense in this book presented from an author who ties it together with examples in a simple and digestible fashion. The constant theme of vision, passion and perseverance in order to achieve personal goals is always a worth being reminded of.

Stacey says

I thought this book was fantastic. It is short so I think everyone should read it. It had so many good points, I enjoyed the whole thing.

Anderson says

A short but powerful motivational book on the importance of not giving in to our first impulses.

PROS: This book is one of those books short enough for anyone to read it and yet powerful enough to make you think about its contents. Dr. Parrott writes each chapter in a dynamic way that challenges you without being too pushy or sounding preachy. His are examples of real people with real life situations that anyone has experienced. Maybe it is because of this, down-to-earth approach that the book feels like a talk with a good friend who knows you enough to talk directly about your weaknesses without sounding cocky about himself.

CONS: To be honest the whole "3 second" thing is nothing much than a moniker. There is nothing mystical about the number even though Dr. Parrott repeats it as if it were so. The book could have easily called 4 or 5 seconds, because the whole point is to encourage people to take time for reflection instead of following the natural and reactive instinct that we all feel in a given situation.

CONCLUSION: This book is a perfect reading for those who do not like to be part of the status quo, those who are seeking constant self-improvement, or simply those who want to dream bigger. Even if you are a person who dislikes psychology and self-help books, you could benefit from this book and its frank writing style. Highly recommended.

Michael Tarpinian says

The six impulses: 1) give up before trying; 2) shun a challenge; 3) settle for the status quo; 4) shirk responsibility; 5) do the mere minimum; 6) avoid taking action.

I would read this again. Really good stuff.

Kari Eliuk says

Simple points, simply stated, but with great potential to effect change. I read this, highlighter in hand, in a single sitting, and intend to make it required reading for my employees and for my children as they near adulthood.

Charles says

Grandma's counsel, backed by Ivy League research

Ravi Warriar says

I am not a big fan of self-development books that talk directly to me. Such authors and their tones, for some

reason, in my personal opinion, seem a little like that of a kindergarten school teacher.

Having said that, I still gave this book a star more than I usually give such genres of books. This is only because, I believe, out of the all the books, I randomly picked out this for a purpose and it in a way talked about the issues I am currently facing.

However, I am still wondering how the author came up with the figure of 3 seconds. No where in his book, does Parrott explain which empirical tests and experiments reveal this number. In my experience, authors that skirt the main topic of such fundamental explanations are of a little suspicious intent.

But this was way better than Anthony Robbin's books. So a combined star for that too.

Sergiusz Golec says

You could've thought that "3 Seconds" is about bad sex experience; or an explosion. But No.

Most of the time, you'll find (short) interesting stories, with a practical leverage for your life. Moral and exercises included. And even if you can guess the global moral of the book - the light content, and entertaining stories - made it worth reading.

What would it make better for me? Skipping the religious aspects (3 of them). Replacing known stories with less popular. Update some of the exercises, because... Preaching - do not reach me; so it would be better to let me think and reflect on my own.

Paul J. says

One of the books that I managed to read on vacation was "3 Seconds: The Power Of Thinking Twice" by Dr. Les Parrott.

I really enjoyed this book. Of course, right off the bat I enjoy ANY book that's small in size. Makes it easier for A.D.D. types like me to take it on.

So what's the bottom line on this book? Dr. Parrott identifies six "first impulses" that most or all of us succumb to when faced with a situation (for example: "There's nothing I can do about that" or "Someday I'll take that on...but not now"). Then he gives six possible "second impulses" and practical ways to implement them. Hence the title...learning to take 3 seconds when that first impulse hits you, to allow the second impulse to appear.

The book is well written, chapters are laid out clearly and easy to digest. While some of these ideas may fall into the "duh" category because you've heard them before, truth is truth - and it's often necessary to hear things multiple times to make it sink in.

This whole concept really hits me where I am right now...who am I kidding, where I've been my whole life! I too easily give in to every first impulse I have. So I'm hoping to put some of these "second impulses" into practice in my own life - and hopefully all six of them as I progress.

I gladly recommend this book. I think it's a cut above most of the "self-help" genre...in fact, I think it's probably a disservice to give it that label. Get it and read it.

Jason says

The topics were interesting and valid, but also sort of cliché and regurgitated.

