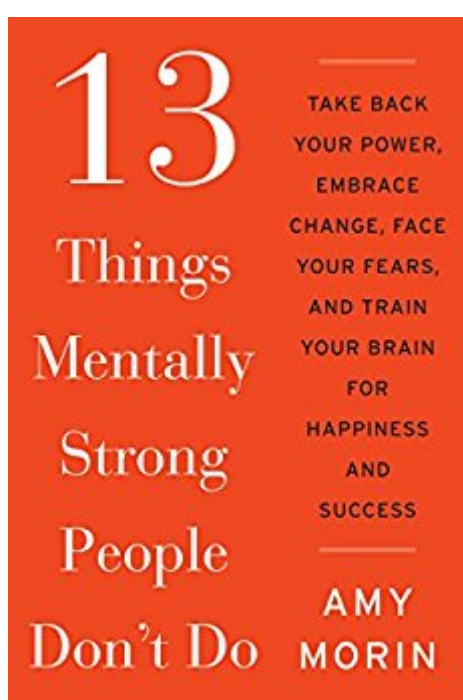


The book was found

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



Synopsis

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.

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Customer Reviews

I was asked to be an early reviewer for *13 Things Mentally Strong People Don't Do*, and to focus on which of the 13 Things I found most helpful or applicable to my own life. Amy says she's the only person in the psychology industry who is talking about mental strength on a global level, and I'm delighted that she's bringing the weight of science to this topic (likening mental strength to something you can improve with practice and discipline just like physical health). She encourages readers to adopt certain mental strength-building strategies by first looking at what mentally strong people don't do. Here's the full list:

1. They Don't Waste Time Feeling Sorry for Themselves
2. They Don't Give Away Their Power
3. They Don't Shy Away from Change
4. They Don't Waste Energy on Things They Can't Control
5. They Don't Worry About Pleasing Everyone
6. They Don't Fear Taking Calculated Risks
7. They Don't Dwell on the Past
8. They Don't Make the Same Mistakes Over and Over
9. They Don't Resent Other People's Success
10. They Don't Give Up After the First Failure
11. They Don't Fear Alone Time
12. They Don't Feel the World Owes Them Anything
13. They Don't Expect Immediate Results

I thought each of one of the above is important, but given my assignment I'm going to focus on thing they don't do #6: They Don't Fear Taking Calculated Risks. Amy says that all too often people stop themselves from taking a risk because it evokes a strong fear response. The problem is we don't even investigate the thoughts and beliefs that triggered the fear response in the first place. We simply decide not to think about it or its consequences at all.

This book grew out of a series of tragic events in the author's life. Three years after her mother died, Amy's husband, still young, suddenly died of a heart attack. Now she not only had lost her mother, she had lost her husband as well. After these tragic events, the author decided to write down what she had personally learned: 13 things mentally strong people don't do. "They were the habits I'd fought so hard against to come out on the other side of my grief." These thirteen habits don't just help you get through grief, they will help you develop mental strength. Here are some parts of 13 THINGS I thought were especially good:

- Developing mental strength requires three different steps: First thoughts, second behavior, third emotions.
- We have to balance our emotions with

rational thinking: "We make our best decisions in life when we balance our emotions with rational thinking."™ One of the first chapters shows the problems with self-pity: "Feeling sorry for yourself is itself destructive. It leads to new problems and can have serious consequences." Instead of wallowing in pity, Amy suggests exchanging self pity for gratitude. The author cites a 2003 study in the "Journal of Personality and Social Psychology," which shows that people who feel gratitude don't get sick as often as others.™ A big mistake is a sense of entitlement: "Get over yourself. Develop self awareness of your sense of entitlement.™ A big obstacle to mental strength is giving other people power over you: "Giving other people the power to control how you think, feel, and behave makes it impossible to be mentally strong."™ This book is filled with lots of practical suggestions.

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