

15
THINGS
MENTALLY
TOUGH
PEOPLE
DON'T DO



COMPILED BY **HISTORY MAKERS ONLY**

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**THINGS MENTALLY
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INTRODUCTION

Welcome to your journey of self-discovery and empowerment. In this book, we're going to embark on a study of the unique qualities that remarkable traits that set mentally strong individuals apart. A guide to developing resilience, accepting change, and attaining personal progress, "Things Mentally Tough People Don't Do" is more than just a book.

Mentally tough people have a distinctive outlook on life in a world that continuously presents obstacles. They refuse to let failures define them or let fear influence their decisions. Instead, they have perfected the discipline of persevering through hardship, taking smart risks, and discovering inner strength.

We'll explore a multitude of perceptions, narratives, and practical tips that emphasise the behaviours that mentally strong people avoid. This book is your arsenal for developing a resilient mindset and succeeding on your terms, from avoiding the trap of self-pity to refusing to cede their authority, from accepting change to reframing their view on failure.

Prepare to learn about the routines, actions, and attitudes that distinguish individuals who overcome obstacles in life. Let's go on this

adventure together, learn from one another, and come out the other side stronger, wiser, and mentally tougher than before.

Here's to a life-changing reading experience and to becoming your best self.

Warmly,

Gee Godwin



"Self-pity is easily the most destructive of the non-pharmaceutical narcotics; it is addictive, gives momentary pleasure and separates the victim from reality."

- John W. Gardner

#1. THEY DON'T WASTE TIME WALLOWING IN SELF PITY

Mentally strong people do not waste time feeling sorry for themselves because they recognise that such behaviour is counterproductive and can lead to a negative cycle of self-pity. Instead, they accept responsibility for their acts and work to solve their problems.

Feeling sorry for oneself is a natural reaction to disappointments and losses. It's tempting to blame external circumstances for one's difficulties and fall into a victim mentality. Mentally strong people, on the other hand, recognise that they have the ability to regulate their ideas and actions. They choose to be optimistic and see setbacks as chances for growth and learning.

Mentally strong people are able to focus on taking good steps towards their goals because they do not waste time feeling sorry for themselves. They understand that life is full of trials and disappointments, and they use these experiences to learn and grow. They accept responsibility for their acts and devise a strategy for moving forward.

People that are mentally robust realise the need of self-care. They are aware that unpleasant emotions might have a detrimental impact on their mental health and take precautions to avoid these sentiments. Talking to a trusted friend or family member, practising meditation or mindfulness, or indulging in physical activity could all be part of this. Mentally strong people are better equipped to deal with challenges and setbacks when they take care of themselves.

To summarise, mentally strong people do not waste time feeling sorry for themselves since they understand that it is futile and might result in undesirable effects. Instead, they accept responsibility for their acts, develop a constructive attitude, and concentrate on solving their problems. They prioritise self-care in order to safeguard their mental health and well-being, and they see setbacks as chances for growth and learning.



**"You have power over your mind, not
outside events. Realize this, and you will
find strength."**

- Marcus Aurelius

2. THEY DON'T GIVE THEIR POWER TO OTHERS

Mentally strong people recognise the necessity of taking charge of their own life and not ceding authority to others. They recognise that they have control over their thoughts and behaviours and choose to live their lives on their terms.

Giving one's authority to others can take several forms. It could include seeking affirmation or acceptance from others, allowing others to make decisions for you, or allowing yourself to be affected by other people's thoughts or beliefs. Mentally strong people, on the other hand, do not fall into these traps.

People who are mentally robust recognise that seeking affirmation or approval from others can be a dangerous game. They understand that their self-worth should not be determined solely by the judgements of others, and they choose to rely on their own judgement and instincts. They are not scared to take risks and make mistakes because they understand that these are opportunities for growth and learning.

Finally, mentally strong people do not give their power away to others because they understand the value of taking charge of their own lives. They make judgements based on what they know is best for themselves

and are self-assured. They do not seek affirmation or acceptance from others and instead rely on their own intuition and judgement. Mentally strong people can attain their goals and live fulfilled lives by taking control of their own lives.



