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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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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. 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 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.

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