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13 things mentally strong don 27t do pdf windows 10

For instance, she talked about a child who had been injured and whose parents reacted by overprotectingly basically taking away his whole life-- then applied the label 'self-pitying' to the child, when she really meant that the parents had suffered from an excess of pity.Morin seeds her writing with little blips of stories about successful people, in which by using these characteristics of 'mental strength' they bootstrap themselves to success-- like Oprah, where Morin cheers that the famous lady overcame her childhood traumas and poor background by 'reclaiming her power,' with no mention of the support of others that Oprah also credits as part of her success. Would not recommend. What was lacking for me was any sense of colour or personality, a few more stories or relatable anecdotes might have served to enliven it a bit. Or as psychotherapist Amy Morin asks, what should we avoid when we encounter adversity? My bad for getting it. I really did try to set aside my frustration with the terminology and see what I could The fourteenth thing Mentally Strong People Don't Do: read this book or associate with counseling professionals who express themselves in this way.I tried to give this book a fair shake (as an audiobook) but when I kept yelling at the CD player it's probably best to give up. (It's no big surprise to anyone that Ms. Morin's list was syndicated by Forbes, is it?)I'm not saying that the principles are wrong, as such. Raising her voice at the end of her sentences? When she had talked about how a mother, dealing with a teenager who flat out refused to do anything she was asked, 'gave away her power' by yelling. I wanted to know how this Licensed Social Worker advised the parent to do something more effective-- and what that more effective thing was. Banjo Paw Services 07-23-21 I loved it. Precisely because this is an internet list-meme, the only way Morin was able to expand it into a book was to give each list item a chapter and expand each chapter with more (badly constructed) list-like sentences and a couple of flat, unrelated, and uninspiring examples of the chapter topic. But the time-honored, smooth cliches, with condemnation of the 'mentally weak' (What is this, Kipling?) is not going to help people with real, ongoing problems, as opposed to problems based in reactions to single adverse circumstances. This list of things mentally strong people don't do resonated so much with readers that when it was picked up by Forbes.com it received ten million views.Now, for the first time, Morin expands upon the thirteen things from her viral post and shares her tried-and-true practices for increasing mental strength. After listening to her on this topic for half an hour, I realized that I no longer felt I understood what self-pity was. She should hand it off to a ghost writer and turn it into a real book. What do you think your next listen will be? I really did try.more Me me me me me. I didn't like the negative twist...I hesitated at the negative title, but gave it a shot anyway. I don't begrudge her for that success. And what should we do when we face these challenges? I highly recommend this book and will happily read it over and over again. And, like, she goes on and on? But her presentation is pure Facebook-post. I would reduce it down to 2 minutes and put it on a talking keychain to lift one's spirits as one goes about the day. I want to hear what Mentally strong people do, not don't do. To the point without complicated theories. Love it. (Hint: she doesn't tell us.) Don't be self-pitying, she tells us. However, I more sympathize with the people with genuine mental illnesses and traumatic upbringings who apparently have to put up with her labeling of 'mentally weak." For someone who first encountered difficulty in life in a relatively safe setting as an adult, I can see how her way of formatting advice about resilience would be helpful. Morin writes with searing honesty, incorporating anecdotes from her work as a college psychology instructor and psychotherapist as well as personal stories about how she bolstered her own mental strength when tragedy threatened to consume her.Increasing your mental strength can change your entire attitude. Kick bad mental habits and toughen yourself up.--Inc.Master your mental strength--revolutionary new strategies that work for everyone from homemakers to soldiers and teachers to CEOs.Everyone knows that regular exercise and weight training lead to physical strength. Perhaps those needing just a general polish-up of their attitude, as opposed to fighting with feelings of low self-worth from moment to moment and having genuine worries, are going to get more than victim-blaming from this book. It might do well, but will never be great. The narrator sounds like she's asleep while she's reading very monotone. Loved it. (Not everyone has the resources to go skydiving on the anniversary of their husband's death. If you could play editor, what scene or scenes would you have cut from 13 Things Mentally Strong People Don't Do? For like, ever? While that person would not, as she correctly identifies, get thinner-- he would get fitter, stronger and more muscular.)When she pulled out the old chestnut about seeing oneself as having a 'choice' to go to work, as opposed to asking oneself what other options one has (and yes, one does have options, even when most of them suck), I ran out of patience. She must have picked this up in her coursework at the University of Maine. Her voice was whiny and difficult to listen to. What didn't you like about Amy Morin's performance? And I don't blame her for striking while the iron is hot and writing what turned out to be a best selling book -- brilliant move. This was an obvious do-it-yourself job. I think the author meant well, but, with the plethora of stuff available on podcasts and in the public domain one expects a book on the topic to be a deeper dive, not the sort of stuff you find on the average self improvement podcast. It is the step forward to learning to be thick-skinned. What listeners say about 13 Things Mentally Strong People Don't Do Average Customer Ratings Overall 4.5 out of 5 stars 4.4 out of 5 stars 1,915 4 Stars 697 3 Stars 260 2 Stars 83 1 Stars 69 Performance 4.5 out of 5 stars 