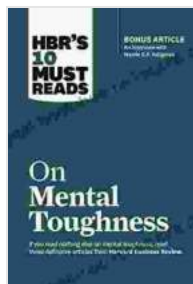


# HBR 10 Must Reads on Mental Toughness with Bonus Interview: Post Traumatic Growth



HBR's 10 Must Reads on Mental Toughness (with bonus interview "Post-Traumatic Growth and Building Resilience" with Martin Seligman) (HBR's 10 Must Reads) by Harvard Business Review

★★★★☆ 4.6 out of 5

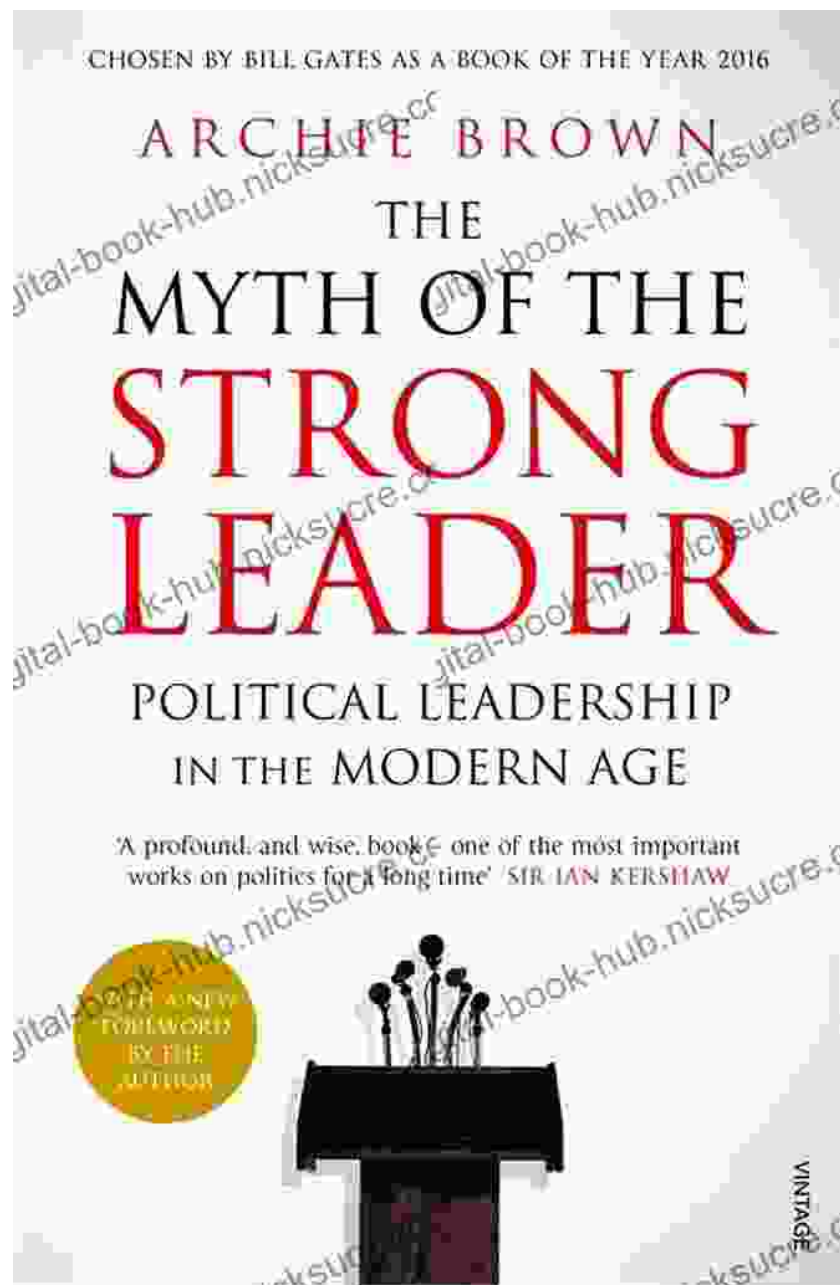
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Mental toughness is a critical skill for success in business and in life. It allows us to persevere through challenges, bounce back from setbacks, and achieve our goals. The good news is that mental toughness can be learned and developed. And one of the best ways to do that is to learn from those who have already mastered it.

