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Amy Morin, a respected psychotherapist,  
relied on her own mental strength after she  
was widowed at just 26. Since publishing

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“ 13 Things Mentally Strong People Do ” , she has established her own weekly column on the Forbes website focusing on “ where business and psychology meet ” .

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Do. Mental strength isn't often reflected in 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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## 13 Things Mentally Strong People Don ' t Do.

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.

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## Mentally Strong People: The 13 Things They Avoid

13 Things Mentally Strong People Don't Do: Take Back Your Power, Embrace Change, Face Your Fears, and Train Your

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However, in order to stick with the routine, it ' s best to use a straightforward justification.

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Psychotherapist and social worker Amy

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Morin detailed the key characteristics  
mentally tough people have in her...

Mentally tough people refuse to give up after failure and don't let others' judgments affect them. Like physical health, mental toughness must ...

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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.

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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

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the things Lincoln would never experience.  
And I 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

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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

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fair, but can handle other people than  
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taking calculated risks.

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