



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 (Paperback)

By Amy Morin

William Morrow Company, United States, 2015. Paperback. Book Condition: New. 228 x 150 mm. Language: English . Brand New Book. 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...

Reviews

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