**"Change is the law of life. And those who
look only to the past or present are certain to
miss the future."**

- John F. Kennedy

#3. THEY ARE NOT AFRAID TO CHANGE.

People that are mentally strong embrace change and see it as a chance for growth and improvement. They recognise that change is a necessary element of life and that opposing it can result in stagnation and missed opportunities.

Fear of change can manifest itself in a variety of ways. Staying in a profession or relationship that no longer meets one's requirements, avoiding new experiences out of fear or discomfort, or fighting changes in one's environment or circumstances are all examples. However, psychologically strong people do not allow their worries to hold them back. Instead, mentally strong people handle change with a positive attitude and a willingness to adapt. They understand that change can be difficult, but they also understand that it can lead to exciting new chances and experiences. They are not scared to take risks and attempt new things since they understand that these experiences can lead to personal growth and development.

To summarise, mentally strong people do not fear change. They see hardship as a chance for growth and development, and they approach it with a positive attitude and a readiness to adapt. They understand that change can be difficult, but they also recognise that it can lead to exciting new chances and experiences. Mentally strong people may remain ahead of the curve and achieve their goals by accepting change.



**"Grant me the serenity to accept the things
I cannot change, the courage to change the
things I can, and the wisdom to know the
difference."**

- Reinhold Niebuhr

#4. THEY DON'T COCENTRATE ON THINGS THEY CAN'T CONTROL.

Mentally strong people recognise that dwelling on matters over which they have no control is a waste of time and energy. They recognise that they have little influence over external elements such as other people's actions or the weather, and they opt to concentrate their efforts on matters over which they have control.

Focusing on things over which one has no control can result in feelings of irritation, helplessness, and worry. It can also divert attention away from things under one's control, which can have a detrimental influence on productivity and overall well-being. Mentally powerful people are aware of these dangers and choose to redirect their attention elsewhere.

Instead of obsessing on things over which they have no control, mentally strong people concentrate on those over which they have control. This could include creating objectives, formulating strategies, and taking action to achieve those goals. They recognise that taking proactive measures towards their goals is more beneficial than worrying about things over which they have no control.

Mentally powerful people are also concerned with controlling their own thoughts and emotions. They recognise that they have the ability to regulate their own reactions to external events, and they choose to have a positive attitude in the face of hardship. They utilise mindfulness, gratitude, and other practises to help them stay focused on the present moment and avoid getting caught up in negative thought patterns.



**“You can't please everyone, and you can't
make everyone like you.”**

- Katie Couric

#5. THEY DON'T TRY TO PLEASE EVERYONE

Mentally strong people recognise that it is impossible to please everyone and that attempting to do so leads to misery and stress. They understand that everyone has different expectations, preferences, and priorities, and that it is impossible to accommodate them all at the same time.

Worrying about pleasing everyone can manifest itself in a variety of ways. Saying yes to every request, avoiding controversy at all costs, or surrendering one's own principles and ideas in order to fit in are all examples of conformism. Mentally strong people, on the other hand, do not fall into these traps.

Mentally strong people, on the other hand, prioritise their own wants and ideals and make decisions based on what they know is best for them.

Mentally strong people, on the other hand, prioritise their own wants and ideals and make decisions based on what they know is best for them. They understand that setting boundaries and saying no when required is a healthy and vital aspect of self-care. They also recognise that conflict is a natural component of human connection and that it may be useful and necessary for growth and progress at times.

Finally, psychologically powerful people are not concerned with pleasing everyone. They create boundaries, prioritise their own needs and ideals, and say no when required. They recognise that conflict is an inevitable component of human contact and that it is impossible to please everyone. Mentally strong people focus on what is most important to them rather than on pleasing everyone else.



"Take risks: if you win, you will be happy; if
you lose, you will be wise."

- Unknown

#6. THEY ARE NOT AFRAID TO TAKE MEASURED RISKS.

People with strong minds recognise that taking calculated risks is a necessary component of obtaining success and growth. They recognise that taking risks always involves some degree of uncertainty and the possibility of failure, but they are prepared to accept these risks because they understand that the potential rewards outweigh the potential risks.

Taking calculated risks entails evaluating the possible outcomes of a decision and making an informed decision based on that evaluation. Mentally strong people understand that taking chances does not imply being reckless or impulsive, and that before taking a risk, they must thoroughly analyse the potential implications of their actions.

