



13 Things Mentally Strong People Don't Do: Take Back Your Power, Embrace Change, Face Your Fears, and Train Your Brain for Happiness and Success

By Amy Morin

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Expanding on her viral post that has become an international phenomenon, a psychotherapist offers simple yet effective solutions for increasing mental strength and finding happiness and success in life.

As a licensed clinical social worker, college psychology instructor, and psychotherapist, Amy Morin has seen countless people choose to succeed despite facing enormous challenges. That resilience inspired her to write *13 Things Mentally Strong People Don't Do*, a web post that instantly went viral, and was picked up by the *Forbes* website.

Morin's post focused on the concept of mental strength, how mentally strong people avoid negative behaviors—feeling sorry for themselves, resenting other people's success, and dwelling on the past. Instead, they focus on the positive to help them overcome challenges and become their best.

In this inspirational, affirmative book, Morin expands upon her original message, providing practical strategies to help readers avoid the thirteen common habits that can hold them back from success. Combining compelling anecdotal stories with the latest psychological research, she offers strategies for avoiding destructive thoughts, emotions, and behaviors common to everyone.

Like physical strength, mental strength requires healthy habits, exercise, and hard work. Morin teaches you how to embrace a happier outlook and arms you to emotionally deal with life's inevitable hardships, setbacks, and heartbreaks—sharing for the first time her own poignant story of tragedy, and how she summoned the mental strength to move on. As she makes clear, mental strength isn't about acting tough; it's about feeling empowered to overcome life's challenges.

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Editorial Review

Review

"Her book *13 Things Mentally Strong People Don't Do* details exactly the sort of destructive thinking you should cut out of your life if you want to radically increase your resilience. If you're looking to kick some bad mental habits and toughen yourself up, it's a great source of ideas to get you started." **-Inc.**

"Writing with intelligence and clarity, Morin presents concrete strategies to help readers shift from negativity to positivity. Her advice is crisp, precise and actionable." **-Success**

"Great thoughts from Amy Morin, LCSW in her new book *13 Things Mentally Strong People Don't Do*. I recommend it." **-John Maxwell, author of *The 21 Irrefutable Laws of Leadership***

"Each chapter delves further into the header, and provides positive and forward-thinking tactics on how to fix your flaw in logic. This is a fantastic book for anyone seeking a reality check." **-Entrepreneur**

"Morin's list of don'ts are applicable in every day life, not just during personal tragedy. Being aware of them can give an individual the power to withstand daily disappointments, setbacks and obstacles." **-The Washington Post**

From the Back Cover

The Ultimate Guide to Mastering Your Mental Strength

Everyone knows that regular exercise and weight training lead to physical strength. But how do we strengthen ourselves mentally for the truly tough times? And what should we do when we face these challenges? Or as psychotherapist Amy Morin asks, what should we avoid when we encounter adversity? Through her years counseling others and her own experiences navigating personal loss, Morin realized it is often the habits we cannot break that are holding us back from true success and happiness. Indulging in self-pity, agonizing over things beyond our control, obsessing over past events, resenting the achievements of others, or expecting immediate positive results holds us back. This list of things mentally strong people don't do *resonated* so much with readers that when it was picked up by Forbes.com it received ten million views.

Now, for the first time, Morin expands upon the thirteen things from her viral post and shares her tried-and-true practices for increasing mental strength. Morin writes with searing honesty, incorporating anecdotes from her work as a college psychology instructor and psychotherapist as well as personal stories about how she bolstered her own mental strength when tragedy threatened to consume her.

Increasing your mental strength can change your entire attitude. It takes practice and hard work, but with Morin's specific tips, exercises, and troubleshooting advice, it is possible to not only fortify your mental muscle but also drastically improve the quality of your life.

About the Author

Amy Morin is a licensed clinical social worker, college psychology instructor, and psychotherapist. She is the only person in the psychology industry who is talking about mental strength on a global level. She lives

in Enfield, Maine.

Users Review

From reader reviews:

Douglas Whatley:

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