

Twitter Thread by [Seek Wisier](#)



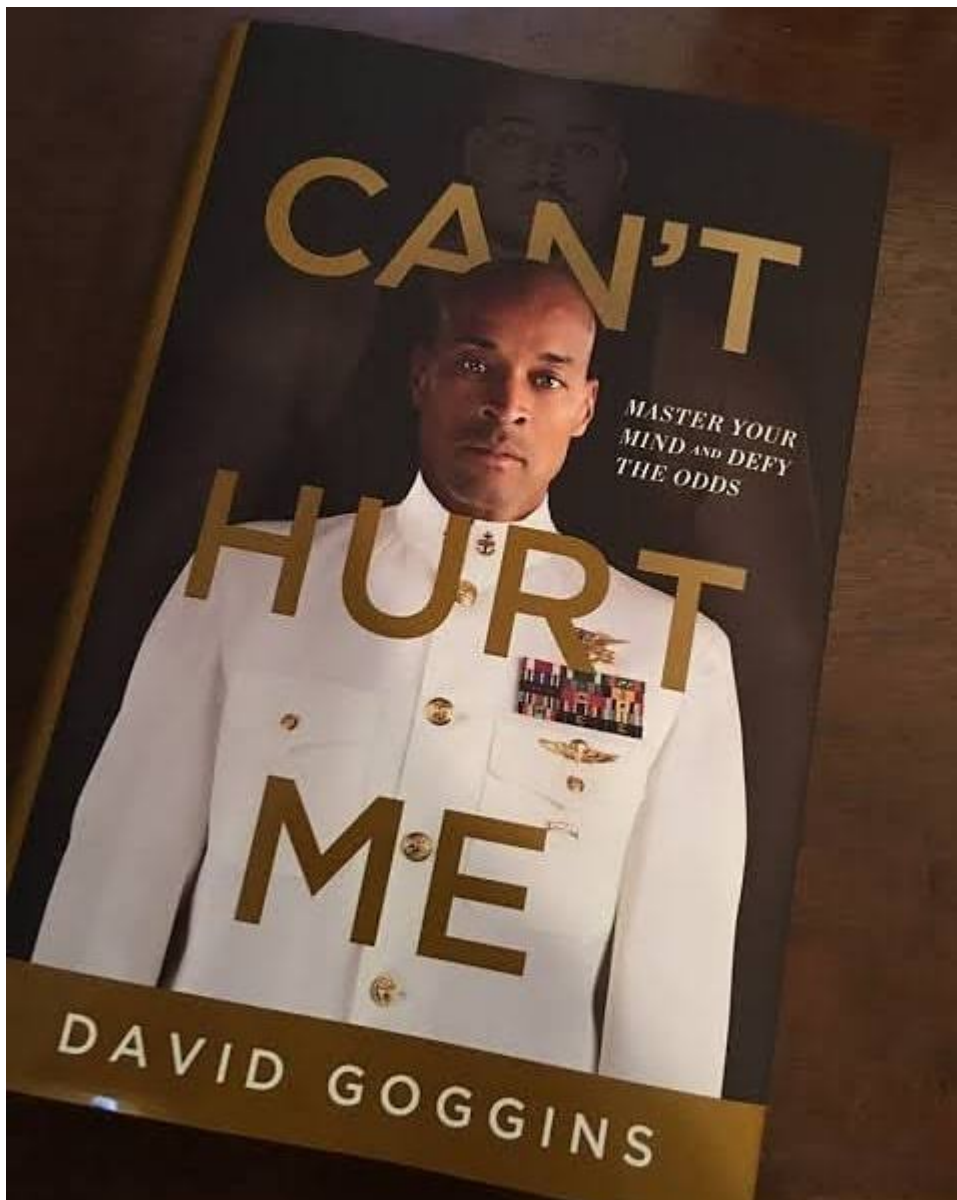
