

INTERNATIONAL BESTSELLER

13

Things
Mentally
Strong
People
Don't Do

"Kick bad mental habits and toughen yourself up." -*Inc.*

Take Back
Your Power,
Embrace
Change, Face
Your Fears,
and Train
Your Brain
for
Happiness
and
Success

AMY
MORIN

Book Key Takeaways

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Main Idea

Mental strength is a process of subtraction rather than addition. It is built by removing habits that drain time and energy.



13 things to say no to

Self-pity

Giving away power

Fear of change

Wasted energy on the uncontrollable

People-pleasing

Reckless risk

Dwelling on the past

Repeated mistakes

Resentment of others' success

Giving up after failure

Fear of alone time

Entitlement

Expectation of immediate results



Protecting Agency

Self-pity, resentment, and entitlement all move attention away from responsibility. Mentally strong people allow pain and unfairness, but they do not let either be their identity.



Owning Our Response

We give away power when other people control our mood, confidence, or behavior. Mental strength begins with owning our response, even when the environment is difficult.



Non-Controllables

**Trying to control everything
creates anxiety and wastes
mental energy. Mentally
strong people focus on
attitude, preparation,
response, and next action.**



Adapting to Reality

Resisting change often means sticking to a past that no longer exists. Mentally strong people adjust when reality changes instead of defending the past.



Courage with Judgment

Fear does not always mean danger. Sometimes, it is the body reacting to uncertainty. Mentally strong people take calculated risks by weighing costs, benefits, alternatives, and consequences.



Failure as Learning

Failure is painful, but it is also a learning experience. Mentally strong people learn from mistakes, keep going, avoid repeating the same mistake, and do not expect immediate results.



So What?

**We do not need more “tools”
to be mentally strong.**

**We need to stop wasting
energy on self-sabotaging
habits: self-pity, resentment,
comparison, people
pleasing, need for control,
and dwelling on the past.**