

Twitter Thread by [Seek Wiser](#)



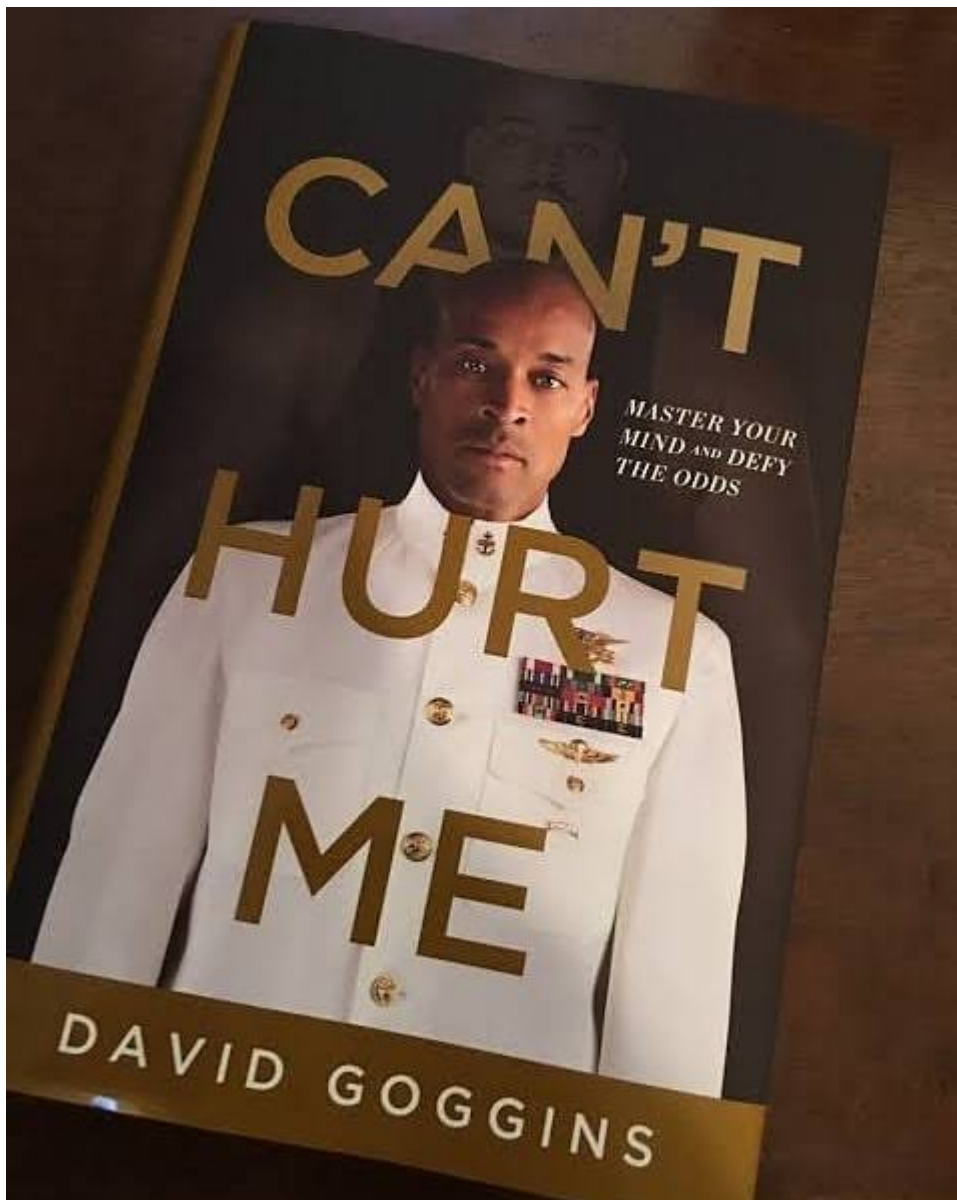
