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Melanie Lee Schneeberger, simply known as Mel Robbins is an American CNN legal analyst, author, motivational speaker, and TV host. She is widely recognized for her 15 million views TED X talk How to Stop Screwing Yourself Over, covering the George Zimmerman trial, and her book The 5 Second Rule.

Mel Robbins Bio, Married, Husband, Books and Net Worth

Mel Robbins is a renowned motivational and keynote speaker, a CNN legal and social commentator, the creator of The 5 Second Rule, and a best-selling author. Let's get started! I'll be in your inbox every Thursday to help you stay inspired.

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Using the science of habits, riveting stories and surprising facts from some of the most famous moments in history, art and business, Mel Robbins will explain the power of a "push moment." Then, she'll give you one simple tool you can use to become your greatest self.

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