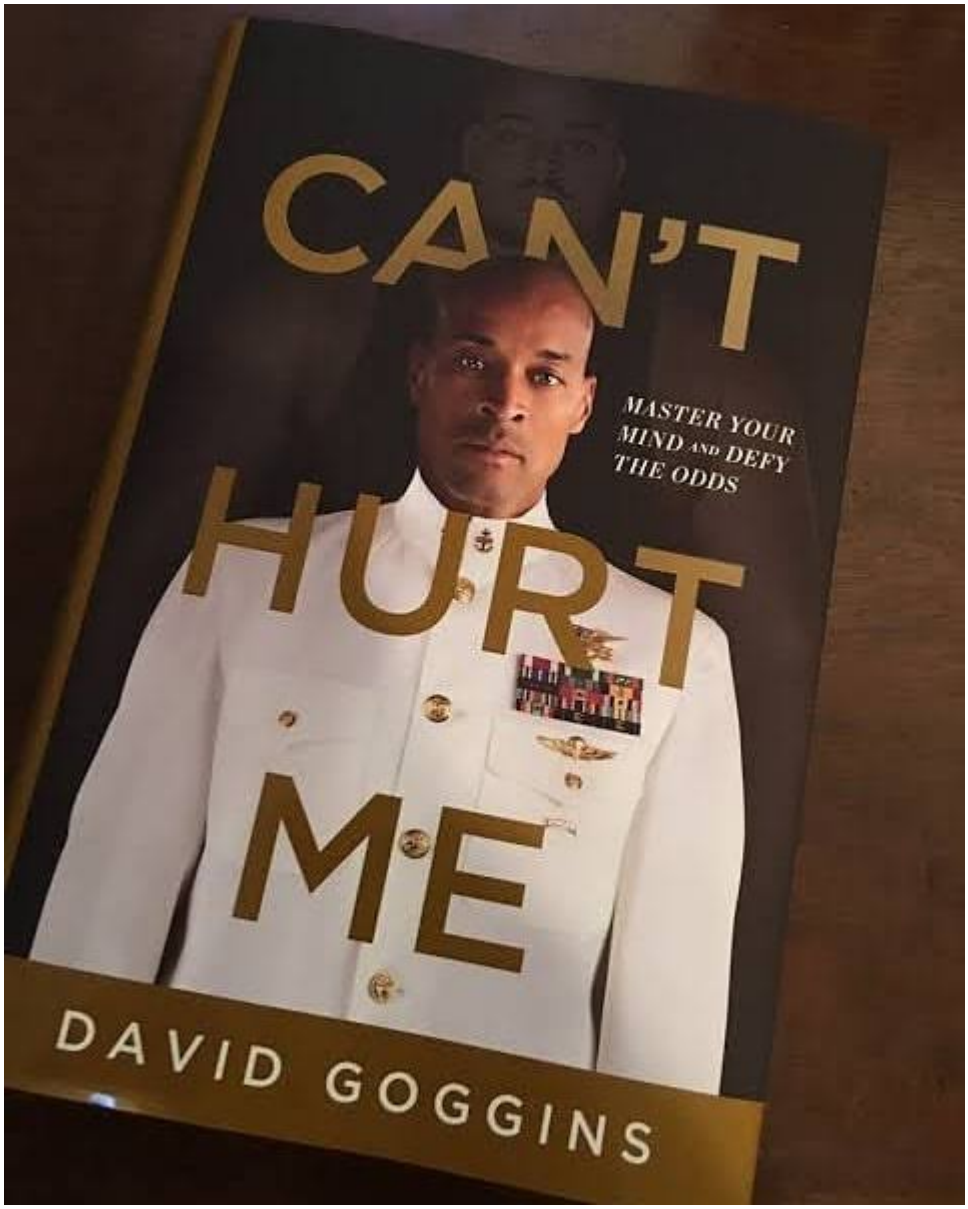
Twitter Thread by Seek Wiser

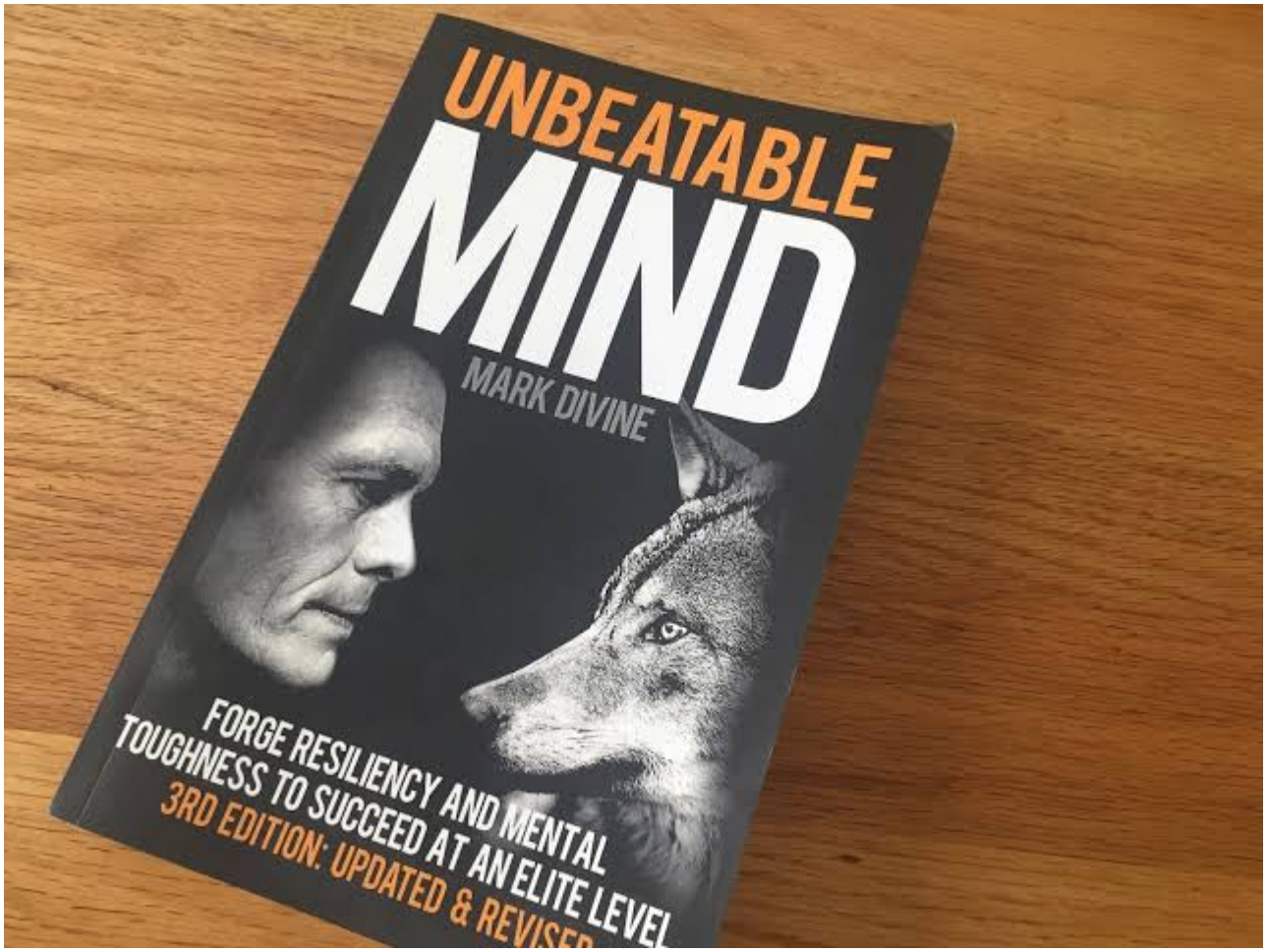
Seek Wiser
@SeekWiser_

