



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

A whole new electronic book with a new point of view. It can be full of knowledge and wisdom. It's been written in an exceedingly simple way which is only following. I finished reading through this pdf in which really modified me, modify the way in my opinion.

-- **Arianna Nikolaus**

This ebook is wonderful. I have got to go through and so I am certain that I am going to likely to read through once again again later on. You will like the way the article writer compose this ebook.

-- **Miss Ariane Mraz**

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Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



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DK Publishing (Dorling Kindersley), United States, 2001. Paperback. Book Condition: New. American.. 224 x 150 mm. Language: English . Brand New Book. This Level 1 book is appropriate for children who are just beginning to read. Ms. Hill brings 28 fish to...



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Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 176 x 150 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling home reading series. It is based on Oxford Reading Tree which...



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Abingdon Press, United States, 2009. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Three Simple Rules for Christian Living by Jeanne Torrence Finley and Rueben P. Job This small-group study by Jeanne Torrence Finley is based...