



# Mind Gym: Achieve More by Thinking Differently

*Sebastian Bailey, Octavius Black*

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**Mind Gym: Achieve More by Thinking Differently** Sebastian Bailey, Octavius Black

The international bestseller that will help you transform your personal and professional life by changing the way you think.

Today, the pressure to achieve is intense. To be at our best, we need our minds working at peak potential. But unless you train it, your mind stays on autopilot, stuck in unhealthy thought patterns that lead to self-sabotaging habits and behaviors. As with your body, you have to exercise your mind to get the most out of it.

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. This hands-on guide presents a fitness program for the mind that tackles the most common challenges at work and home:

- How to adopt a positive mindset
- How to repair broken relationships
- How to resolve conflict successfully
- How to influence others
- How to minimize stress and gain energy
- How to be more creative

Insightful, proven, and practical, *Mind Gym* is the essential mental workout that will wake up your mind and help you be your best in life.

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