8 Books That Will Teach You How To Become Mentally Strong :

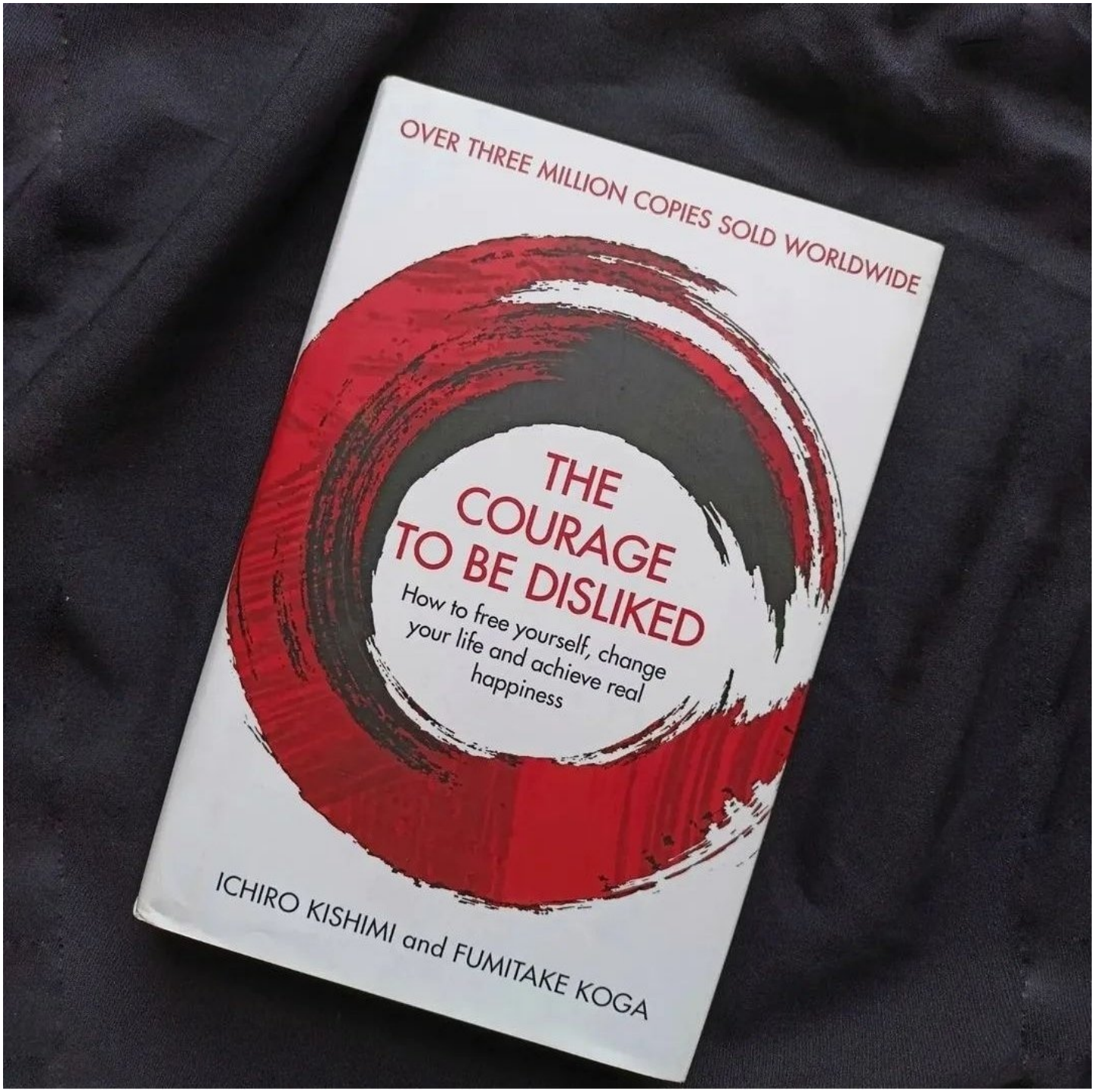
1. Can't Hurt Me