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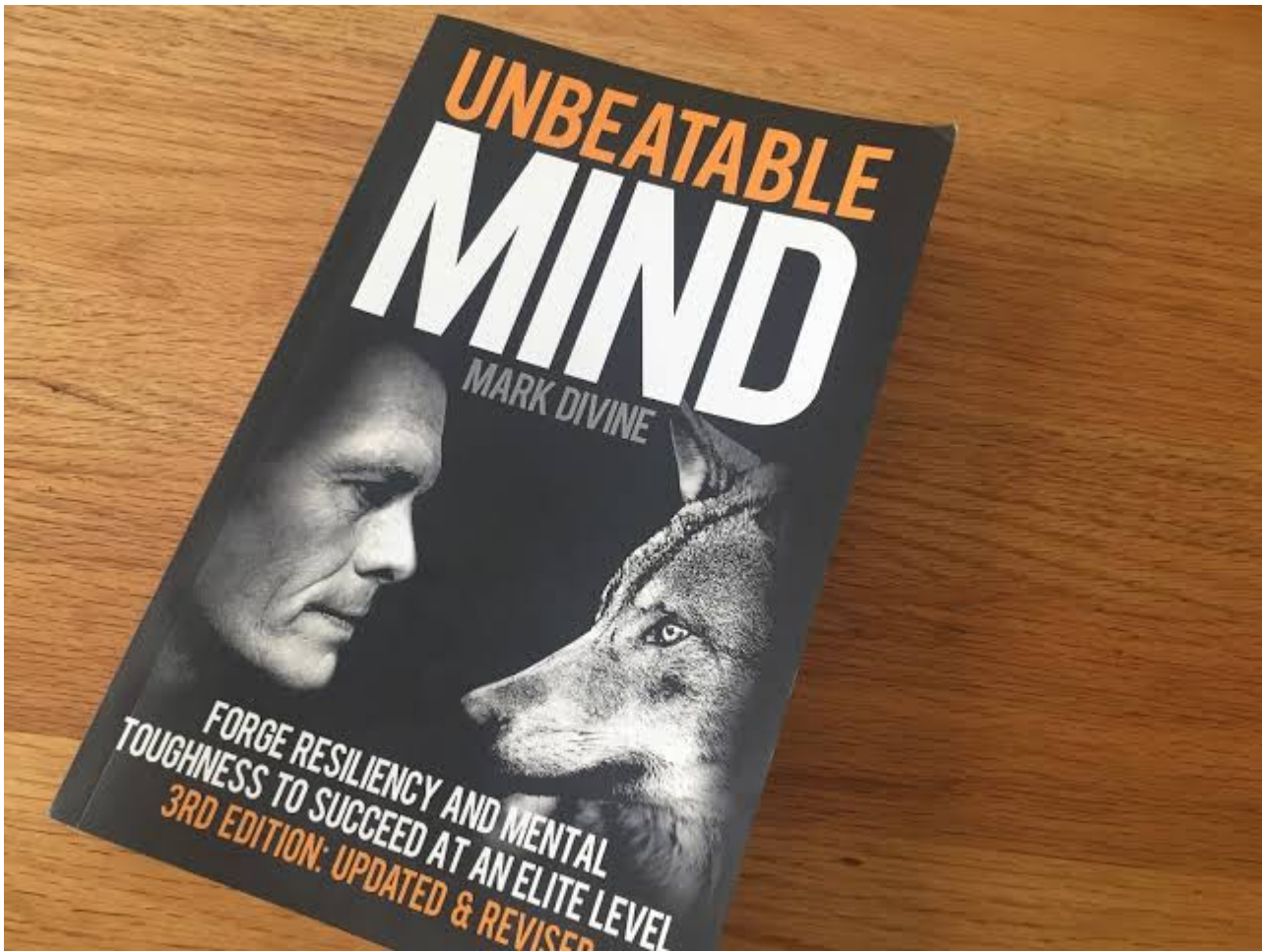


