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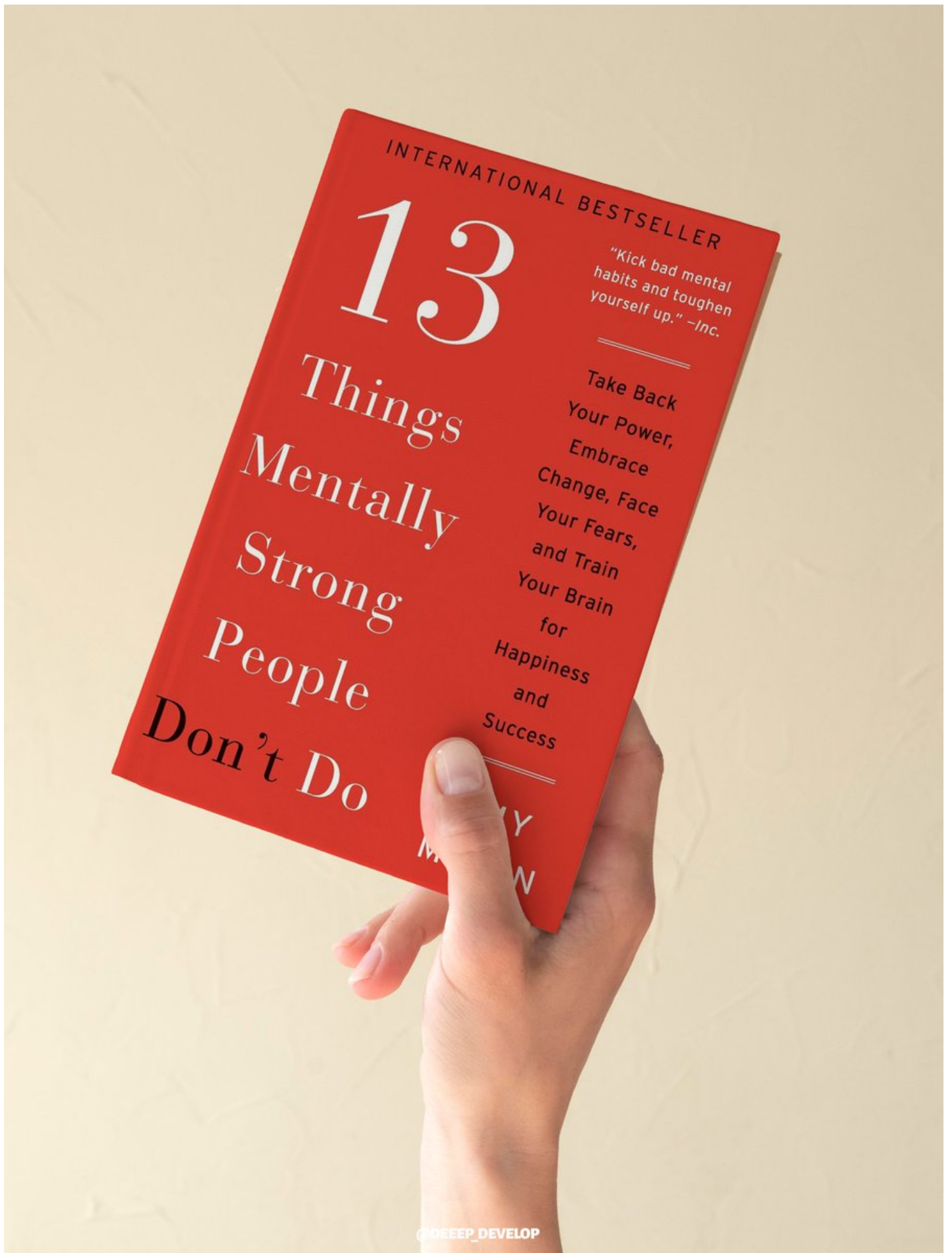


### Lessons I Learned From the Book

"13 Things Mentally Strong People Don't Do"

👉 ■ [@AmyMorinLCSW](#)

■ [Book Review \(thread\)](#)



1. Mentally Strong People Don't Worry About Pleasing Everyone

Pleasing everyone can negatively impact mental strength.