4.3 out of 5.0 5 Stars 1,535 4 Stars 587 3 Stars 291 2 Stars 116 1 Stars 101 Story 4.5 out of 5 stars 4.4 out of 5.0 5 Stars 1,636 4 Stars 591 3 Stars 243 2 Stars 77 1 Stars 62 The 13 things not to do are fairly obvious, like don't wallow in self-pity, don't dwell on the past, don't worry about things that can't be controlled, and don't worry about pleasing others. What would have made 13 Things Mentally Strong People Don't Do better? YET ANOTHER BOOK WITH ONLY 1-PAGE OF INFORMATION WRITTEN BY SOMEONE WHO CAN'T WRITE. If you are wasting time doing any of these things, this book is a good reminder to let those things go. This is the sort of 'buck up and pull yourself together' vocabulary that makes the kind of group practices that Morin worked with so frustrating to those trying manage serious mental illness or longstanding trauma. Very nice and easy to listen, practical advice. It takes practice and hard work, but with Morin's specific tips, exercises, and troubleshooting advice, it is possible to not only fortify your mental muscle but also drastically improve the quality of your life. This book is based on a successful list-meme (5 foods you should never eat, 10 things you should never say to your boss, 7 ways to get your dream-girl, etc.) created by the author. She should hire a real voice actor with the skills she clearly lacks. I don't know. (Why yes, I did have a young counselor who sounded remarkably like Morin-- who is, after all, only 36 now-- who told me to deal with being a social misfit by joining the JayCees.)People who are dealing with bad bosses, adverse circumstances, and even mental illness may do better with one of the many other books covering improving your emotional resilience, making the changes you can make and changing your attitude one step at a time. I had hoped that the author was just using jargon in her personal list, and that she was more useful in a book length. And somehow, a sandwich in a new park may just not have the same effect.) This ideology of "Mental Strength" which comes up in some self-help presentations too is not her own, obviously; it's a good old 1950s psychology canard. A must read! Very simple to listen to and so many helpful hints and tips! This book is well written and the author uses real life examples to illustrate points. It starts off slow with the author talking about her own grief following the death of her husband (which felt like the beginning a long, sad story). And her sentences are all simple and declarative? I completely sympathize with Ms. Morin's terrible adult life events, losing three people very dear to her in a very short time. Any additional comments? I felt crushed. The book also offers steps to take to build a more positive attitude and gives examples of how other people have overcome their hardships. It helped me learn how to regain my life mentally and how to step back and see problems for what they are, how and why they started, where they came from, and how to move forward from problems. However, it gets better after a few chapters. Give your readers a little more credit, the author has a monotone voice. Worth the money I struggled through the book but found it tough going because it was so mundane. Yaaaawwwn. The narration was OK but the boring content made it a slog. Unfortunately I couldn't keep listening to it. But how do we strengthen ourselves mentally for the truly tough times? Having a good idea doesn't guarantee a good product. she should hire a narrator and it would be better I found this so very depressing I couldn't take more than the first couple chapters. Remarkable that advice like be yourself and stay strong still sells books. I'd recommend the works of Harriet Lerner or even of Dale Carnegie. That being said, Morin is NOT a serious writer. * I'll add more as I think of them. Every sentence ws I.... I....I. After awhile I just wanted to say to the author, "Oh, shut up! I can't bear to hear one more word about what strong, perfect people do!" I didn't feel inspired by this book. How would you have changed the story to make it more enjoyable? Too many examples and references to pop stars - oprah, Madonna , judge Mathis. So bravo for that. Each chapter ends with an "exercise" to develop the skill needed to counter the bad habit that chapter covers. Would you be willing to try another one of Amy Morin's performances? And talks in list-intonation? Indulging in self-pity, agonizing over things beyond our control, obsessing over past events, resenting the achievements of others, or expecting immediate positive results holds us back. Audible is churning out such crap lately that I'm returning 1 out of every 3 titles for a refund. The fourteenth thing Mentally Strong People Don't Do: read this book or associate with counseling professionals who express themselves in this way.I tried to give this book a fair shake (as an audiobook) but when I kept yelling at the CD player it's probably best to give up. But the exercises are cliché and pathetic and god-awful shallow. Solution: This would be an excellent OUTLINE for a real writer. (And ill-informed victim-blaming: she compares someone who is struggling to get better but doesn't kick these habits to someone who goes to the gym for two hours every day, but wonders why he doesn't get fitter, even though he eats a dozen donuts every day on his way home. Very useful information that is easy to understand and apply in real life. I really did try to set aside my frustration with the terminology and see what I could disinter from her work that might be useful to me. Not quite sure what I was expecting to learn but this had even less. It just came across as a self obsessed young person trying to convey wisdom not yet obtained. Each chapter has useful tips to apply in daily life. She's a like, a valley-girl? Through her years counseling others and her own experiences navigating personal loss, Morin realized it is often the habits we cannot break that are holding us back from true success and happiness. (Her cliché over self-pity is to "do some volunteer work...like donate dog food to an animal shelter or feed the homeless." My hunch is--since she's a trained therapist, and a young one at that--this list was extracted from her study material and, because it's true, it struck a common sense chord with the public. If we want oprah let us tune in to her.