8 Books That Will Teach You How To Become Mentally Strong :

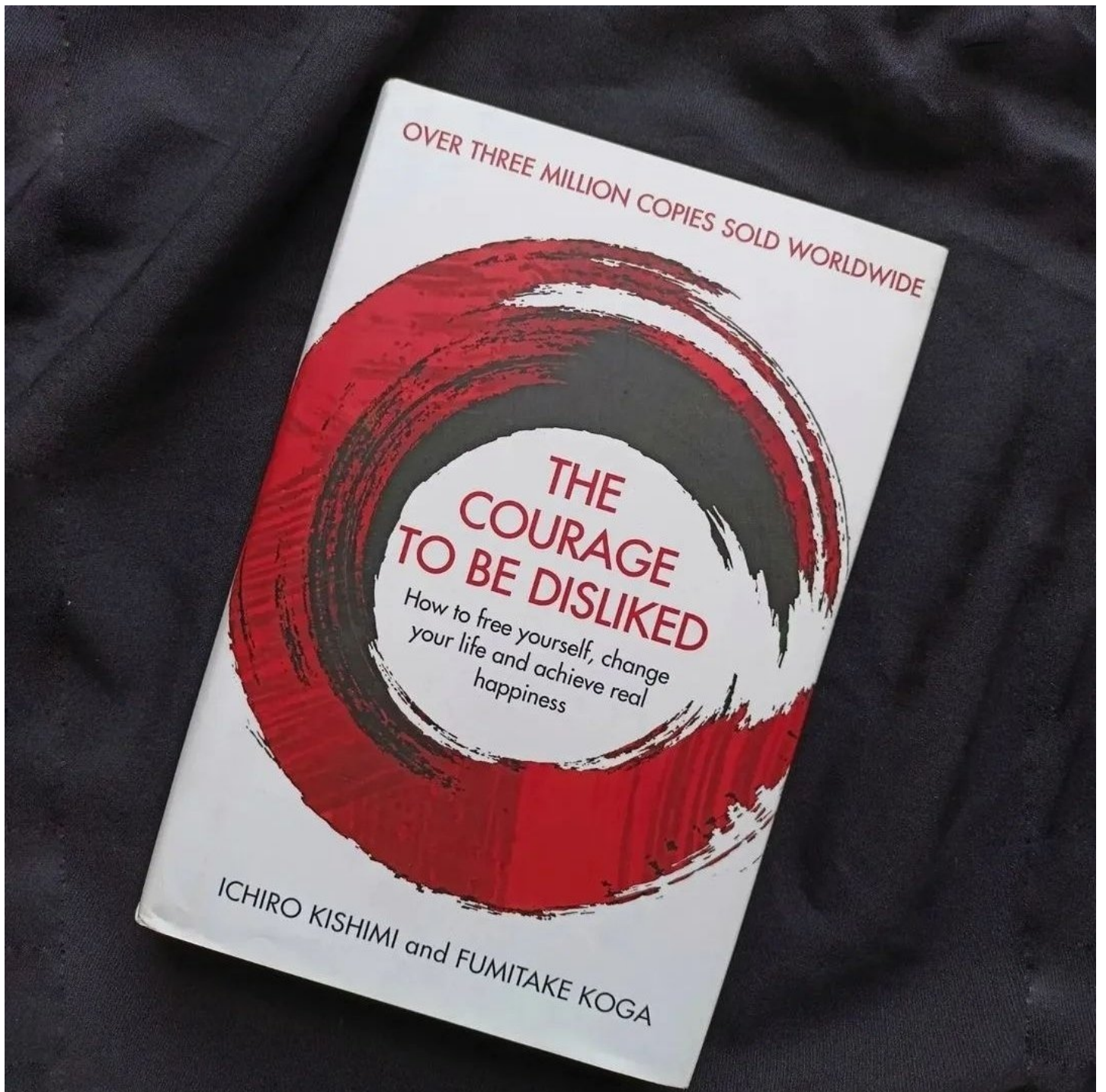
1. Can't Hurt Me



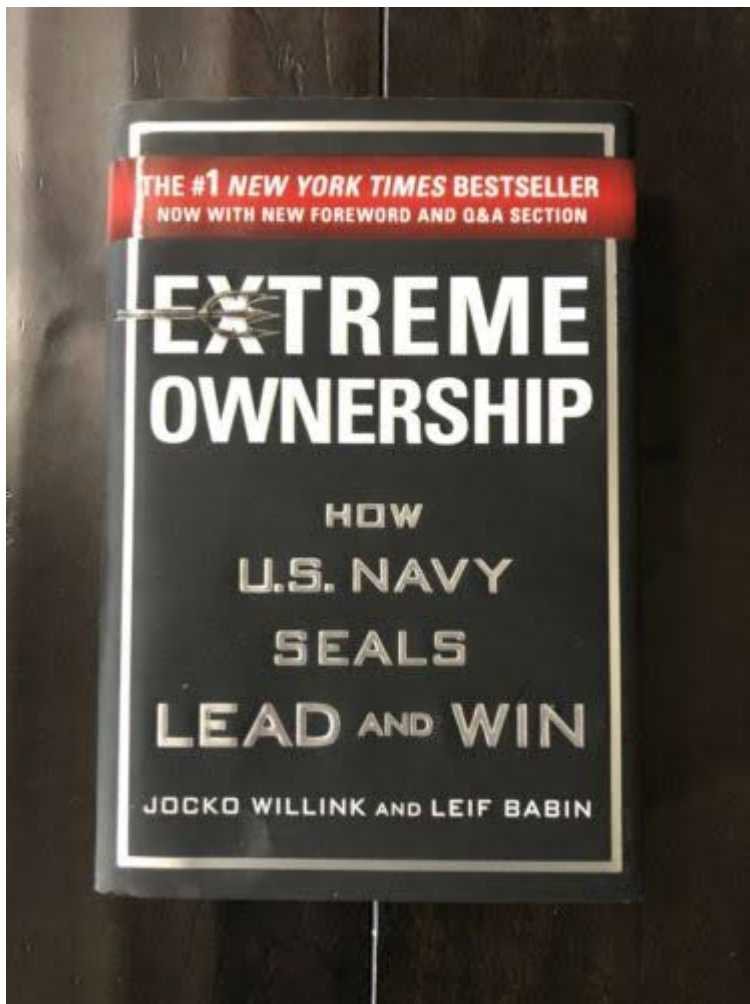
2. Unbeatable Mind



