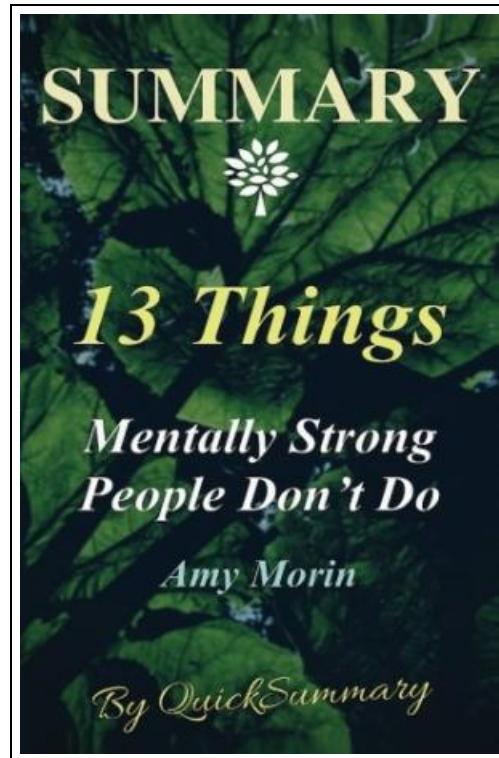


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 13 Things Mentally Strong People Don t Do --- A Complete Summary 13 Things Mentally Strong People Don t Do is a self-help book written by Amy Morin, which I sincerely hope our readers will find to be useful. It is also my hope that its meaning and message will be understood. After certain traumatic events hit us, life can become difficult to live. When several traumatic events strike us all at the same time, we begin to wonder - is there a way out? After losing her mother, her husband, and her new father-in-law after re-marrying, Amy Morin had to be extremely cautious of her mental state. She was aware that the feelings and emotions she was experiencing were strong and powerful, but she also knew that feeling overwhelmed with pain would only prevent her from dealing with it and conquering it. That is how this book was created. As a therapist, Morin has a thorough knowledge of pain and emotions. She decided to write down everything she knew in order to help other people who are also struggling. Aside from dealing with pain, Morin also describes how good and bad habits can influence our lives. Since one of our main goals should be to maintain and increase our good habits, she explains what is essential for us to recognize those habits. Here Is A Preview Of What You Will Get: - A summarized version of the book. - You will find the book analyzed to further strengthen your knowledge. - Fun multiple choice quizzes, along with answers to help you learn about the book. Get a copy, and learn everything about 13 Things Mentally Strong People Don t.

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