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### Mind Gym Achieve More By

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### Mind Gym: Achieve More by Thinking Differently

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### Psychology Based Organizational Transformation | Mind Gym US

Sebastian Bailey and Octavius Black, founders of Mind Gym, help you change your mental default settings through a series of "workouts" that have been tested and experienced by more than one million people from around the world and from companies such as Google, NBCUniversal, Shell, Pfizer, and PepsiCo.

**Mind Gym on Apple Books**

Sebastian Bailey, Ph.D., is cofounder and president of Mind Gym, Inc. More than 50 percent of the companies in the S&P 100 have adopted Mind Gym, Inc.'s programs, which run in forty countries around the world. Bailey lives in New York City. Octavius Black is cofounder and CEO of Mind Gym worldwide.

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Reaching your true potential by conditioning your brain to achieve success. ... Mind Gym is a great book! I highly recommend picking one up. ... More advanced athletes probably already practice these techniques.

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