



**13 Things Mentally Strong Women Don't Do: Own Your Power, Channel Your Confidence, and Find Your Authentic Voice for a Life of Meaning and Joy**

*Amy Morin*

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## **13 Things Mentally Strong Women Don't Do: Own Your Power, Channel Your Confidence, and Find Your Authentic Voice for a Life of Meaning and Joy** Amy Morin

International bestselling author and leading global expert on mental strength Amy Morin turns her focus to feminism, explaining what it means—and what it takes—to be a mentally strong woman in the age of the #MeToo and #TimesUp movements.

The emergence of the #MeToo and #TimesUp movements have awakened society and encouraged women to find their voice and claim their power. But to do this, women must learn to improve their own mental strength. Contending with a host of difficult issues—from sexual assault on college campuses, to equal pay and pay gaps, to mastering different negotiation styles—demands psychological toughness. In this crucial book, prominent psychotherapist and licensed clinical social worker Amy Morin gives women the techniques to build mental muscle—and just as important, she teaches them what not to do.

What does it mean to be a mentally strong woman? Delving into critical issues like sexism, social media, social comparison, and social pressure, Amy addresses this question and offers thoughtful, intelligent advice, practical tips, and specific strategies and combines them with personal experiences, stories from former patients, and both well-known and untold examples from women from across industries and pop culture. Throughout, she explores the areas women—and society at large—must focus on to become (and remain) mentally strong.

Amy reveals that healthy, mentally tough women don't insist on perfection; they don't compare themselves to other people; they don't see vulnerability as a weakness; they don't let self-doubt stop them from reaching their goals. Wise, grounded, and essential, *13 Things Mentally Strong Women Don't Do* can help every woman flourish—and ultimately improve our society as well.

## **13 Things Mentally Strong Women Don't Do: Own Your Power, Channel Your Confidence, and Find Your Authentic Voice for a Life of Meaning and Joy Details**

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## **From Reader Review 13 Things Mentally Strong Women Don't Do: Own Your Power, Channel Your Confidence, and Find Your Authentic Voice for a Life of Meaning and Joy for online ebook**

### **Lily says**

I love Morin's books. I think this one is something women everywhere must read because it tackles a lot of ways women are brought up and the downsides of leaning into those tendencies. But she does so with illustrative examples and positive action items everyone can learn from. I know there are plenty of stories in this book that felt relatable and many questions I seriously want to sit down and ask myself. A great book for reflection and action.

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### **Rebecca says**

The format of this book is one that doesn't need to be read chapter by chapter, the reader can shuffle and choose what one to go too. I especially liked that it was celebrities telling how they have it all and still get to have meals with the family and solo vacations. Never mentioning the assistants and nannies who make it possible. It is everyday people, even the author shares her moments of being blindsided by life. I think it is a good book for young women to read, especially in the this in your face 24/7 social media age.

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### **Erin says**

This book was just "ok". I didn't have any new revelations while reading it and didn't feel overly empowered to change my life because of it. But if this is your first "self-help" book ever, you might benefit from it more than I did.

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### **KC says**

An average score as far as self-help books go. That being said, I can see how many would benefit tremendously from her words and suggestions. The format is simple and is broken down in an approachable manner. A huge complaint I have though is there is so much man bashing in this book and no women bashing. Women can treat other women just as horrendously as men but it's not mentioned.

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### **N. says**

I'm not big on self-help books but I've seen **13 Things Mentally Strong Women Don't Do** everywhere and was curious about whether it might contain some helpful tips. So, when it came available for review I signed up (my thanks to HarperCollins for the review copy).

I found that many of the chapters absolutely don't apply to me. I am, for example, completely open to reinventing myself and love trying new things. So, I occasionally would begin skimming a chapter (although I picked up the pace but still read -- I didn't skip anything) if, after reading what the chapter was about and a few examples, I realized that I was at least "mentally strong" in that particular area.

Having said that, there were two chapters in particular that resonated for me and I think most women will find plenty to relate to and some areas in which they feel they can use a bit of help. One really hit me hard because I realized it was not merely an area in which I need work but one in which I've experienced a bit of trauma that I need to face up to. So, I'm very, very glad I read this book. I have a friend whose problems are different from mine but whom I recognized in some of the descriptions of other issues and I will offer to let her read my copy. I don't know if she'll be open to it but **13 Things Mentally Strong Women Don't Do** is the kind of book that you want to pass around and recommend to others, thinking it might do them some good after realizing it helped you.

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### **Lee Woodruff says**

I've covered this series of books before, but I found this one particularly interesting as the mother of three daughters during a time when it seems more important than ever to help women find their own voice and channel confidence that can lead to lives with more joy and meaning. OK, that was a mouthful and it sounded like shrink speak, but there is a lot in this book that's relevant to the mature woman as well. Morin covers everything from social comparison and pressure to social media and sexism using examples from former patients and well-known figures to flesh out the anecdotes. At the end of the day the focus is on how to become mentally strong, which will only benefit everyone at the end of the day.

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### **Anisha says**

to write later!

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### **Mrs Mommy Booknerd <http://mrsmommybooknerd.blogspot.com> says**

A great book to help you navigate through life using you own gifts and powers. It also helps you to become an authentic person who has authentic relationships. I love that it is well laid out, with some great tips, in an easy to reference way. You can read this book cover to cover or reference tips along the way. I think this book is fantastic for those woman wanting to instill more confidence into daily interactions and to face challenges with some fierce and helpful techniques.

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### **Christina Cawrse says**

Great book! Highly recommend for any woman at any age!

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## **Tammy says**

Love that she admits she hasn't mastered all of them but still tries. She talks about things I didn't even realize I did! I'm so thankful for this advice and now walk and feel more confident.

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## **Rachel says**

I'm filing this one away for future reference, but my quick and dirty read of this Advanced Review Copy is positive. Morin is re-treading familiar territory, but manages to put a new spin on the topic with her case studies and examples in each chapter. The book is perfectly fine in a normal straight-through read, but could also work well as individual topics for introspection or journal explorations. I also think it could work well for a reader to tackle the chapters as they apply to the individual. A reader could successfully use chapters as stand alone topics.

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## **Andrienne says**

I am a huge fan of Amy Morin's 13 Things Mentally Strong...series and this is a great addition. Even though the list contains familiar precepts, the meat of the text is in the examples and in the sound advice. Her expertise really shines through. If anything, this book is a great reminder when unhealthy thoughts creep in.

Thanks to the publisher for the advance reading copy.

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## **Carl Handy says**

I've had past relationships and friendships with women who weren't mentally strong and it was both confusing and frustrating to deal with. These were amazing women with great potential but always spoke negatively about themselves.

This book helped put into perspective why they were that way and what I can do differently to better help.

More men should be reading this!

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## **Christy says**

I picked this up as I thought "what woman doesn't need improvement and to believe in her mental Strength?" Tried to parse it out to a daily chapter-a-day thing, but ended up reading non-stop. Plenty of highlighted sections to work on!

Passing on the sisterly strength love by giving this book to a friend. Fully intend to tell her to pass it on!

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**Jacquelyne says**

This book is solid with research references that open engaging discussions on unique challenges women face and ways to overcome them. This would be an excellent choice for a women's book club.

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