

Amy Morin, LCSW is the Editor-in-Chief of Verywell Mind. She's also a member of the Verywell Mind Review Board.

She began working as a psychotherapist in 2002. As a licensed clinical social worker, she helped children, teens, and adults build the mental strength they needed to reach their greatest potential.

Amy is an international bestselling author. Her books, "13 Things Mentally Strong People Don't Do," "13 Things Mentally Strong Parents Don't Do," and "13 Things Mentally Strong Women Don't Do" are translated into more than 40 languages. Her fourth book, "13 Things Strong Kids Do," went on sale in 2021.

She's also the host of The Verywell Mind Podcast where she introduces listeners to mental strength-building strategies that can help them think, feel, and do their best in life.

She frequently delivers keynote speeches on mental strength. Some of the organizations that have hired her to speak include Google, Microsoft, The National Nuclear Security Administration, The American Academy of Pediatrics, Under Armour, and Johnson & Johnson.

Amy has been quoted or mentioned in many major online and print publications, including Time, Fast Company, Forbes, U.S. News & World Report, Oprah.com, Men's Health, and Money. She's also appeared on-camera for interviews with Inside Edition, Good Day New York, Inc., CNBC, Fox Business, and Good Morning America.