

Wm
WILLIAM MORROW
An Imprint of HarperCollins Publishers



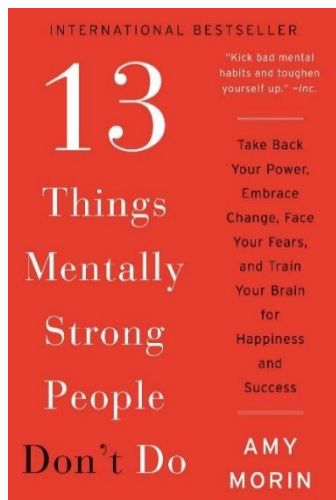
Publicity Contact:
Amy Morin, Amy@AmyMorinLCSW.com

INTERNATIONAL BESTSELLER

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**



If you have you ever...

- Complained about all the things you “have to” do in life
- Been afraid to make major changes out of fear that it might get worse
- Felt frustrated by your lack of self-discipline
- Struggled with major regrets about your past

Then you've been face-to-face with some of the 13 common habits that hold us back from success. In her groundbreaking book, **13 THINGS MENTALLY STRONG PEOPLE DON'T DO** (William Morrow Paperbacks; ISBN: 9780062358301; On Sale: March 7, 2017), psychotherapist Amy Morin shares her pragmatic tips to finding better ways to overcome these habits and increase mental strength, happiness, and success in life.

When Morin was twenty three years old and lost her mother suddenly to a brain aneurysm, she allowed herself to grieve and eventually set herself on a path of healing. Three short years later, however, she lost her husband to a heart attack. Grief, again, overwhelmed her – but, with time, it got better. Then, seven years later, after finding love again, when her new husband's father ran out of treatment options for an aggressive cancer, her whole world-view changed.

It was at that moment that Morin sat down and wrote her now internationally-known viral blog post, “13 Things Mentally Strong People Don't Do” – based on the 13 Things and habits that could have held back from navigating personal loss – and posted it on her personal blog and on Lifehack. It resonated so much with readers that it was picked up by Forbes.com, where it received roughly 10 million views in a few weeks.

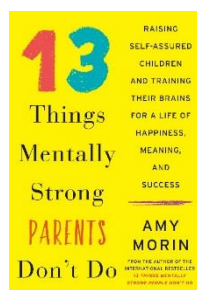
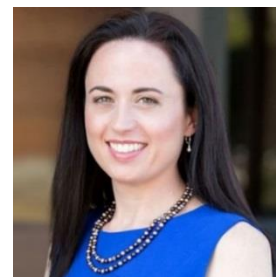
Expanding on her viral post, Amy Morin offers simple yet effective solutions to cope with life's many challenges.

With anecdotes from her work as a college psychology instructor and psychotherapist, as well as personal stories of how she bolstered her own mental strength – like her annual celebration of her late husband's birthday (which has involved everything from skydiving to swimming with sharks), Morin opens each chapter with a profile of an individual challenged by one of the 13 Things. Followed by self-identifying quizzes, readers are challenged to determine whether they, too, fall prey to this particular defeating behavior. Outlining ways to shift our thinking, and ending each chapter with bulleted points on common traps for making change, **13 THINGS MENTALLY STRONG PEOPLE DON'T DO** answers what we should *not* do when we encounter adversity and explains how we can be happy and succeed instead.

Increasing your mental strength can change your entire attitude. It takes practice and hard work, but with Morin's 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.

AMY MORIN 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. She lives in Enfield, Maine.

<http://www.amymorinlcsw.com/>



13 THINGS MENTALLY STRONG PARENTS DON'T DO

Amy Morin answers the question so many of her readers have been asking: as a parent, how do you raise mentally strong kids?



WILLIAM MORROW
An Imprint of HarperCollins Publishers

13 Things Mentally Strong People Don't Do:

1. They Don't Waste Time Feeling Sorry For Themselves
2. They Don't Give Away Their Power
3. They Don't Shy Away From Change
4. They Don't Waste Energy on Things They Can't Control
5. They Don't Worry About Pleasing Everyone
6. They Don't Fear Taking Calculated Risks
7. They Don't Dwell on the Past
8. They Don't Make the Same Mistakes Over and Over
9. They Don't Resent Other People's Success
10. They Don't Give Up After the First Failure
11. They Don't Fear Alone Time
12. They Don't Feel Like the World Owes Them Anything
13. They Don't Expect Immediate Results

Tip:

Hang this anywhere for a daily reminder
to stay mentally strong