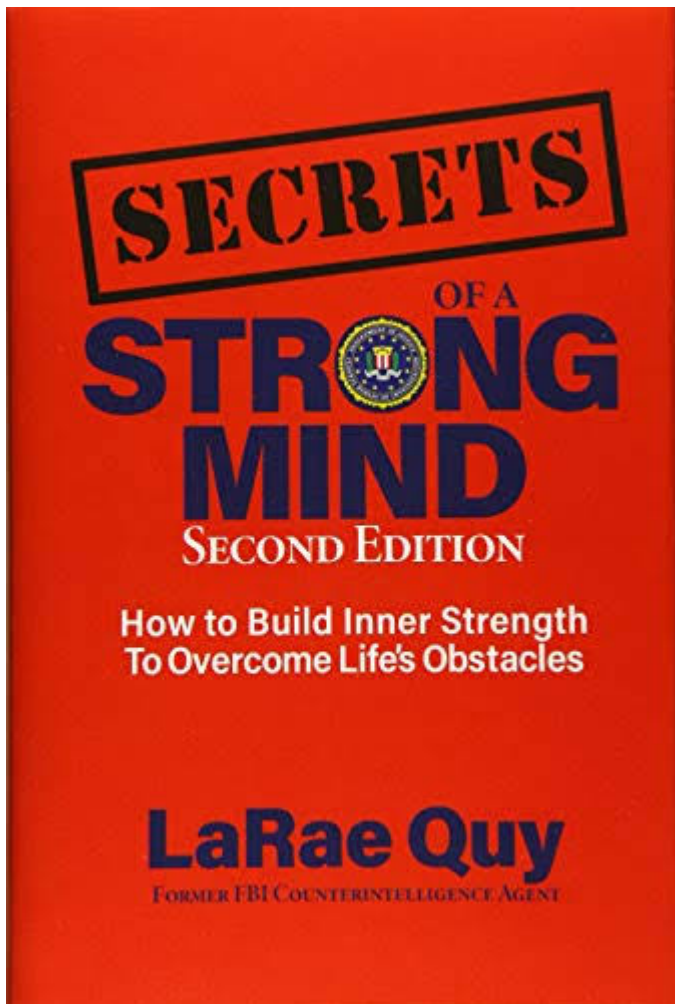
3. The Courage To Be Disliked



4. Extreme Ownership



5. Secrets Of a Strong Mind



6. The Mental Toughness

**THE
MENTAL
TOUGHNESS