Mentally strong people recognise that failure is not always a terrible thing. They understand that failure may be a wonderful learning experience that will aid in their growth and development. They are not scared to take risks and fail because they recognise that failure is frequently an essential step towards success.

Furthermore, psychologically strong people believe in their own qualities and skills. They have faith in their own judgement and are

not easily persuaded by others' judgements or expectations. They are willing to take chances and make unpopular or unconventional judgements because they understand that these actions typically result in the greatest benefits.

Finally, mentally powerful people are not afraid to take measured chances. They recognise that taking chances is a necessary component of achieving success and progress, and they are prepared to take these risks because they believe the possible rewards outweigh the potential disadvantages. Mentally strong people can take measured risks and achieve their goals by carefully examining alternative outcomes, seeing failure as a learning experience, and having faith in their own talents.



**"The past is a place of reference, not a place
of residence; the past is a place of learning,
not a place of living."
- Roy T. Bennett**

#7. PEOPLE WHO ARE MENTALLY STRONG RECOGNISE THAT LINGERING ON THE PAST IS A WASTE OF TIME AND ENERGY

They recognise that they cannot change what has already occurred and that focusing on the present and future is more fruitful.

Dwelling on the past can manifest itself in a variety of ways. It could include repeatedly rehearsing previous mistakes or regrets in one's head, harbouring grudges and resentments, or feeling trapped in a specific time or location. Mentally strong people, on the other hand, do not fall into these traps.

Mentally strong people, on the other hand, prefer to focus on the now and the future. They understand that the past is a part of their story, but it does not define who they are or what they are capable of accomplishing. They choose to learn from past mistakes and apply what they've learned to their current and future behaviours.

People who are mentally strong also practise forgiveness, both for themselves and for others. They recognise that harbouring grudges and resentments only serves to harm them, and they opt to let go of those bad emotions in order to move ahead.

Furthermore, mentally strong people concentrate on the things they can control in the now and the future. They establish strategies, set goals, and take action to achieve those goals. They recognise that they have the ability to mould their own future and choose to use that ability to live a satisfying and meaningful life.

Finally, mentally strong individuals do not dwell on the past. They learn from mistakes in the past, practise forgiveness, and concentrate on the present and future. Mentally strong people can create a life full of possibility and potential by letting go of unpleasant feelings and focusing on the things they can control.



"The definition of insanity is doing the same thing over and over again, but expecting different results."

- Albert Einstein

#8. THEY DON'T MAKE THE SAME MISTAKES OVER AND OVER

Mentally strong people understand that making mistakes is an unavoidable aspect of life and that learning from those mistakes is critical for growth and success. They accept responsibility for their faults and are committed to using their mistakes to learn and grow.

One of the important characteristics of mentally strong people is that they do not repeat the same mistakes. They recognise that repeating the same mistakes is counterproductive and will only lead to failure.

Mentally strong people adopt a proactive attitude to learning from their failures in order to avoid repeating the same mistakes. They examine their acts and behaviours to determine what went wrong and why. They accept accountability for their acts.

Furthermore, intellectually strong individuals seek input from others. They acknowledge that they are not flawless and that others may be able to provide useful insights and perspectives on their behaviour. They welcome constructive criticism and use it to make positive improvements in their lives.

People who are mentally strong recognise that change requires time and effort. They do not expect to change overnight, but they are dedicated to progress and self-improvement over time. They understand that every mistake is an opportunity to learn and grow, and they are motivated to take advantage of those opportunities to become better versions of themselves.

Finally, psychologically strong people do not make the same mistakes over and over. They accept responsibility for their behaviours, reflect on them, seek criticism from others, and are devoted to making long-term constructive adjustments. Mentally strong people can develop themselves and achieve greater success in their personal and professional life by learning from their errors.



**"Resentment is like taking poison and
waiting for the other person to die."**

- Malachy McCourt

#9. THEY DO NOT ENVY OTHER PEOPLE'S ACHIEVEMENT

Mentally strong people understand that there are no limits to accomplishment and that the success of others does not affect their own chances of success. They do not waste time and energy resenting people who are successful; instead, they are glad for them and may even utilise their success as a source of motivation and inspiration.