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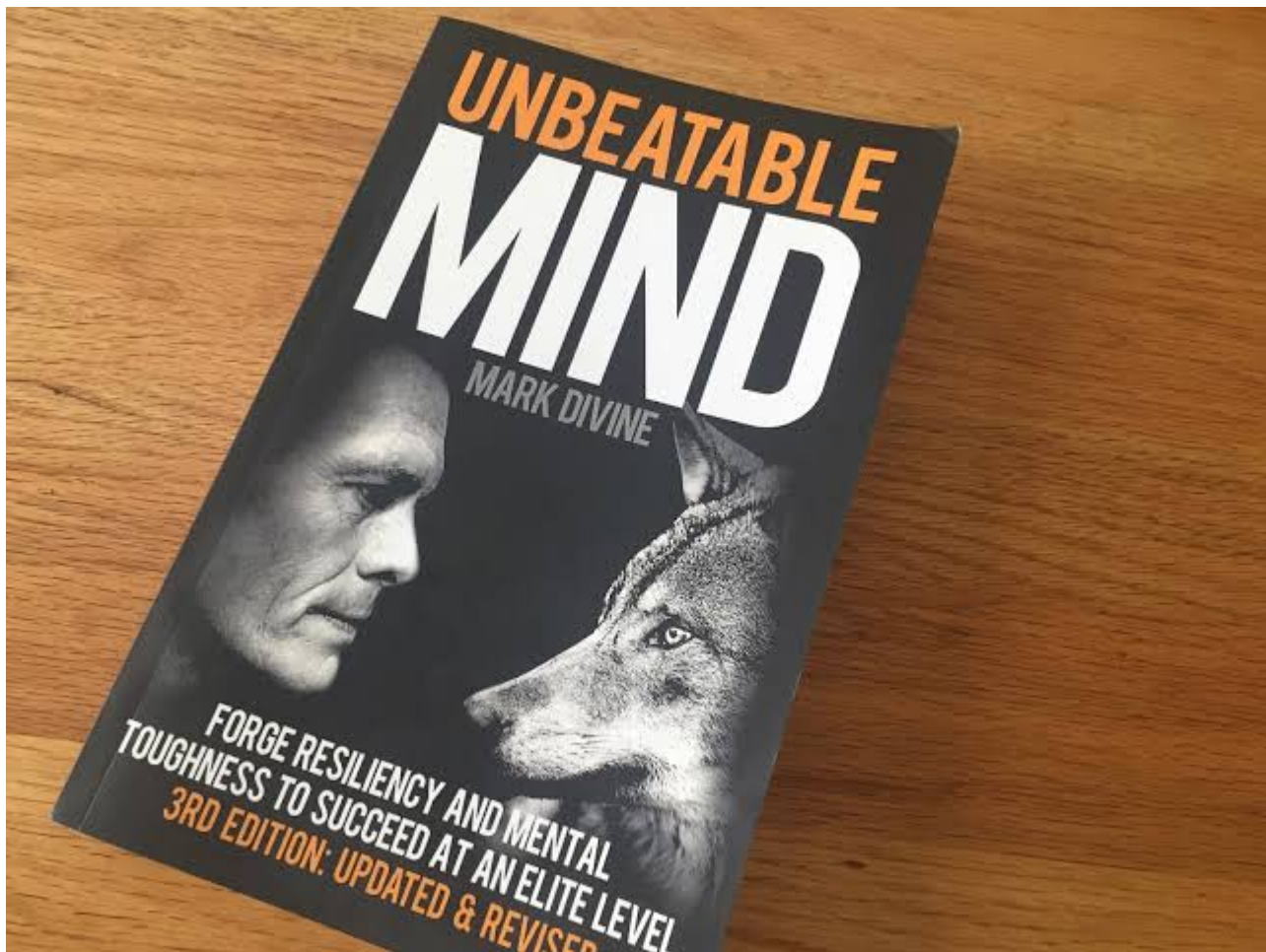


