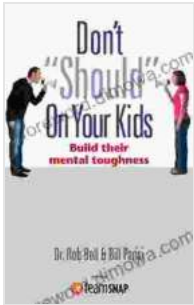


Build Their Mental Toughness: The Ultimate Guide to Developing Grit, Resilience, and Success



Don't "Should" On Your Kids: Build Their Mental Toughness by Dr. Rob Bell

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2257 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray for textbooks	: Enabled
Word Wise	: Enabled
Print length	: 154 pages
Lending	: Enabled
Screen Reader	: Supported



In today's fast-paced and competitive world, it's more important than ever to help children and teenagers develop mental toughness. Mental toughness is the ability to face challenges head-on, bounce back from setbacks, and persevere in the face of adversity. It's a key ingredient for success in all areas of life, from academics to athletics to relationships.

But how can you help your child or teen develop mental toughness? That's where this book comes in.

Build Their Mental Toughness is the ultimate guide to developing grit, resilience, and success in children and teenagers. This book is packed with

practical tips and strategies that you can use to help your child or teen:

- Identify their strengths and weaknesses
- Set realistic goals
- Develop a positive attitude
- Learn from their mistakes
- Cope with stress and pressure
- Overcome obstacles and setbacks
- Achieve their full potential

With its clear and concise writing style, real-world examples, and helpful exercises, *Build Their Mental Toughness* is an essential resource for parents, educators, coaches, and anyone else who wants to help children and teenagers succeed in life.

What readers are saying about *Build Their Mental Toughness*:



““This book is a must-read for anyone who wants to help children and teenagers develop mental toughness. It's full of practical tips and strategies that can be used to help kids succeed in all areas of life.” - Dr. Jim Taylor, author of Raising Generation Tech”



“I highly recommend this book to parents, educators, and coaches. It's a valuable resource for anyone who wants to help children and teenagers build the skills they need to succeed in life.” - Dr. Ken Ginsburg, author of Raising Resilient Children”



“This book is a game-changer for parents and educators. It provides the tools and strategies we need to help children and teenagers develop the mental toughness they need to thrive in today's world.” - Dr. Michele Borba, author of Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World”

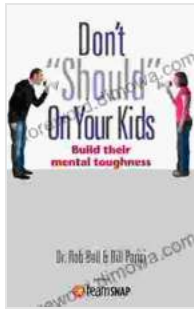
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Available in paperback, hardcover, and e-book formats.



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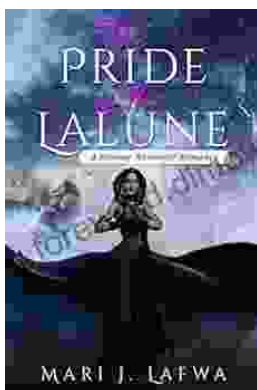
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