Mentally strong people understand that success is the product of hard effort, dedication, and, occasionally, a little luck. They understand that each person's journey is unique, and that each person experiences their own set of challenges and obstacles. They also understand that success is not a zero-sum game, and that one person's success does not imply the success of another.

Mentally strong people choose to applaud others' success rather than hate it. They consider other people's accomplishments as a source of inspiration and motivation. They are not scared by someone else's success, but rather utilise it as motivation to work hard and stay

committed to their own ambitions.

Furthermore, mentally healthy people recognise that their own success is not contingent on the failures of others. They do not take joy in the misfortune of others and do not seek to bring others down in order to raise themselves. They understand that true achievement comes from lifting others up rather than knocking them down.

Finally, mentally strong people do not envy the success of others. They celebrate it and utilise it to motivate and inspire others. They recognise that success is not a zero-sum game and that there is sufficient of it to go around. Mentally strong people can achieve their own success while also building a pleasant and supportive environment around them by focusing on their own goals and enjoying the accomplishments of others.



"Success is not final, failure is not fatal: It is the courage to continue that counts."

- Winston Churchill

#10. THEY KEEP TRYING DESPITE A SET BACK

People with strong mental faculties recognise that failure is not the end of the road but rather an opportunity to learn. They don't let their fear of failing keep them from taking chances and going for their objectives. When they fail, they don't give up at the first difficulty.

Instead, those with strong mental faculties see failure as a chance to improve. They consider what went wrong, pinpoint opportunities for improvement, and apply this knowledge to future judgements. They are tenacious and resilient, and they are aware that success frequently necessitates numerous tries and iterations.

A growth attitude is shared by those who are mentally strong. They think that with effort and commitment, their talents and abilities may be improved through time. They view failure not as a reflection of their skills or value, but as an opportunity to learn and develop.

Mentally strong people also do not let other people's judgements of them deter them. They realise that not everybody would share their objectives, and that some people might even be critical of or

mocking of their efforts. These opinions do not hinder their advancement; rather, they serve as inspiration to disprove the critics. People with great mental faculties look for assistance from others. They surround themselves with people who support them, encourage them when necessary, and provide guidance. When faced with difficulties or setbacks, they do not hesitate to ask for support or advice.

Therefore, mentally strong individuals do not lose up after experiencing a setback. They have a growth attitude, don't let other people's opinions get in the way of their goals, and see failure as an opportunity to learn and improve. Mentally strong people are capable of overcoming obstacles and achieving their objectives because they are tough, persistent, and seek out help when they require it.



"The best part about being alone is that you really don't have to answer to anybody. You do what you want."

- Justin Timberlake

#11. THEY ARE NOT AFRAID OF BEING ALONE

Mentally robust people recognise the significance of alone time and do not dread being alone. They are at ease with their own thoughts and emotions and do not need the approval or happiness of others. They recognise that solitude can be a source of strength, reflection, and personal progress.

Mentally robust people deliberately seek out periods of alone rather than avoiding them. They utilise this time to consider their objectives, values, and priorities. They may meditate, journal, or do other activities to connect with their inner selves. They get a greater awareness of themselves and the world around them as a result.

Mentally strong people understand the value of setting boundaries and saying no. They recognise that they cannot be everything to everyone and that their time and energy are limited. They put their own wants and well-being first, and they don't let the fear of disappointing others keep them from taking care of themselves.

Furthermore, mentally strong people do not base their self-worth on the thoughts or actions of others. They don't require frequent social approval to feel good about themselves. They recognise that their worth originates from within and that they can be happy and fulfilled

even when they are alone.

Finally, mentally strong people are not afraid of being alone. They see it as a time for self-reflection, personal growth, and boundary establishing. Mentally strong people cultivate a strong feeling of self-worth and inner strength by prioritising their own needs and well-being and not relying on the views or actions of others for validation.

.



one of those days

"The world owes you nothing. It was here first."

- Mark Twain



#12. THEY DO NOT BELIEVE THE WORLD OWES THEM ANYTHING

People that are mentally strong have a strong feeling of responsibility and accountability. They recognise that they are accountable for their own choices and outcomes, and they do not believe they are entitled to success or happiness. They don't think the world owes them anything.