8 Books That Will Teach You How To Become Mentally Strong :

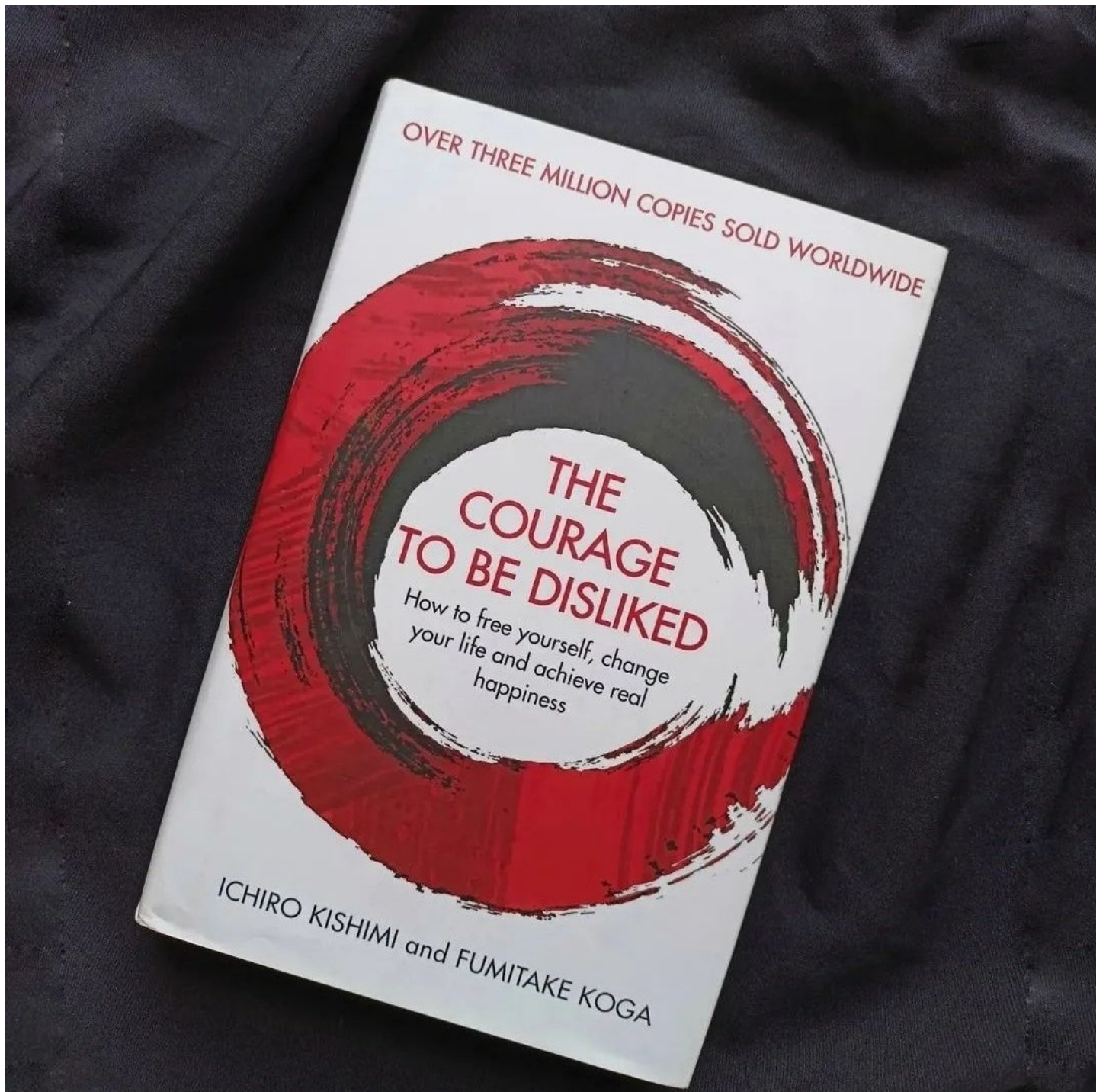
1. Can't Hurt Me



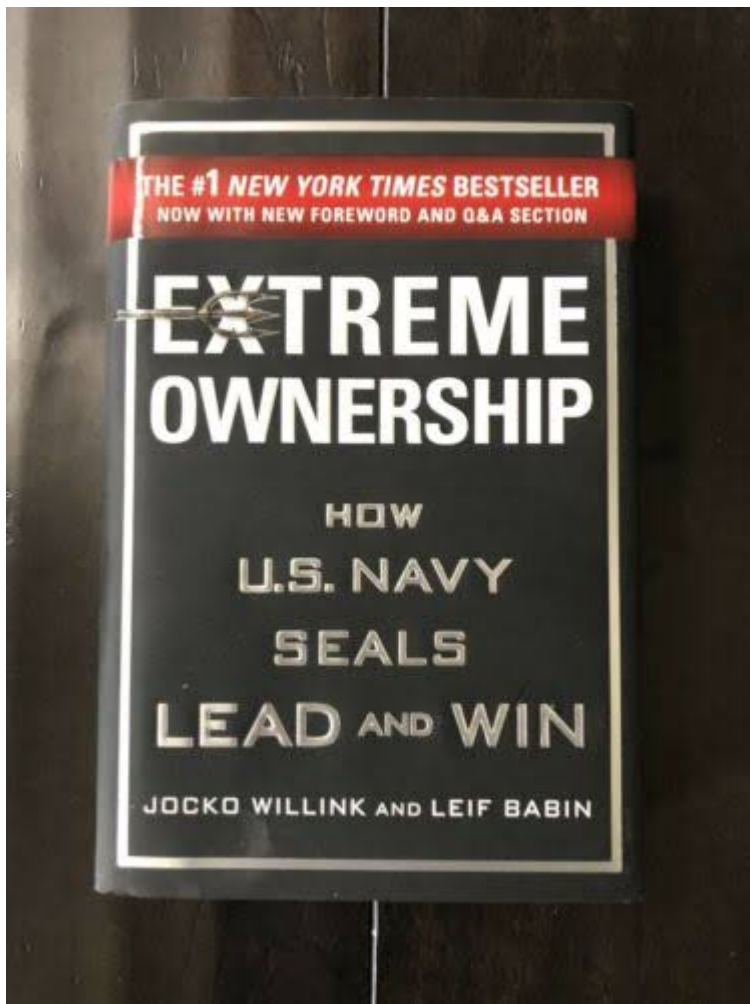
2. Unbeatable Mind