When you accept you won't please everyone, you become stronger and build courage when you anticipate displeasing others.

# PLEASING EVERYONE CAN NEGATIVELY IMPACT MENTAL STRENGTH

"13 THINGS MENTALLY STRONG PEOPLE DON'T DO"  
A BOOK BY "AMY MORIN"

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## 2.They Don't Feel the World Owes Them Anything

Mentally strong people can shift their focus away from their debt. Hence, they can help people in need. Mentally strong people keep themselves busy doing good deeds.

# MENTALLY STRONG PEOPLE DON'T FEEL THE WORLD OWES THEM ANYTHING

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### 3.They Don't Waste Time Feeling Sorry for Themselves

No one is immune to hard times. However, it is how you react to these situations that is important. They replace self-pity with gratitude.

# MENTALLY STRONG PEOPLE DON'T WASTE TIME FEELING SORRY FOR THEMSELVES

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### 4.They Don't Resent Other People's Success

Overcome your envy of other people's success and learn how to use their success to your benefit.

When people enjoy and celebrate success, they attract other successful people, creating opportunities for collaboration success.

# MENTALLY STRONG PEOPLE DON'T RESENT OTHER PEOPLE'S SUCCESS

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## 5.They Don't Give Away Their Power

No one should have power over your feelings.

One of the biggest factors in taking control of your feelings is forgiveness. When people forgive others, their blood pressure decreases, and their hearts beat more calmly.

# NO ONE SHOULD HAVE POWER OVER YOUR FEELINGS

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## 6.They Don't Focus on Things Beyond Their Control

Remember you can't control what has happened. However, you can control what you focus on, what things mean, and how

you behave.

YOU CAN'T CONTROL WHAT HAS  
HAPPENED. HOWEVER, YOU CAN  
CONTROL WHAT YOU FOCUS ON

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#### 7.They Don't Dwell on the Past

Coming to terms with the past doesn't mean acting as if certain things never happened.

You must accept and forgive the past so that you can build on it in the present.

COMING TO TERMS WITH THE PAST  
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## 8.They Don't Repeat The Same Mistakes

Identify the factors that led to the mistake: thoughts, behaviors, and external factors.

Then, write an alternative action for the next time those thoughts, behaviors, and external factors arise.

# MENTALLY STRONG PEOPLE DON'T REPEAT THE SAME MISTAKES

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## 9.They Don't Shy Away from Change

It's not as if some people have more willpower than others. It's just that some people are willing to adapt while others aren't.

# MENTALLY STRONG PEOPLE DON'T SHY AWAY FROM CHANGE

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## 10.They Don't Fear Taking Calculated Risks

Taking risks and stepping outside your comfort zone makes you stronger. Perhaps those risks aren't as scary as you once imagined. Open yourself up to new opportunities and start facing your fears.

# TAKING RISKS AND STEPPING OUTSIDE YOUR COMFORT ZONE MAKES YOU STRONGER

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## 11.They Don't Give up After Their First Failure

Those who succeed view their failures as stepping stones for improvement.

Failure is simply a part of success, as it means you are being challenged.

# FAILURE IS A NECESSARY PART OF BECOMING SUCCESSFUL

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## 12.They Don't Fear Alone Time

Spending time alone and quietly, results in renewal, rejuvenation, inspiration, and reflection.

Meditation positively alters the brain's structure by regulating cognition and emotion.

# MENTALLY STRONG PEOPLE DON'T FEAR ALONE TIME

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## 13.They Don't Expect Immediate Results

It is important to be patient, stick to your goal, and keep working at it. You must maintain these actions even when you do not appreciate any progress at a given moment.

# MENTALLY STRONG PEOPLE DON'T EXPECT IMMEDIATE RESULTS

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