HANDBOOK**

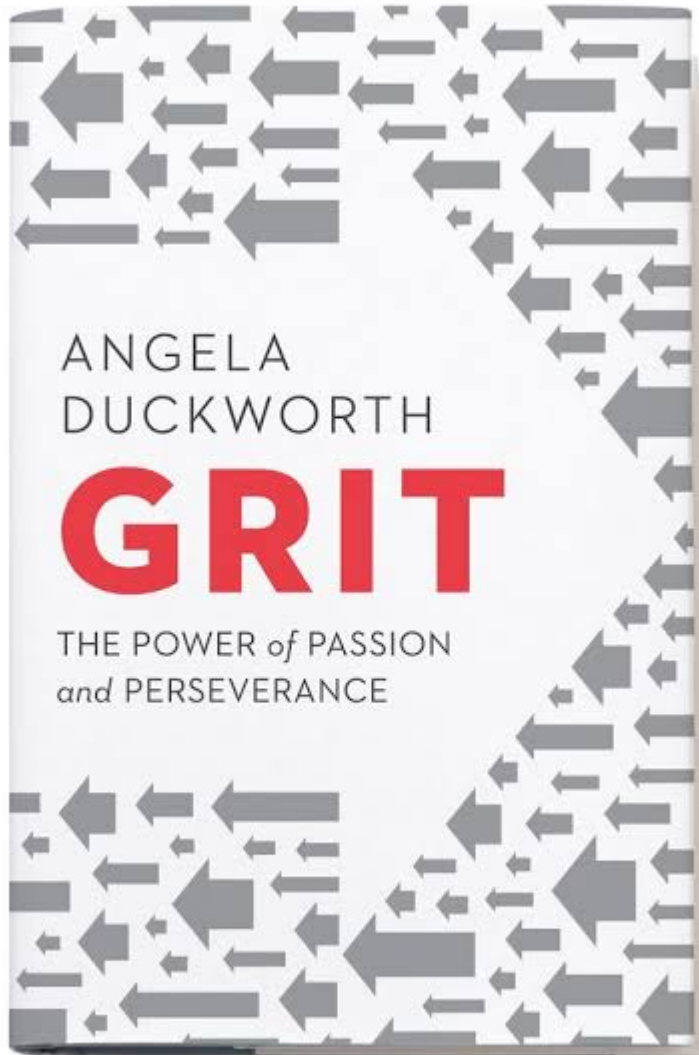


A STEP-BY-STEP GUIDE TO FACING LIFE'S
CHALLENGES, MANAGING NEGATIVE EMOTIONS, AND
OVERCOMING ADVERSITY WITH COURAGE AND POISE