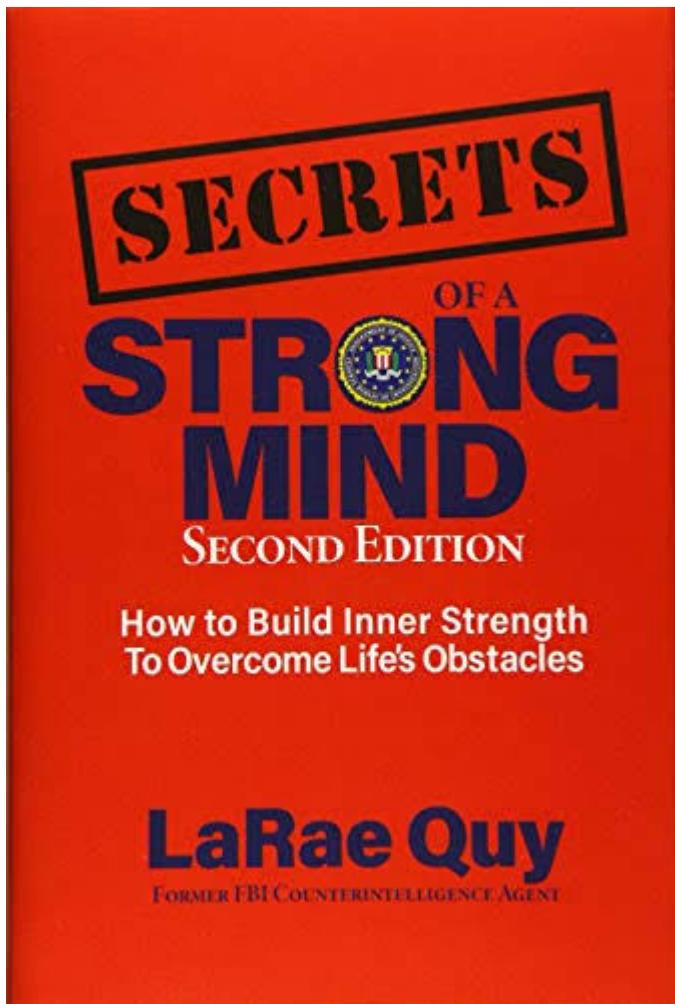
3. The Courage To Be Disliked



4. Extreme Ownership



5. Secrets Of a Strong Mind



6. The Mental Toughness

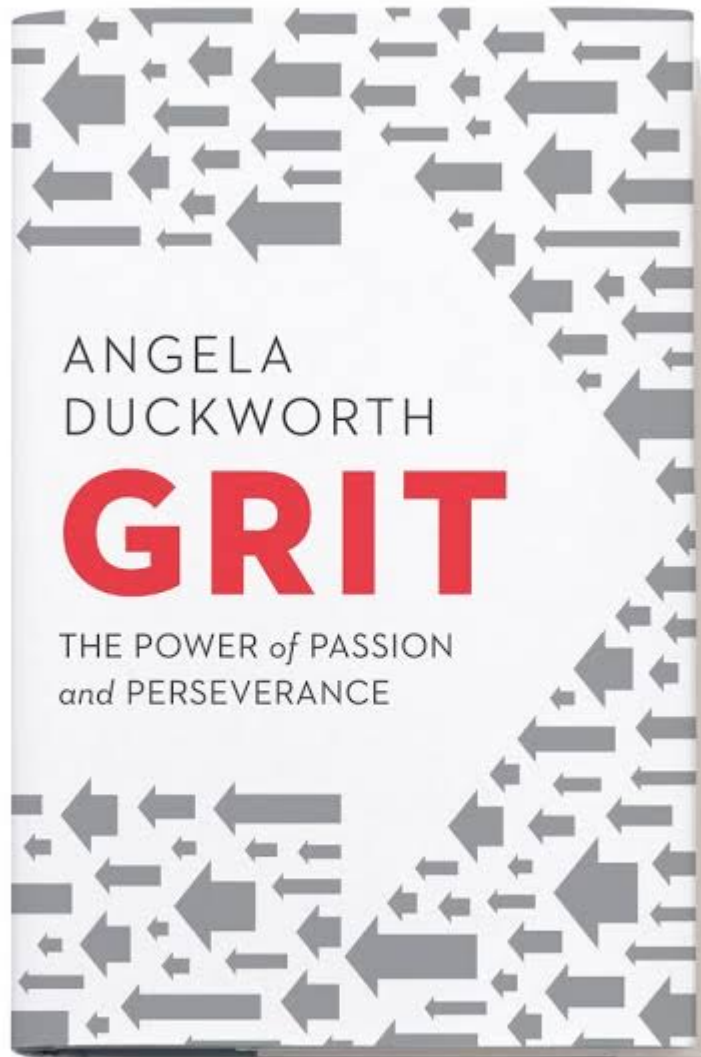
