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## 13 Things Mentally Strong People **ess Amy Morin**

Amy Morin, a respected psychotherapist, relied on her own mental strength after she was widowed at just 26. Since publishing "13 Things Mentally Strong People Do", she has established her own weekly column on the Forbes website focusing on "where business and psychology meet". Customers who viewed this item also viewed

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what you do. It's usually seen in what you don't do. Developing mental strength is a "three-pronged approach." It's about controlling your: thoughts behaviours emotions 1. They don't waste time feeling sorry for themselves

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1. Waste Time Feeling Sorry for Themselves. You don't see mentally strong people feeling sorry for their circumstances... 2. Give Away Their Power. Mentally strong people avoid giving others the power to make them feel inferior or bad. They... 3. Shy Away from Change. Mentally strong people embrace ...

## Mentally Strong People: The 13 Things They Avoid

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Take a look at these 13 things that mentally strong people don't do so that you too can become mentally stronger. 1. They Don't Waste Time Feeling Sorry for Themselves Mentally strong people don't sit around feeling sorry about their circumstances or how others have treated them.

## 13 Things Mentally Strong People Don't Do

emotionally, mentally, and physically exhausting process. There were so many things to feel sad about too. I felt sad for my husband's family, knowing how much they'd loved Lincoln. I felt sad about all the things Lincoln would never experience.

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And it was sad about all the things we'd never get to do together, not to mention, how much I ...

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## 13 THINGS MENTALLY STRONG PEOPLE DON'T DO by Amy Morin ...

Amy Morin is a psychotherapist and the international bestselling author of 13 Things Mentally Strong People Don't Do. Her books are translated into more than 40 languages. She's also the host of ...

## How Mentally Strong People Deal With Uncomfortable Emotions

Mentally strong people recognize that they don't need to please everyone all the time. They're not afraid to say no or speak up when necessary. They strive to be kind and fair, but can handle other people them happy. 6 THEY DON'T FEAR TAKING CALCULATED RISKS. They don't take reckless or foolish risks, but don't mind taking calculated risks.