



# Mind Gym: Achieve More by Thinking Differently

By Sebastian Bailey, Octavius Black

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**Mind Gym: Achieve More by Thinking Differently** By 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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### Editorial Review

#### Review

“If you want to get more out of your work and life, it starts with your mind. Read *Mind Gym* for proven techniques to be your best and unleash your highest potential.” (**Stephen M. R. Covey**, #1 bestselling author of *The Speed of Trust* and coauthor of *Smart Trust*)

“*Mind Gym* is a mind gem. Indeed, it is a treasure trove of sparkling and actionable insights into human thinking. A true winner.” (**Robert B. Cialdini**, author of *Influence*)

“This fascinating book will help you be your best and unlock your peak potential!” (**Marshall Goldsmith**, author of the *New York Times* and global bestseller *What Got You Here Won't Get You There*)

“*Mind Gym* gets it. Their short ‘workouts’ are just the right size to change the way you think. Their message sticks!” (**Regis Courtemanche**, Director, Learning & Development, BuzzFeed)

“It’s helped over one million people overcome challenges at work and home...and now it can help you. *Mind Gym* is must read for anyone looking to better themselves and their career.” (**Tom Ziglar**, President/CEO, Ziglar, Inc.)

#### From the Back Cover

#### Transform Your Personal and Work Life by Changing the Way You Think

Running out of time? Feeling misunderstood? Stuck in a rut? Do you feel like you are not getting enough of what you truly want? You are not alone. The pressure to succeed at work and in our personal lives is stronger today than ever.

Sebastian Bailey and Octavius Black believe that to thrive in our busy world, your mind needs to work at its full potential. But unless you train it, your mind stays on autopilot, stuck in unhealthy thought patterns that lead to self-sabotaging habits and behaviors—like unwittingly talking in ways that damage your relationships or working in unproductive ways. Just as you exercise your body to stay in shape, you have to exercise your mind to get the most out of it.

Motivated to help people change their mental default settings, Bailey and Black cofounded Mind Gym, the world's fastest-growing human performance business. Since then, Mind Gym has changed the way over one million people choose to think through mental workouts delivered at companies such as Google, Microsoft, BuzzFeed, MetLife, and PepsiCo. In this hands-on book, Bailey and Black present the best of these workouts, helping you tackle the most common challenges at work and home:

- How to win people around to your point of view
- How to repair broken relationships
- How to get more done and have spare time
- How to adopt a positive mindset
- How to solve problems that once seemed intractable
- How to be less stressed and have more energy

Brimming with insight, proven to work, and immensely practical, *Mind Gym* is the essential fitness program of the mind that will help you be your best every day and manifest your highest potential.

#### About the Author

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. He has contributed to and been featured in *The Times*, *The Sunday Telegraph*, *The Daily Telegraph*, and *The Financial Times*. Black lives in London.

#### Users Review

##### From reader reviews:

##### **Cory Kyle:**

Here thing why this Mind Gym: Achieve More by Thinking Differently are different and trusted to be yours. First of all reading through a book is good but it really depends in the content of computer which is the content is as scrumptious as food or not. Mind Gym: Achieve More by Thinking Differently giving you information deeper since different ways, you can find any e-book out there but there is no book that similar with Mind Gym: Achieve More by Thinking Differently. It gives you thrill examining journey, its open up your current eyes about the thing in which happened in the world which is possibly can be happened around you. It is easy to bring everywhere like in park, café, or even in your means home by train. When you are having difficulties in bringing the branded book maybe the form of Mind Gym: Achieve More by Thinking Differently in e-book can be your choice.

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Now a day those who Living in the era just where everything reachable by connect to the internet and the resources inside can be true or not need people to be aware of each information they get. How a lot more to be smart in acquiring any information nowadays? Of course the solution is reading a book. Reading through a book can help persons out of this uncertainty Information especially this Mind Gym: Achieve More by Thinking Differently book as this book offers you rich information and knowledge. Of course the details in this book hundred per-cent guarantees there is no doubt in it you know.

##### **Eric Sanders:**

This book untitled Mind Gym: Achieve More by Thinking Differently to be one of several books that best seller in this year, here is because when you read this reserve you can get a lot of benefit upon it. You will easily to buy this book in the book retailer or you can order it by way of online. The publisher on this book sells the e-book too. It makes you more readily to read this book, since you can read this book in your

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**Etsuko Siler:**

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