

# THE MENTAL TOUGHNESS HANDBOOK



A STEP-BY-STEP GUIDE TO FACING LIFE'S  
CHALLENGES, MANAGING NEGATIVE EMOTIONS, AND  
OVERCOMING ADVERSITY WITH COURAGE AND POISE

## DAMON ZAHARIADES

Bestselling Author Of *To-Do List Formula* and *The Art Of Saying NO!*

## Discover the secrets to becoming mentally tough.

*The Mental Toughness Handbook*, the newest book from world class efficiency expert and bestselling author Damon Zahariades, offers a practical training program for developing grit and resilience in the face of adversity. It's a crash course complete with exercises designed to strengthen your mind and fortify your resolve. Life is full of setbacks. This book will show you how to bounce back, stand firm, and boldly weather the storm.

In *The Mental Toughness Handbook*, readers will discover how to bravely endure hardship, perform under pressure, and overcome challenges more easily than they ever thought possible!

Includes 18 exercises to help readers apply the strategies and tactics presented in this practical, powerful book.

### Top Ten Amazon Kindle Ratings

#8 in Experimental Psychology

#10 in Social Science Reference

INFO@RUSSORIGHTS.COM

## About the Author

**Damon Zahariades** is the powerhouse behind [ArtofProductivity.com](http://ArtofProductivity.com). Through his books, Damon delivers time management and productivity strategies that teach people how to create habits to get more done while enjoying more free time. Author of more than 10 bestselling titles and consistently among the **Top 5 Amazon authors in Business**, Damon comes out of the corporate world and knows first-hand the frustration of productivity killers like procrastination, poor planning, lack of focus, or digital overload. Whether you are a professional looking to boost your productivity or you just want to get the most out of life, Damon's books will help you get things done with less stress so that you can create a more rewarding lifestyle built on his powerful yet practical strategies. New titles in 2021 will explore productivity skills such as decision making, the art of letting go, and stress management.



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