Instead, mentally strong people concentrate on how they might enhance their own lives as well as the lives of those around them. They accept responsibility for their own mistakes and do not place blame on others. They recognise that hard effort, perseverance, and resilience lead to success and happiness.

Furthermore, mentally strong people are appreciative for their blessings and do not take them for granted. They recognise that there are people in the world who are less fortunate than they are, and they recognise that they have a responsibility to give back and make a positive effect in their society.

People that are mentally strong do not compare themselves to others or feel resentful of other people's accomplishment. They recognise that everyone follows their own path and that success and happiness are subjective. They concentrate on their own journey rather than wasting time and energy comparing themselves to others.

In conclusion, mentally strong people do not feel entitled or believe that the world owes them anything. They take responsibility for their own actions and outcomes, are grateful for what they have, and do not compare themselves to others. By focusing on their own journey and taking accountability for their own success and happiness, mentally strong people are able to cultivate a strong sense of purpose and fulfillment.



"Patience is not the ability to wait, but the ability to keep a good attitude while waiting."

- Joyce Meyer

#13. THEY DO NOT ANTICIPATE IMMEDIATE RESULTS

Mentally strong people recognise that achievement requires time and work, and they do not anticipate instant gratification. They are patient and tenacious in their pursuit of their goals, and they do not give up easily in the face of setbacks or challenges. They recognise that development is sometimes sluggish and that lasting change requires time.

People that are mentally strong set realistic goals and have a long-term view. They divide their goals into smaller, more attainable steps and concentrate on making steady progress. Slow progress or failures do not discourage them; instead, they see them as chances for learning and growth.

Furthermore, mentally robust people recognise the importance of delayed gratification. They are willing to put in the effort and make short-term sacrifices in order to achieve their long-term objectives. They do not seek immediate gratification or achievements, but rather concentrate on the broad picture and the long-term advantages of

their efforts. Mentally strong people understand that failure is a natural part of the process and that success does not follow a straight line. They are not deterred by setbacks or failures in pursuing their ambitions. Instead, they use them to reflect and learn, and then alter their approach accordingly.

Finally, psychologically strong individuals do not anticipate immediate results. They pursue their goals with patience and persistence, set reasonable expectations, and have a long-term view. They are willing to put in the effort and make short-term sacrifices in order to achieve their long-term objectives. Mentally strong people can stay motivated and make steady progress towards their goals by accepting delayed gratification and viewing setbacks as chances for growth..



**Do not waste your time on explanations.
People only hear what they want to hear."**

- Paulo Coelho

#14. MENTALLY STRONG PEOPLE DO NOT CONSTANTLY SEEK VALIDATION FROM OTHERS.

They understand that their self-worth and confidence come from within, not from external sources.

Mentally strong people have a strong sense of self and do not base their self-worth on the opinions of others. They know their own strengths, weaknesses, and values, and they are comfortable with who they are. They do not need constant validation from others to feel good about themselves.

Furthermore, mentally strong people do not compare themselves to others. They understand that everyone is unique and has their own strengths and weaknesses. They do not measure their worth based on how they stack up against others, but instead, they focus on their own progress and growth.

Mentally strong people also have a healthy level of self-esteem. They do not need constant praise or recognition to feel good about themselves. They are confident in their abilities and trust themselves to make the right decisions.

In conclusion, mentally strong people do not constantly seek validation from others. They have a strong sense of self, do not base their self-worth on the opinions of others, and do not compare themselves to others. They have a healthy level of self-esteem and are confident in their abilities. By focusing on their own growth and progress, mentally strong people are able to live an authentic and fulfilling life.

Mentally strong people do not worry about being liked by everyone because they understand that it is impossible to please everyone. They do not base their self-worth on the opinions of others and are comfortable with who they are, regardless of what others may think.

Mentally strong people focus on being true to themselves and their values, rather than trying to conform to others' expectations. They understand that people have different perspectives and opinions, and that it is okay to disagree. They do not compromise their values or beliefs in order to fit in or please others.

Furthermore, mentally strong people understand that criticism is a natural part of life, and they do not take it personally. They are open to feedback and use it as an opportunity for growth and self-improvement. They do not let criticism or rejection deter them from pursuing their goals or living their life according to their values.

