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According to Tony Robbins, becoming mentally stronger is like lifting weights. Over time, you will become stronger. No one starts off in the gym with an amazing physique, that happens over time. However, becoming mentally tougher is more than becoming stronger. It's linking your pain and pleasure together.

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Developing mental toughness is a process and it's not something you can conjure overnight. It takes a lot of patience and a conscious effort to become more resilient.

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