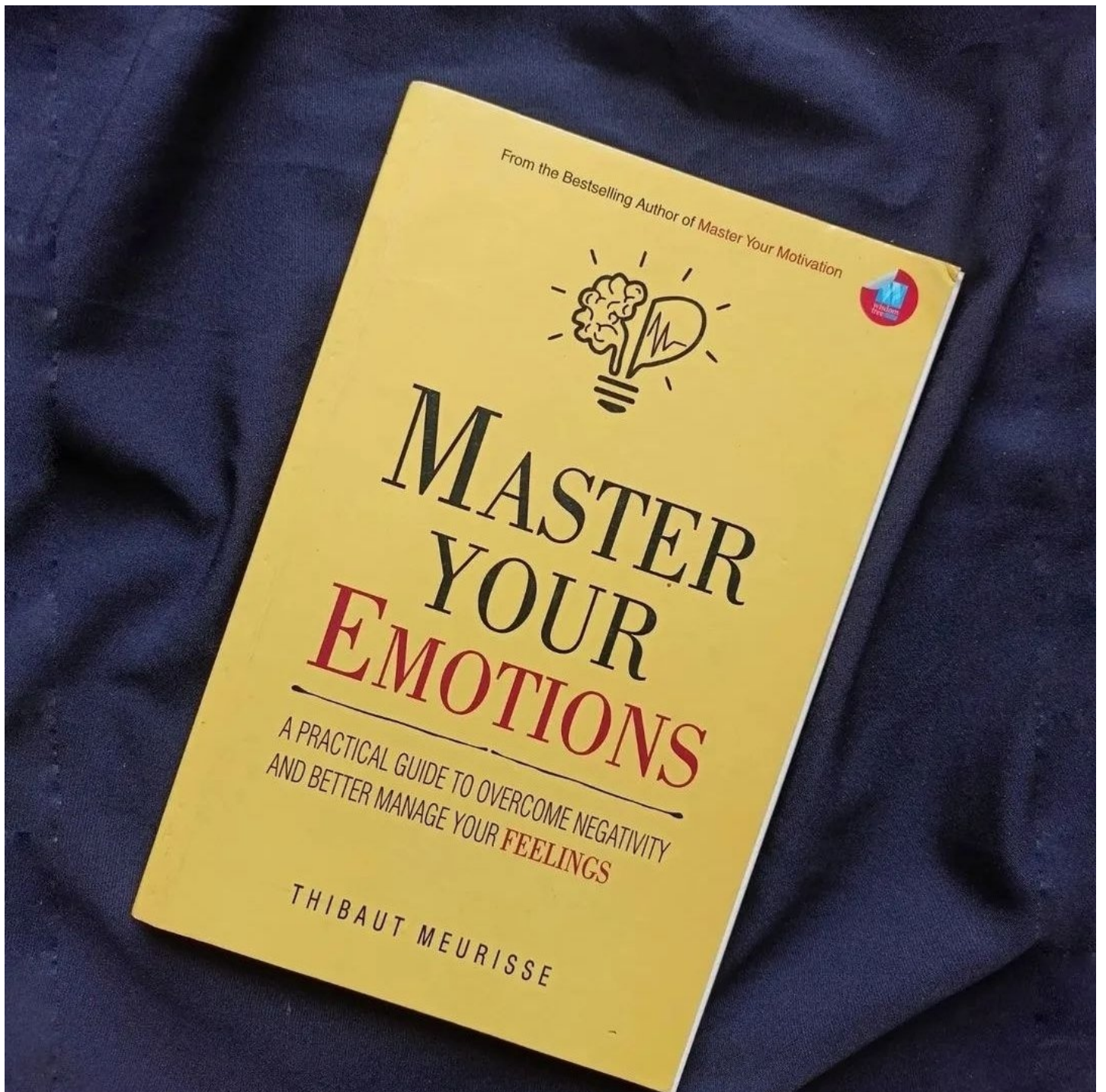
DAMON ZAHARIADES

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

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.

Read "Live Intentionally"

It will help you:

- Build Confidence
- Become Disciplined
- Break out of Laziness

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