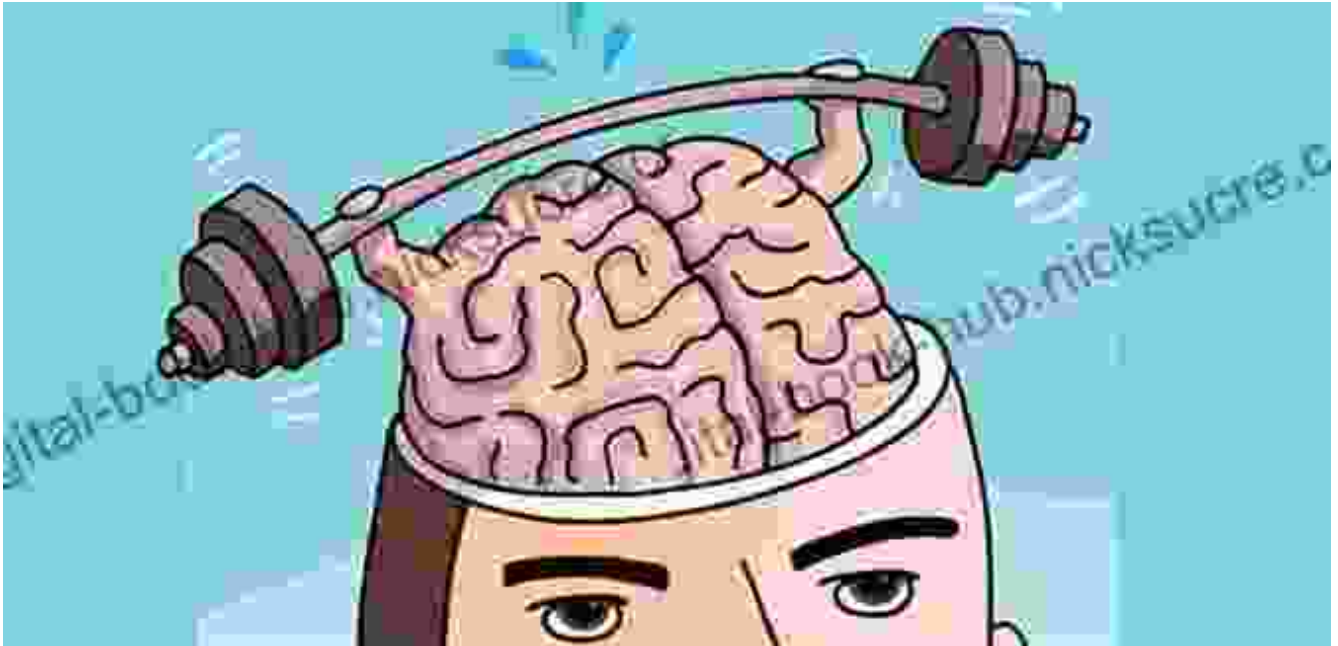
That's why we've compiled this list of 10 must-reads on mental toughness from Harvard Business Review. These articles are packed with insights and advice from leading experts in the field. They will help you develop the mental toughness you need to succeed in any situation.

## 1. The Myth of the Strong Leader



In this article, HBR editor-at-large Boris Groysberg argues that the traditional view of leadership - as a role that requires strength, toughness, and aggression - is outdated. Instead, he says, the most effective leaders are those who are self-aware, empathetic, and collaborative.

## 2. The Power of Mental Toughness



In this article, psychologist Angela Duckworth argues that mental toughness is a key ingredient for success in life. She defines mental toughness as "the ability to persist in the face of setbacks and adversity." Duckworth says that mental toughness can be developed through practice, and she offers a number of tips for how to do this.

