

## THE UNDEFEATED MIND



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The Undeclared Mind. Lickerman outlines nine principles of constructing an indestructible self: finding your mission, making a vow, expecting obstacles, standing alone, accepting pain, letting go, appreciating the good, encouraging others, and mustering your courage. Here are a few of my favorite ideas from this book,

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An Undeclared Mind. This, then, is what it means to possess an undefeated mind: not just to rebound quickly from adversity or to face it calmly, even confidently, without being pulled down by depression or anxiety, but also to get up day after day, week after week, month after month, year after year, decade after decade even over the course

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### **Books AlexLickerman com**

praise for the undefeated mind: Alex Lickerman mines life's greatest challenges with an artist's eye, a scientist's rigor, and a Buddhist's wise hand. The result is a book that I could not stop reading.

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### **The Undeclared Mind Alex Lickerman**

On the Science of Constructing an Indestructible Self Alex Lickerman Health Communications, Inc. Library of Congress Cataloging-in-Publication Data Lickerman, Alex. The undefeated mind : on the science of constructing an indestructible self / Alex Lickerman. p. cm. Includes bibliographical references and index. resent The Undeclared

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### **The Undeclared Mind On the Science of Constructing an**

The Undeclared Mind distills the wisdom we need to create true resilience into nine core principles, including: A new definition of victory and its relevance to happiness The concept of the changing of poison into medicine A

way to view prayer as a vow we make to ourselves.

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