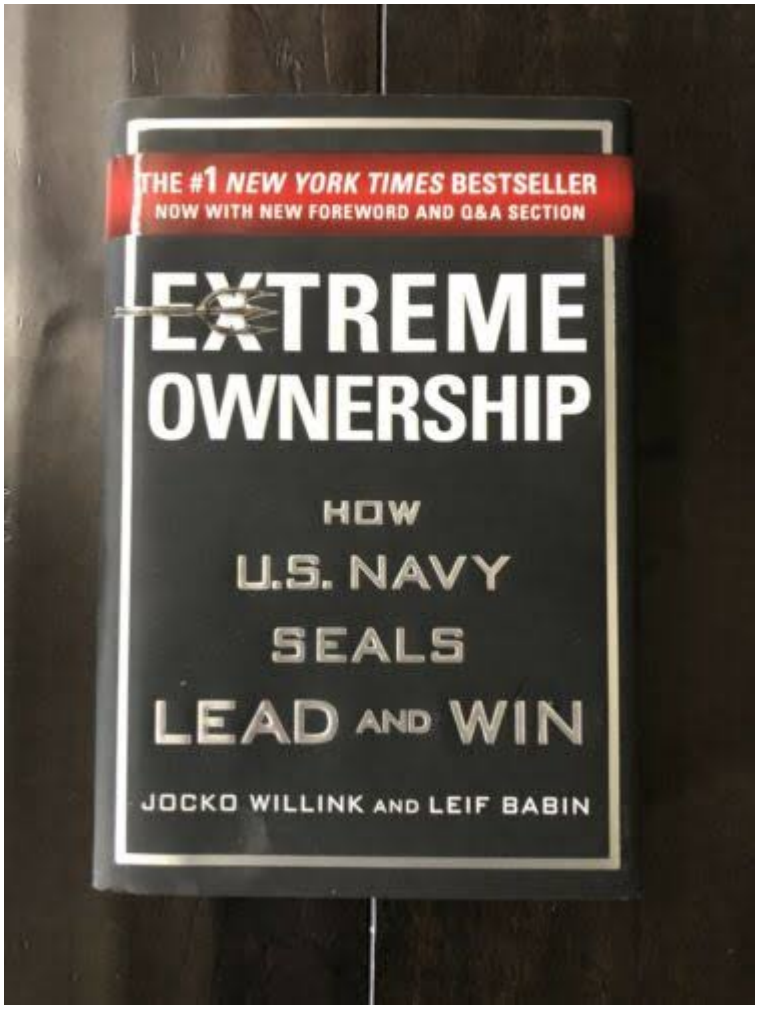
2. Unbeatable Mind



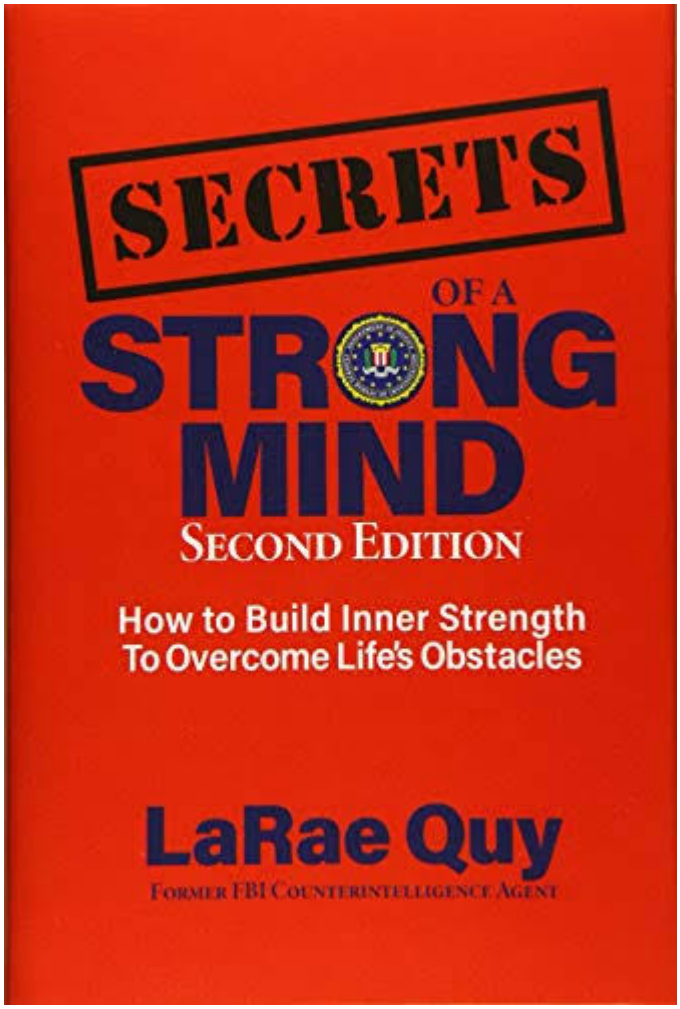
3. The Courage To Be Disliked