Mentally strong people also understand that not everyone will like them, and that is okay. They do not waste time and energy trying to win over people who do not appreciate or respect them. Instead, they focus on building positive relationships with those who share their values and uplift them.

In conclusion, mentally strong people do not worry about being liked by everyone. They focus on being true to themselves and their values, are open to feedback and criticism, and do not compromise their beliefs in order to fit in or please others. By embracing their authenticity and building positive relationships with like-minded individuals, mentally strong people are able to cultivate a sense of purpose and fulfillment in their lives.



**Do not waste your time on explanations.
People only hear what they want to hear."**

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#15. THEY DON'T WORRY ABOUT BEING LIKED BY EVERYONE.

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and that is just fine. They don't waste time or energy attempting to win over those who don't like or respect them. Instead, they concentrate on cultivating positive relationships with others who share and boost their ideals.

Finally, psychologically powerful people are unconcerned about being loved by everyone. They are committed to being true to themselves and their principles, are open to input and criticism, and will not compromise their beliefs to fit in or please others. Mentally strong people generate a sense of purpose and fulfilment in their lives by embracing their authenticity and cultivating meaningful interactions with like-minded folks.

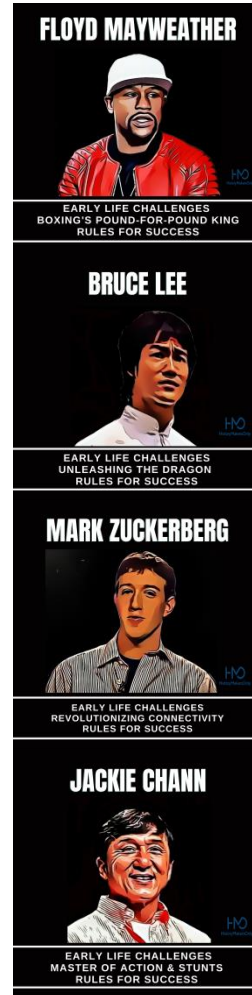
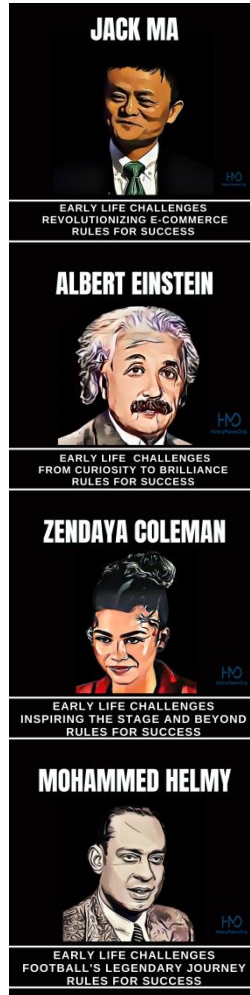
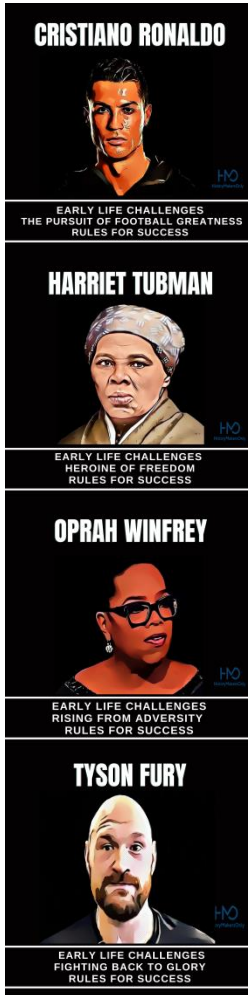


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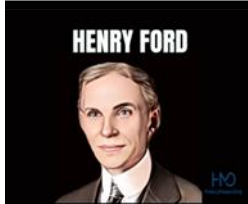
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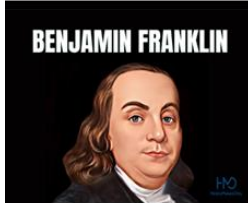
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15
THINGS
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COMPILED BY HISTORY MAKERS ONLY