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13

Things
Mentally
Strong
People

Don't Do

Take back
your power,
embrace
change,
face your
fears &
train your
brain for
happiness
& success

The online
phenomenon
taking the
world by storm

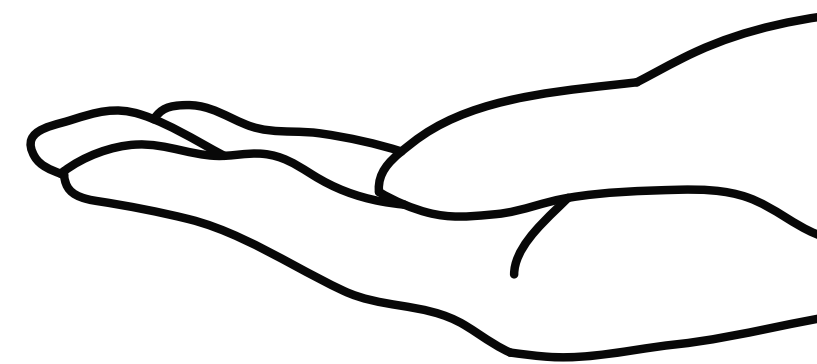
Amy
Morin

BASED ON
THE ARTICLE
THAT
WENT VIRAL

HERE COMES THE ULTIMATE HOW-TO GUIDE TO OVERCOME THE OBSTACLES GETTING IN THE WAY OF A FABULOUS, MORE FULFILLING AND HAPPIER LIFE.

IN THIS BOOK, WE LEARN TO IDENTIFY THE 13 COMMON HABITS THAT HOLD US BACK IN LIFE, AND HOW TO AVOID THEM. WE GO TO THE GYM TO BUILD UP OUR PHYSICAL MUSCLES, BUT WE HAVEN'T YET THOUGHT ABOUT MENTAL STRENGTH: THE REAL KEY TO A MORE PRODUCTIVE AND MEANINGFUL LIFE. THIS REVOLUTIONARY BOOK SHOWS YOU HOW.

"THIS BOOK
REALLY REALLY
HELPED ME"
LEIGH-ANNE
FROM
LITTLE MIX



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