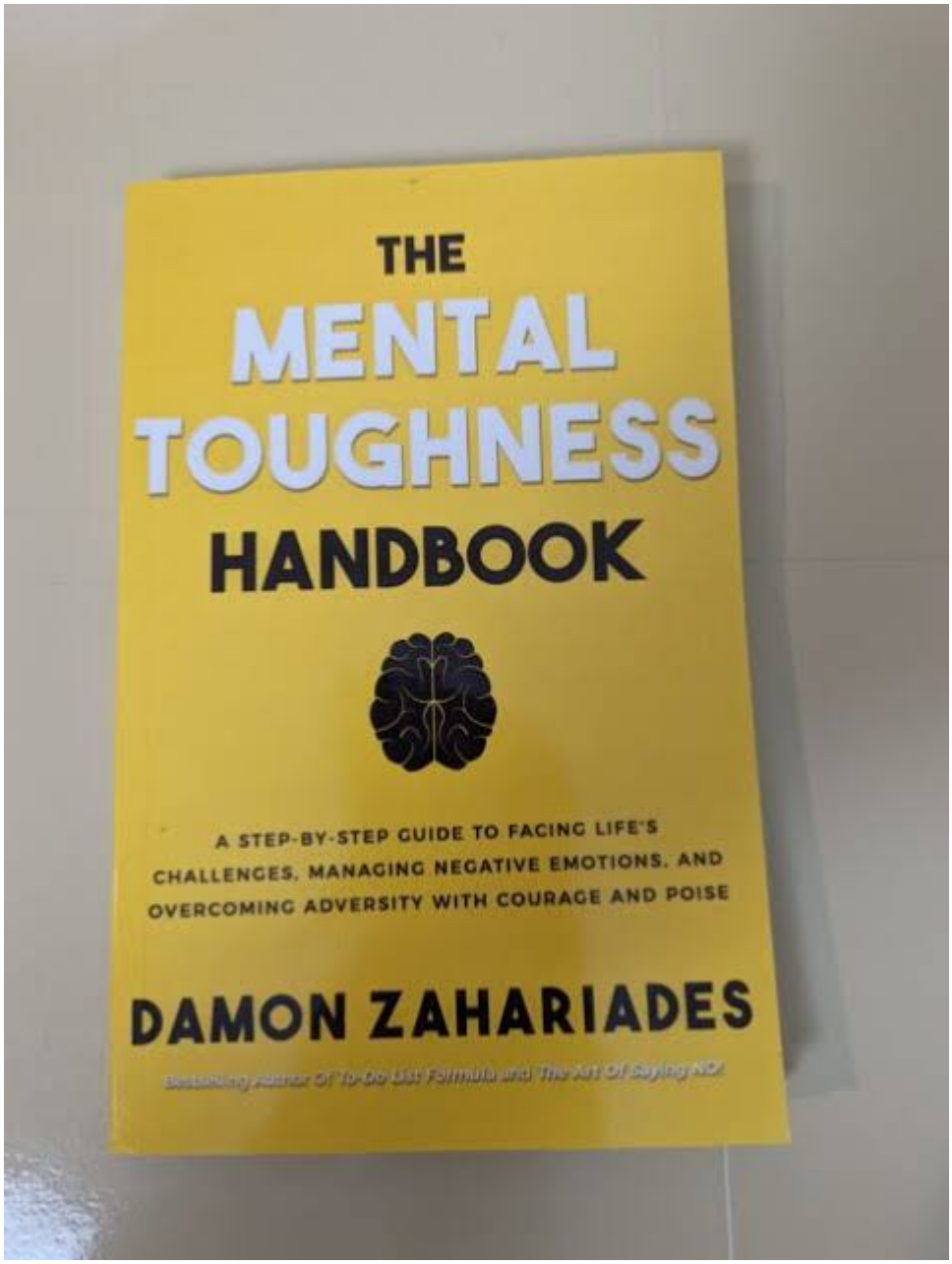
4. Extreme Ownership



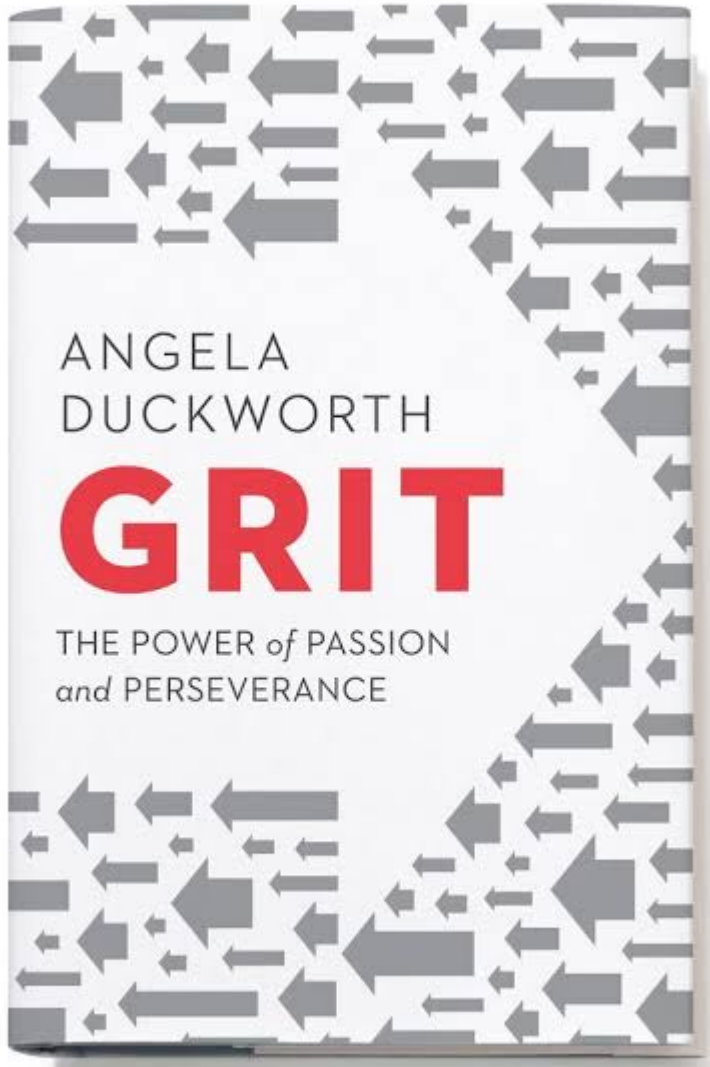
5. Secrets Of a Strong Mind