My question for all of the customer service and better management books is: why is everything up to only those providing customer service? Why do people expect good customer service if they were not good customers? It is setting up the world for more and more rudeness, shortness and disingenuous relationships. I totally understand the need for good customer service and try to provide it at all times even with bad customers, but bending over backwards to satisfy someone that I have a good relationship with is much easier and less grating than doing the same for someone who treats me as nothing more than a means to an end. This unilateral, "my needs are more important" attitude is even demonstrated by the author, although I know he was trying to get across a point and may have shortened the story. He was assigned to bring chairs to a party for a friend and forgot to do so, when his friend confronted him and said "that figures" the author got upset and concerned for the way he was treated. It later came out that the friend was just having a bad day and said that because everything else had gone wrong so why not have no chairs too. What he left out, or didn't do in real life, was to take his own advice! You forgot the chairs, take 3 seconds to "own" the fact that the failure was yours and stop thinking about the host's reaction and "do" something to remedy your mistake. Instead of, "I'm sorry I forgot, your reaction should have been..." "I'm sorry I forgot, let me go back and get them or call Billy who isn't here yet because I know he has chairs too. As a guest to the party you are essentially the party's customer, but that doesn't relieve you of all of the responsibility in the relationship. Someone should write the book on being a good customer, if this book already exists please let me know.

William says

There was nothing really new in this book. Dr Parrott does tie this discussion of life choices and cherry-picked analogies to a 3 second pause that we should implement before making any significant decisions or taking action. This premise makes total sense, and is probably fully backed up by actual data, which Dr Parrott does not share with us. Sometimes, and in my case more often than not, going back to a question on an exam, giving it further thought, and changing the answer is not the correct path. But then, he lost me in the prologue when he claimed to be a fan of the Indianapolis 500, and then called it Formula 1. Blasphemy!

There is lots of good, common sense content in this book, though it often comes across a little preachy.

Leena says

Listened to audio version of book. Leena has some excellent points about not second-guessing yourself or others based on our initial thoughts and responses.

Sharon says

Some good things, I guess. Kind of a mix of common sense, cliché, hyperbole, and watered down spirituality. I was asked to read it for work, otherwise this is not my type of book. It addresses 6 self-sabotaging attitudes and makes the claim that if you stop and think for 3 seconds, that's all it takes to choose a better attitude and have a better life. The better attitudes are better attitudes. No argument there, but I don't think I operate with these kind of whiny, complainy, immature impulses he's trying to help me conquer. Each of the 6 impulses are described with a particular voice inside your head. They are 1. "There's nothing I can do about it." 2. "It's too tough to try." 3. "I'll just do what comes my way." 4. "I've done what's required and that's enough." 5. "It's not my problem, somebody else is to blame." 6 "Someday I'll get to that, but not now." I'm not perfect. I can procrastinate or fail to make the most of every possible opportunity that comes my way, but in general, this is not the way I think or live my life.

The writing was repetitive. The 3 seconds was just chosen because it sounds good, I think. Why not 5 seconds or 3 minutes. What proof is there for 3 seconds? Hyperbole example: "Without vision, our zest for living dies and we wander, zombie-like, through our existence." Really? Or how about this one? "When we fuel our passion..., That's when we elevate our soul to greatness." What does that even mean?

But, Parrot is known for being a Christian speaker, educator and author. So why is there so little mention of God or Jesus or prayer and how these affect our attitudes, behaviors and outcomes? In fact, when good things happen for us as a result of our writing down a list of our unattainable dreams, he says that "something happens in the cosmos," which he calls The Law of Serendipity. "Plainly put, the Law of Serendipity is the experience of having two or more things happen coincidentally in a manner that is meaningful to the person experiencing them. It differs from coincidence in that serendipity implies not just a happenstance, but an underlying meaningful pattern."

He does make some good points here and there, but to me it sounds like common sense or inspirational images you'd see on Facebook. I'd be interested to know other takes on this from people who did find his encouragement helpful. Also, let it be known that I read this on the plane after dropping my daughter off at college, so maybe I'm having a stronger reaction than it deserves. And I may be using this forum for an emotional release. (Probable.) I'll be completing the end of book exercise for work and maybe I'll come back and reread this and find my opinion has softened.
