

Amy Morin, author of international bestseller 13 Things Mentally Strong People Don't Do, returns with a timely, powerful focus on women and mental strength in the time of the #MeToo and #TimesUp movements

Dear Reader,

What does it mean to be a mentally strong woman in today's society? More importantly, what skills, advice, and specific strategies can women employ to exercise their mental and emotional strength? With the emergence of the #MeToo and #TimesUp movements came a new, indomitable wave of female empowerment, making the need for mental strength more timely and vital than ever. But it's no question that the world still has a long way to go when it comes to gender equality, and 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.

Now, international bestselling author, prominent psychotherapist, and licensed clinical social worker **Amy Morin**—the global expert on mental strength—combines case studies, practical tips, and techniques for women to build mental muscle in **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**. In step with her previous books, Morin writes with a timely focus on feminism, explaining what it means—and what it takes—to be a mentally strong woman in our modern era.

Delving into critical issues like sexism, social media, social comparison, and social pressure, Morin weaves thoughtful advice with personal experiences, stories from former patients, and both well-known and untold examples from women across industries and pop culture to create the ultimate guide on mental strength for women today. Throughout, she explores the areas women—and society at large—must focus on to become (and remain) mentally strong. To be mentally and emotionally strong, women don't:

1. They Don't Compare Themselves to Other People
2. They Don't Insist on Perfection
3. They Don't See Vulnerability as a Weakness
4. They Don't Let Self-Doubt Stop Them from Reaching Their Goals
5. They Don't Overthink Everything
6. They Don't Avoid Tough Challenges
7. They Don't Fear Breaking the Rules
8. They Don't Put Others Down to Lift Themselves Up
9. They Don't Let Others Limit Their Potential
10. They Don't Blame Themselves When Something Goes Wrong
11. They Don't Stay Silent
12. They Don't Feel Bad About Reinventing Themselves
13. They Don't Downplay Their Success

Wise, grounded, and essential, **13 THINGS MENTALLY STRONG WOMEN DON'T DO** can help every woman flourish—and ultimately improve our society as well. We're proud and excited to share this vital book with you and hope you'll consider it for coverage in the new year.

Best,

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Amy Morin is a licensed clinical social worker, college psychology instructor, and psychotherapist. She is the author of the national bestseller *13 Things Mentally Strong People Don't Do*, as well as *13 Things Mentally Strong Parents Don't Do*. Morin serves as Verywell's Parenting Teens Expert and Child Discipline Expert, and is a regular contributor to Forbes, Inc., and Psychology Today. She is the only person in the psychology industry who is talking about mental strength on a global level. She was named the "self-help guru of the moment" by The Guardian. She lives in Marathon, Florida.

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