

Amy Morin

Author, Speaker, Psychotherapist

Amy Morin's mission is to make the world a stronger place. Her expertise as a psychotherapist, combined with her personal experiences overcoming tragedy, give her a unique perspective on mental strength on she's teaching people across the globe the secret to building mental muscle.

In 2013, Amy introduced the world to the concept of mental strength when her article, 13 Things Mentally Strong People Don't Do, became an anthem read by more than 50 million people. Her list was featured by numerous media outlets including Forbes, Business Insider, Success Magazine, and Psychology Today.

She went on to write the Wall Street Journal and international best-selling book, also titled 13 Things Mentally Strong People Don't Do. It's been translated into 25 languages.

She travels the globe to provide trainings, keynote speeches, and workshops that teach people how to become mentally strong. Her TEDx talk, The Secret of Becoming Mentally Strong, quickly became one of the top 50 TEDx talks of all time after it garnered 3 million views shortly after its debut.

Students from 42 countries access her online mental strength training course and she advises businesses across the globe in workplace mental strength.

She's also a lecturer at Northeastern University and she serves as a parenting expert for Verywell. She's a regular contributor to Forbes, Inc., and Psychology Today. Her advice is frequently featured in media outlets such as Fox News, Today, CNN, CNBC, Oprah.com, Fast Company, and The Washington Post.

Amy resides in Marathon, Florida. When she's not speaking and writing on mental strength, you can find her snorkeling, boating, or running.

"I reached out to Amy Morin after reading her phenomenal book and experiencing the impact it had on my life.

Her presentation to our community and audience was absolutely life-changing for so many people. To hear her stories, experiences and expertise, told in such a warm, open, personal manner, was truly outstanding. She's a professional, yet with a heart, and a polished speaker who loves her craft and work. I highly recommend Amy for any engagement and hope to have her back very soon."

- Cory Miller, Founder, iThemes

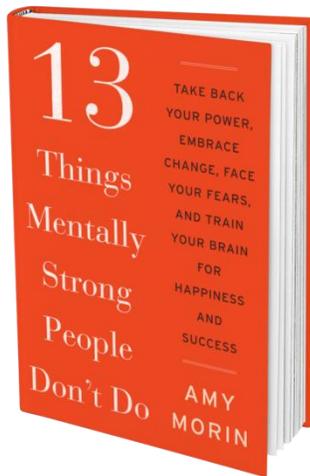


To inquire about hiring Amy to speak at your event, contact the HarperCollins Speaker Bureau:

SpeakersBureau
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AmyMorinLCSW.com

13 THINGS MENTALLY STRONG PEOPLE DON'T DO



As a licensed clinical social worker, college psychology instructor, and psychotherapist, Amy Morin has seen countless people choose to succeed despite facing enormous challenges. That resilience along with her own personal history dealing with tragedy inspired her to write [13 Things Mentally Strong People Don't Do](#), a web

post that instantly went viral, and was picked up by [Forbes](#) where it has reached over 10 million people.

Morin's post focused on the concept of mental strength, how mentally strong people avoid negative behaviors—feeling sorry for themselves, resenting other people's success, and dwelling on the past. Instead, they focus on the positive to help them overcome challenges and become their best.

In this inspirational, affirmative book, Morin expands upon her original message, providing practical strategies to help readers avoid the 13 common habits that can hold them back from success. Combining compelling anecdotal stories with the latest psychological research, she offers strategies for avoiding destructive thoughts, emotions, and behaviors common to everyone.

Like physical strength, mental strength requires healthy habits, exercise, and hard work. Morin teaches you how to embrace a happier outlook and arms you to emotionally deal with life's inevitable hardships, setbacks, and heartbreaks—sharing for the first time her own poignant story of tragedy, and how she summoned the mental strength to move on. As she makes clear, mental strength isn't about acting tough; it's about feeling empowered to overcome life's challenges.

"Your life story, presentation, and book provoked serious thought and conversation both during and after the event. Your insight on the topic of mental strength helped us better understand how we grow as leaders for our organization and ourselves."

