

**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 .pdf**

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#2. In her book, **13 Things Mentally Strong People Don t Do**, author Amy Morin writes that developing mental strength is a three-pronged approach.

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The mentally strong know the things they can control, 13. Being Impatient When it comes to people, things get a bit more complicated.

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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.

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People who are mentally strong and well adjusted are different in a number of ways. Very often, the best way to learn from such people is to observe what actions and

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Learn the 13 Things Mentally Strong People Don't Do so that you can take back your power, embrace change, face your fears, and train your brain for happiness.

### **13 things mentally strong people don't do -**

Mental strength isn't often reflected in what you do. It's usually seen in what you don't do. In her book, "13 Things Mentally Strong People Don't Do," author Amy

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This infographic reveals 18 things that mentally strong people do that low achievers don't. 13. They have staying power. They don't expect immediate results.

### **Amy morin | linkedin**

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