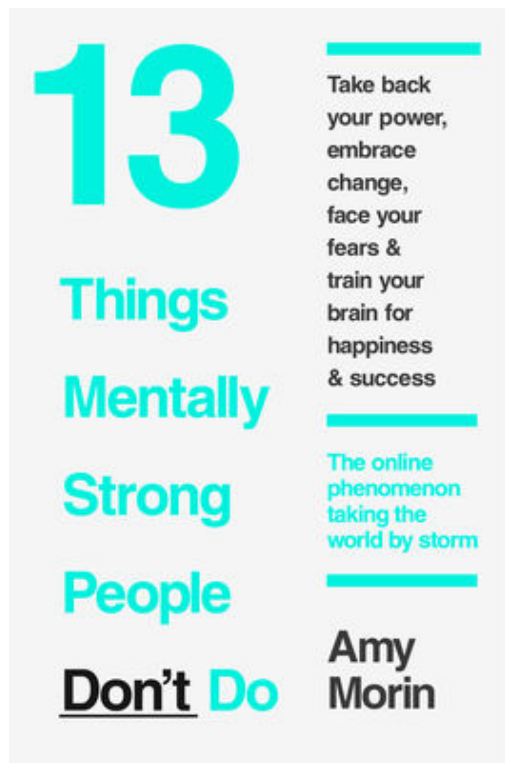


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The ultimate guide to mastering your mental strength with revolutionary new strategies that work of everyone.

Everyone knows that regular exercise leads to physical strength. But how do we strengthen ourselves mentally for the truly tough times? Or as psychologist Amy Morin asks, what should we avoid when we encounter adversity? Through her years counselling others and her own experiences navigating personal loss, Morin realised it is often the habits we cannot break that are holding us back from true success and happiness.

Now, for the first time, the author expands upon the 13 Things from her viral post that reached millions world wide and shares her tried-and-true practices for increasing mental strength. Morin writes with searing honesty, incorporating anecdotes from her work as a psychotherapist as well as personal stories of how she had to bolster her own mental strength when tragedy threatened to consume her.

Increasing your mental strength can change your entire attitude. It takes practice and hard work, but with the specific tips, exercises, and troubleshooting advice, it is possible to not only fortify your mental muscle but also drastically improve the quality of your life.

About the author

Amy is a licensed clinical social worker, college psychology instructor, and psychotherapist. She is the only person in the psychology industry who is talking about mental strength on a global level.

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