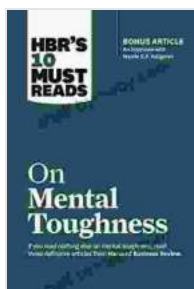


HBR's 10 Must Reads on Mental Toughness: The Ultimate Guide to Building Resilience, Grit, and Success

In today's competitive world, it's more important than ever to have mental toughness. Mental toughness is the ability to persevere through challenges, setbacks, and adversity. It's the ability to bounce back from failure, stay positive in the face of negativity, and maintain a strong sense of self-belief.



HBR's 10 Must Reads on Mental Toughness (with bonus interview "Post-Traumatic Growth and Building Resilience" with Martin Seligman) (HBR's 10 Must Reads) by Harvard Business Review

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1672 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 119 pages
X-Ray	: Enabled



Mental toughness is a skill that can be learned and developed. With the right tools and strategies, anyone can build their mental toughness and achieve greater success in their personal and professional lives.

What You'll Learn in This Book

HBR's 10 Must Reads on Mental Toughness is a compilation of the best articles on the topic from Harvard Business Review. This book provides practical advice and strategies for building resilience, grit, and success.

In this book, you'll learn:

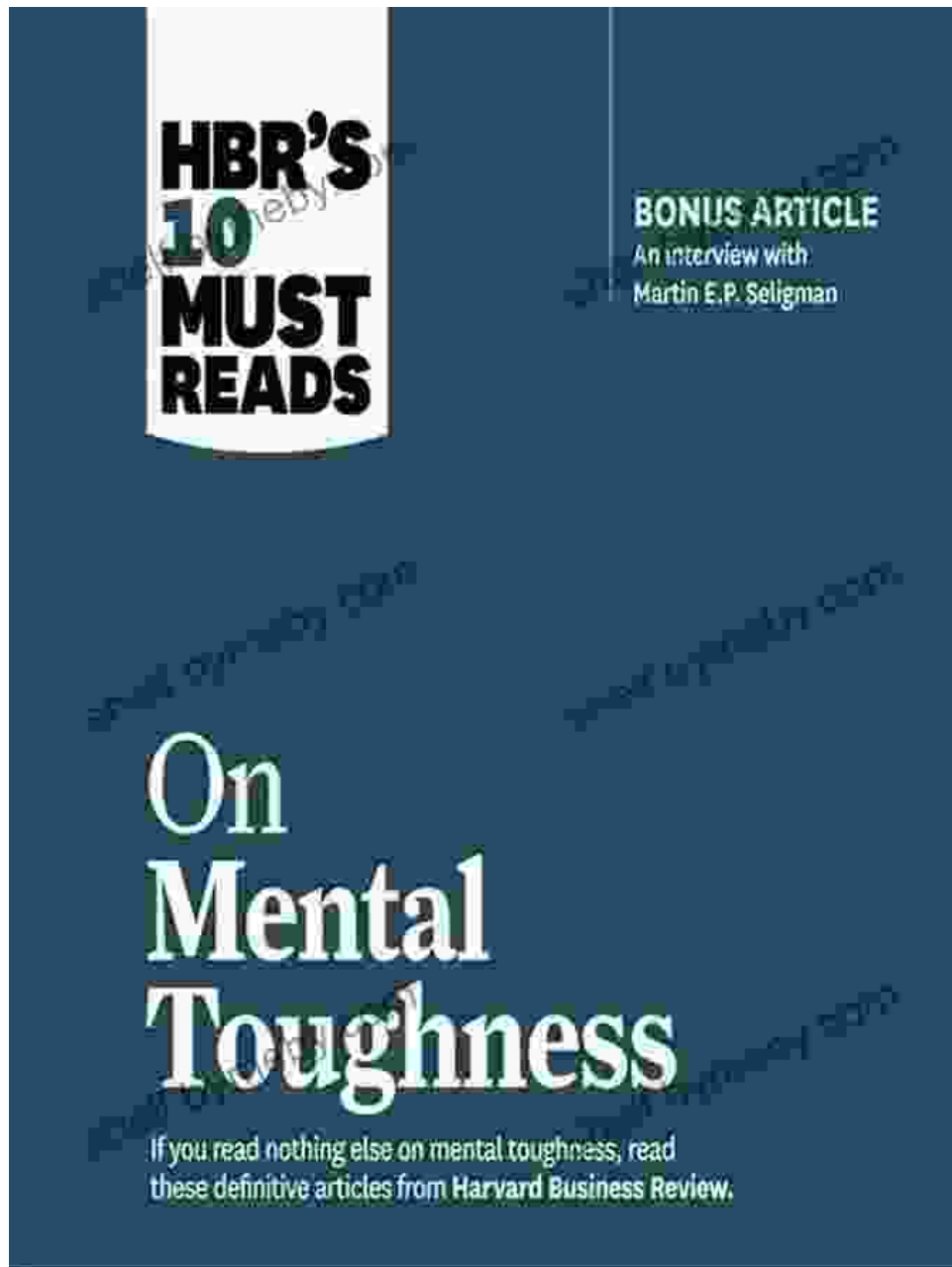
* How to develop a growth mindset * How to overcome self-doubt and imposter syndrome * How to build resilience in the face of adversity * How to stay positive in the face of negativity * How to maintain a strong sense of self-belief

Why You Need This Book

If you're looking to build your mental toughness and achieve greater success in your personal and professional life, then you need this book. HBR's 10 Must Reads on Mental Toughness is the ultimate guide to building resilience, grit, and success.

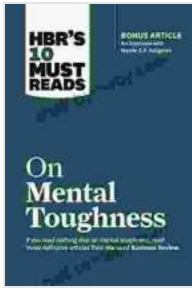
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Don't wait another day to start building your mental toughness. Free Download your copy of HBR's 10 Must Reads on Mental Toughness today!



Bonus Interview: Post-Traumatic Growth

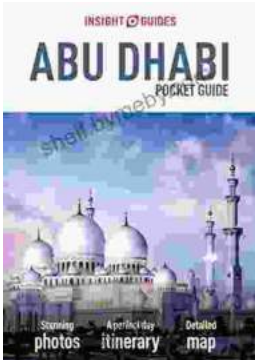
In addition to the 10 articles in the book, you'll also get a bonus interview with Dr. Richard Tedeschi, a leading expert on post-traumatic growth. In this interview, Dr. Tedeschi discusses the concept of post-traumatic growth and how it can help you to build resilience and achieve success.



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