THE MENTAL TOUGHNESS HANDBOOK



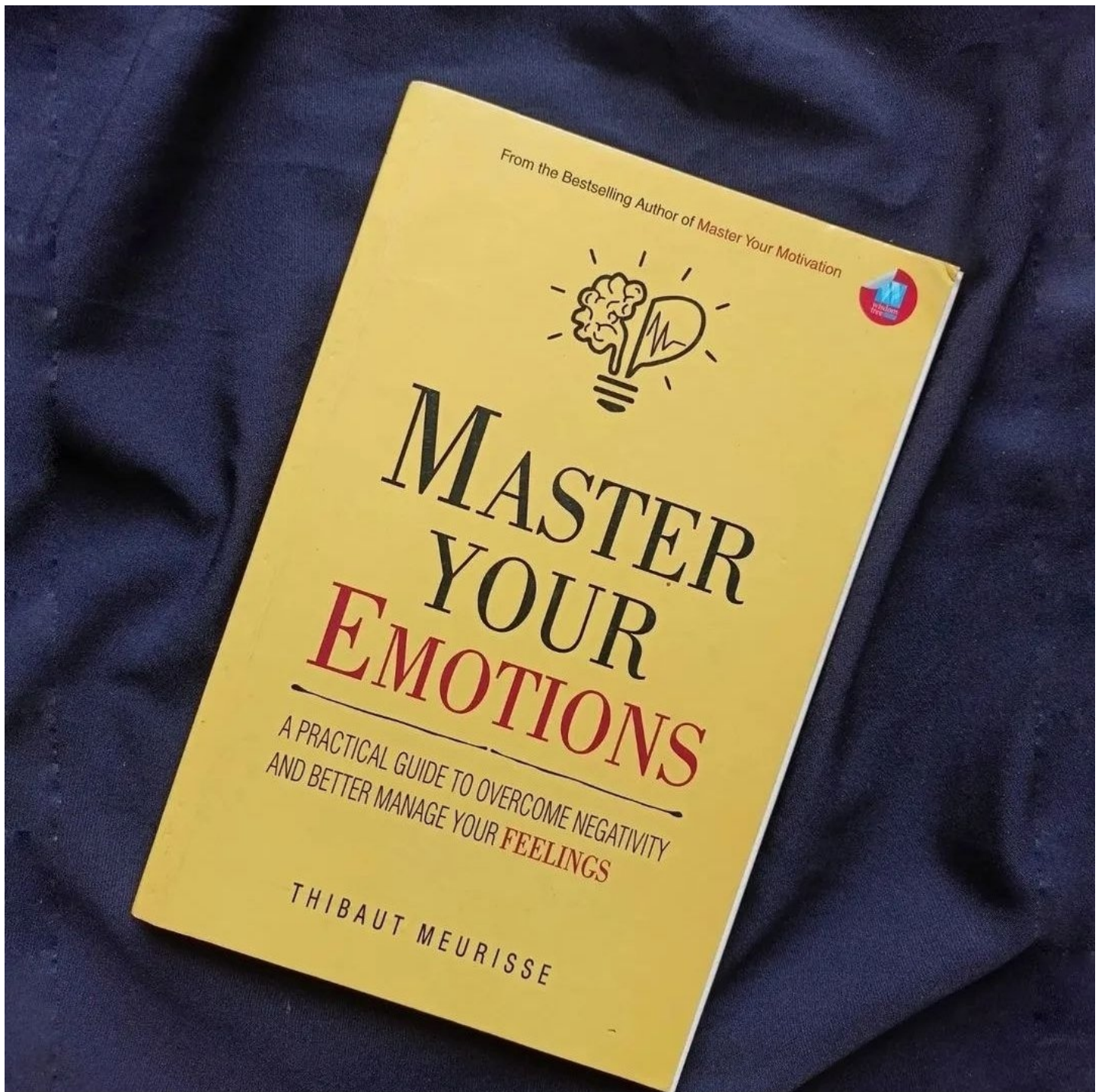
A STEP-BY-STEP GUIDE TO FACING LIFE'S
CHALLENGES, MANAGING NEGATIVE EMOTIONS, AND
OVERCOMING ADVERSITY WITH COURAGE AND POISE

DAMON ZAHARIADES

Bestselling author of 'To-Do List Formula' and 'The Art Of Saying NO'



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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