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Mentally strong people have healthy habits. They manage their emotions, thoughts, and behaviors in ways that set them up for success in life. Check out these things

### **Career advice: 8 things mentally strong people do**

Here are eight things mentally strong people do every day to strengthen their mental muscles: 1. They Use their Mental Energy Wisely.

### **Amy morin (author of 13 things mentally strong**

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What Mentally Strong People Don't Do. Training your brain for happiness and success. Amy Morin . SHARE; TWEET; SHARE; EMAIL;

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1. They Don't Waste Time Feeling Sorry for Themselves Mentally strong people don't sit around feeling sorry about their circumstances or how others have treated them.

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The mentally strong know the things they can control, 13. Being Impatient When it comes to people, things get a bit more complicated.

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From Amy Morin, author of '13 Things Mentally Strong People Don't Do', the article that went viral and garnered a million views in two weeks, comes the ultimate how

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Nov 17, 2013 2. Give Away Their Power. Mentally strong people avoid giving others the power to make them feel inferior or bad. They understand they are in control of

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People who are mentally strong and well adjusted are different in a number of ways. Very often, the best way to learn from such people is to observe what actions and

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Learn the 13 Things Mentally Strong People Don't Do so that you can take back your power, embrace change, face your fears, and train your brain for happiness.

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### **18 things mentally strong people do | infographic**

This infographic reveals 18 things that mentally strong people do that low achievers don't. 13. They have staying power. They don't expect immediate results.

### **Amy morin | linkedin**

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### **13 things mentally strong people don't do -**

Mental strength isn't often reflected in what you do. It's usually seen in what you don't do. In her book, "13 Things Mentally Strong People Don't Do," author Amy

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that mentally strong people do not do and the things that You Power, Embrace Change, Face Your Fears, and Train Your Brain for Happiness and Success