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mentally strong people avoid giving others the power to make them feel inferior or bad they understand they are in control of their actions and emotions

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1 dwelling on the past mentally strong individuals focus on the present moment and on the near future they understand that the past is out of our control and the far future is about as

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mentally strong people are willing to be vulnerable and quite often people confuse their openness and honesty with frailty here are 10 signs of mental strength that are often viewed as

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