### **3. How to Build Resilience**

# **BEST** 8 WAYS TO BUILD RESILIENCE



**1** I have resilient adults around me

What you model matters



**2** I am good at some things and need to work on others

Find and celebrate strengths

**3** I am hopeful and positive even when it's tough!

Teach optimistic thinking to power success



**4** I can cope with change

Build capacity to be adaptable and flexible



**5** I can practise to achieve my goal

Connection to meaning and purpose fuels the many steps to mastery



**6** I have people who help me to shine



Resilience is supported by people who mentor, guide and model

**7** I can learn from mistakes and solve problems

Problem solving and taking action leads to self-improvement



**8** I am me – and that's enough

Self-acceptance builds the capacity to embrace strengths and accept challenges

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In this article, psychologist Amy Wrzesniewski offers a number of strategies for building resilience. She says that resilience is "the ability to bounce back from setbacks and challenges." Wrzesniewski says that resilience can be developed by cultivating a positive attitude, focusing on your strengths, and building a strong support network.

#### **4. The Research Is Clear: Long Hours Backfire for People - and for Companies**



In this article, researchers Morten Hansen and Srdjan Divac argue that working long hours is actually counterproductive. They say that long hours lead to burnout, decreased productivity, and increased turnover. Hansen and Divac recommend that managers create a culture of work-life balance and encourage their employees to take breaks and vacations.

