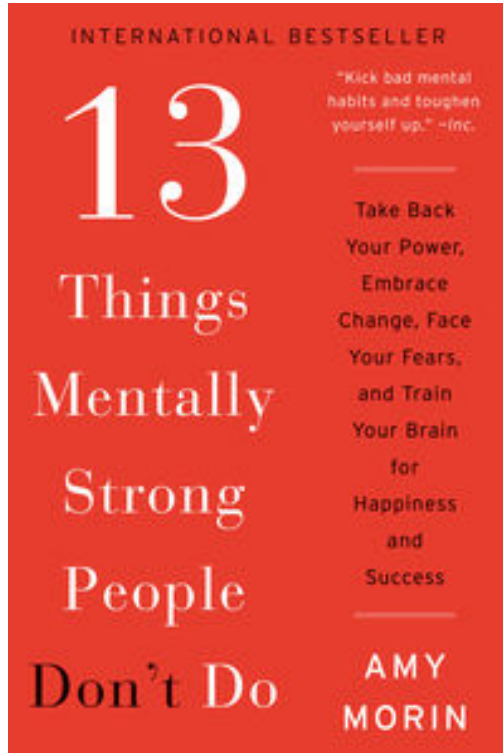


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Master your mental strength—revolutionary new strategies that work for everyone from homemakers to soldiers and teachers to CEOs.

Don't waste time feeling sorry for yourself  
Don't give away your power  
Don't shy away from change  
Don't focus on things you can't control  
Don't worry about pleasing everyone  
Don't fear taking calculated risks  
Don't dwell on the past  
Don't make the same mistakes over and over  
Don't resent other people's success  
Don't give up after the first failure  
Don't fear alone time  
Don't feel the world owes you anything  
Don't expect immediate results

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