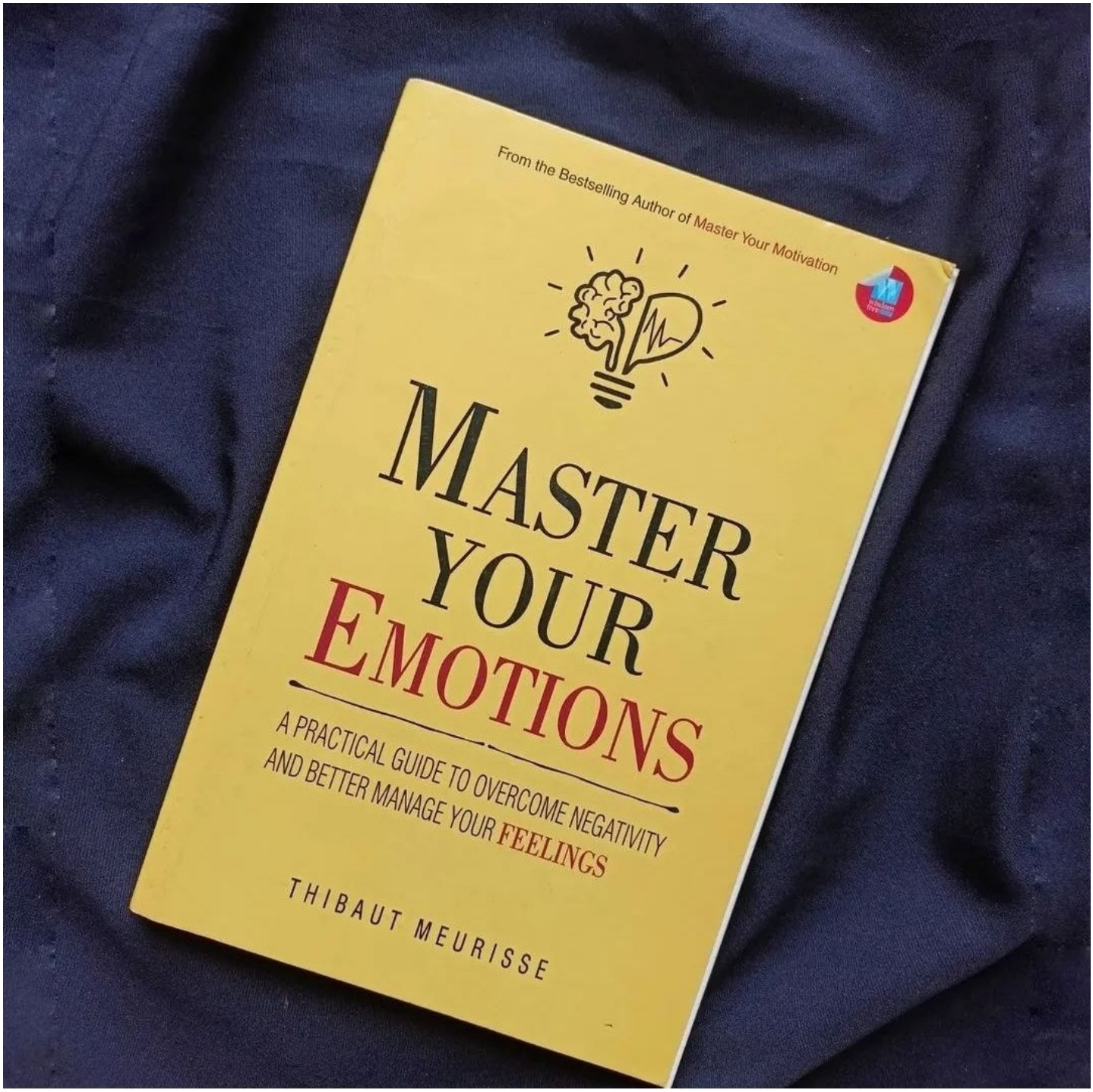
6. The Mental Toughness


THE
MENTAL
TOUGHNESS
HANDBOOK
A STEP-BY-STEP GUIDE TO FACING LIFE'S CHALLENGES, MANAGING NEGATIVE EMOTIONS, AND OVERCOMING ADVERSITY WITH COURAGE AND POISE
DAMON ZAHARIADES

7. Grit



8. Master Your Emotions



If you want to become mentally strong, you need to train your body which will lead to a strong mind.

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