#### **5. Mindfulness Can Help You Be More Productive - and Less Stressed**

# How to Practice Mindfulness

mindful  
mindfulness

1

**Take a seat.** Find a place to sit that feels calm and quiet to you.

2

**Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

3

**Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.

4

**Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.

5

**Notice when your mind has wandered:** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.

6

**Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

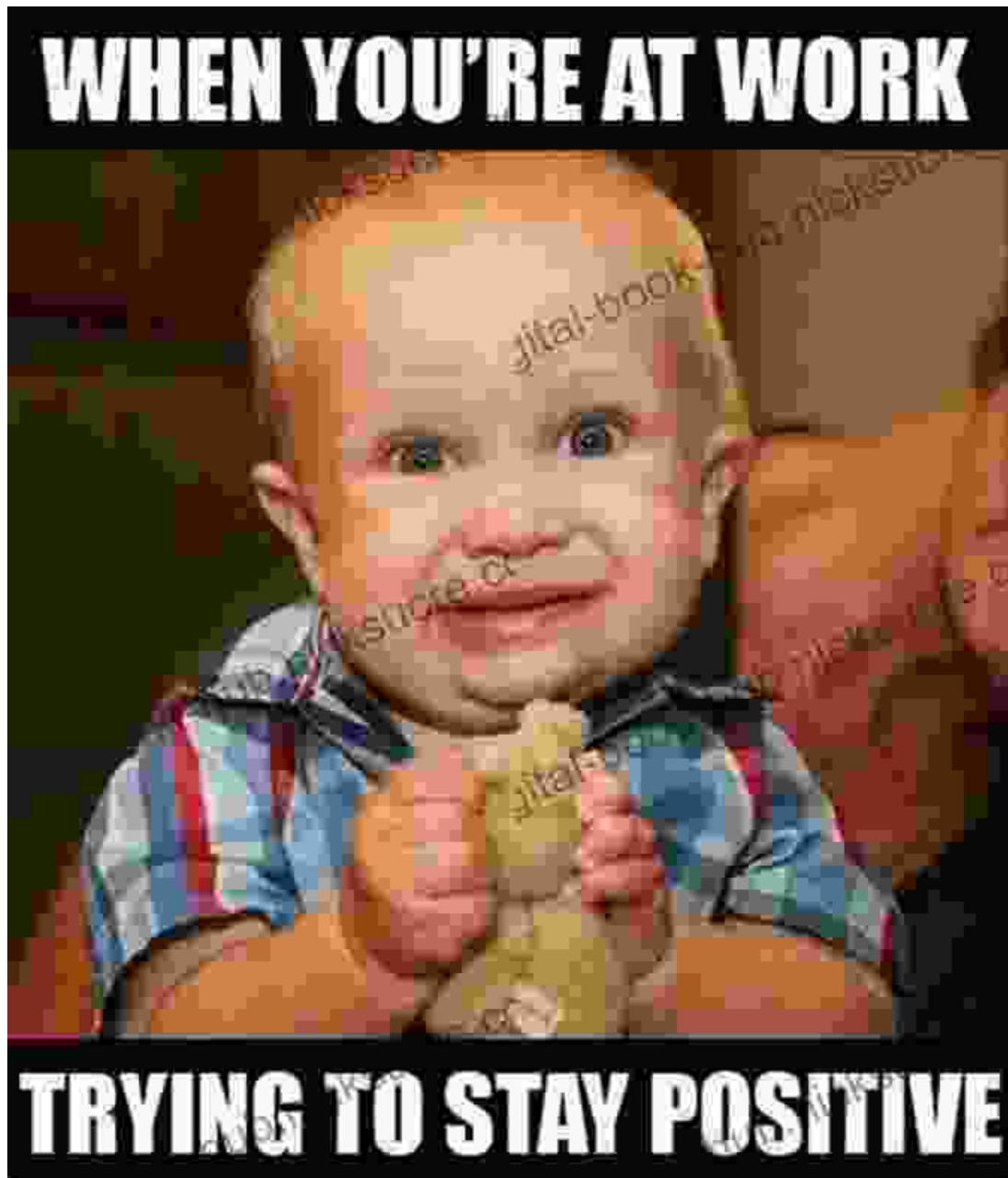


By Mindful

In this article, psychologist Amishi Jha argues that mindfulness can help us improve our focus, productivity, and stress levels. She says that mindfulness is "the ability to pay attention to the present moment without judgment." Jha offers a number of exercises that can help us practice mindfulness, such as meditation and yoga.

## 6. Why You Should Stop Trying to Be Positive All the Time





In this article, psychologist Barbara Fredrickson argues that we should stop trying to be positive all the time. She says that negative emotions can actually be helpful, because they can motivate us to take action and solve problems. Fredrickson encourages us to embrace our negative emotions and use them to our advantage.

## 7. The Grit Factor



In this article, psychologist Angela Duckworth argues that grit is a more important predictor of success than talent. She defines grit as "the ability to sustain effort over time despite setbacks and challenges." Duckworth says that grit can be developed through practice, and she offers a number of tips for how to do this.

## **8. How to Develop Mental Resilience**



# **BEST** 8 WAYS TO BUILD RESILIENCE

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What you model matters

**2** I am good at some things and need to work on others  
Find and celebrate strengths

**3** I am hopeful and positive even when it's tough!  
Teach optimistic thinking to power success

**4** I can cope with change  
Build capacity to be adaptable and flexible

**5** I can practise to achieve my goal  
Connection to meaning and purpose fuels the many steps to mastery

**6** I have people who help me to shine  
Resilience is supported by people who mentor, guide and model

**7** I can learn from mistakes and solve problems  
Problem solving and taking action leads to self-improvement

**8** I am me – and that's enough  
Self-acceptance builds the capacity to embrace strengths and accept challenges

**BEST**  
Pursuing a Vision

In this article, psychologist Amy Wrzesniewski offers a number of strategies for developing mental resilience. She says that mental resilience is "the ability to bounce back from setbacks and challenges." Wrzesniewski says that mental resilience can be developed by cultivating a positive attitude, focusing on your strengths, and building a strong support network.

## **9. The Science of Self-Compassion**



In this article, psychologist Kristin Neff argues that self-compassion is a key ingredient for mental toughness. She defines self-compassion as "the ability to treat yourself with the same kindness and understanding that you would offer a friend." Neff says that self-compassion can help us reduce stress, improve our mood, and boost our motivation.

## **10. Post-Traumatic Growth: How to Build Resilience After a Tragedy**

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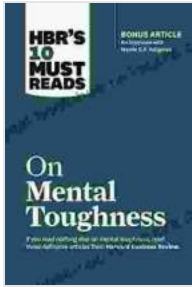
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**BEST**  
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In this article, psychologist Richard Tedeschi and psychologist Lawrence Calhoun discuss post-traumatic growth. They define post-traumatic growth as "the positive changes that can occur in a person's life after they have experienced a traumatic event." Tedeschi and Calhoun offer a

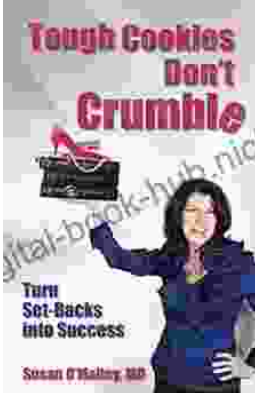
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