

**Four Seconds: All The Time You Need To Stop Counter-Productive Habits And Get The Results You Want By
Peter Bregman**

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Four seconds peter bregman

Want to learn more? Sign up for the next conference call with Peter on Wednesday, September 16, 2015 at 1:30pm Eastern Time.

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Dec 29, 2010 Maia Szalavitz is a neuroscience journalist for TIME.com and co-author of Born for Love: Why Empathy Is Essential and Endangered.

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About peter peter bregman

Peter Bregman is the CEO of Bregman Partners, Inc., All the Time You Need to Stop Counter-Productive Habits and Get the Results You Want,

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