-National Nuclear Security
Administration

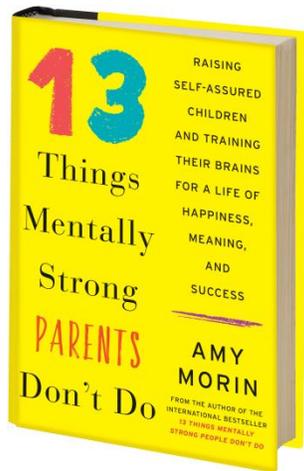
"Nearly 1,200 C-Suite and VP-level business leaders signed up to hear Amy give a practical, illuminating talk and afterward field questions with poise and grace. Members rated the event an extraordinary 4 ½ out of 5 stars. As one member put it, 'This is invaluable 'life' insight; everyone should hear this advice over and over, for continual professional and personal growth.' I would happily welcome Amy back to the ExecuNet stage, any time."

-Tony Vlahos, CMO, ExecuNet

"Amy Morin was perfect for our group. She took us to the depths of her despair, and then like her book, she took us up through the despair by way of realistic steps, not on what to do, but on what not to do. Amy offered our group another way to look at recovery. She didn't ask us to deny the challenges that face us, instead she provided steps we can use to build our mental strength to move beyond these daily challenges. Amy has a generous spirit and a depth we all resonated with."

- Mary Henry, Women's Addiction
Services Council

13 THINGS MENTALLY STRONG PARENTS DON'T DO



The author of the international bestseller *13 Things Mentally Strong People Don't Do* turns her focus to parents, teaching them how to raise mentally strong and resilient children.

Do today's children lack the flexibility and mental strength they need to

cope with life's challenges in an increasingly complicated and scary world? With safe spaces and trigger warnings designed to "protect" kids, many adults worry that children don't have the resilience to reach their greatest potential. Amy Morin, the author who identified the characteristics that mentally strong people share, now gives adults—parents, teachers, and other mentors—the tools they need to become mental strength trainers. While other books tell parents what to do, Amy teaches parents what "not to do," which she says is equally important in raising mentally strong youngsters.

As a foster parent, psychotherapist, and expert in family and teen therapy, Amy has witnessed first-hand what works. When children have the skills they need to deal with challenges in their everyday lives, they can flourish socially, emotionally, behaviorally, and academically. With appropriate support, encouragement, and guidance from adults, kids grow stronger and become better. Drawing on her experiences and insight, *13 Things Mentally Strong Parents Don't Do* combines case studies, practical tips, specific strategies, and concrete and proven exercises to help children of all ages—from preschoolers to teenagers—build mental muscle and develop into healthy, strong adults.

"How effective is Amy Morin? During her lunch speech for "Engaging Women in Public Service," 193 people stopped clinking their silverware and glasses - three times. Complete silence. Rapt attention. Powerful message."

-Margaret Henderson, University of North Carolina School of Government

"The evaluations are rolling in and you clearly were the highlight for our event participants and for me.

Your sensitivity and commitment to knowing the group you're engaging with made all the difference for our participants. They felt you were speaking to them from a place of understanding their roles and a personal place of authenticity on the topic. As you know, a lot of effort goes into identifying the right speaker, and it's very rewarding as a planner when the speaker takes in what you've offered and connects with the group by incorporating what may be of particular importance to them. You left participants lifted up and with a sense of a new strategy they might try."

-Sheri Smith, Coordinator Maine Touchpoints Project

"It was with great pleasure that Hooks Book Events recently produced a corporate client event with Amy Morin discussing her new book, *13 Things Mentally Strong People Don't Do*. The advice is practical and actionable and Amy makes a smart differentiation between mental health and mental strength. The personal experiences that helped shape this list make Amy a credible and relatable speaker and one you will admire. We hope to work with her again this year."

-Perry Pidgeon Hook, Hooks Books Events



Partial client list:

- American Academy of Pediatrics
- National Nuclear Security Administration
- Microsoft
- International Health Racquet & Sportsclub Association
- Women's Addiction Services Council
- TaTa Communications
- Professional Business Women of California
- Execunet
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- iThemes
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- MOPS



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