



## Mind Gym: Achieve More by Thinking Differently

*Sebastian Bailey, Octavius Black*

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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.

## **Mind Gym: Achieve More by Thinking Differently Details**

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## **From Reader Review Mind Gym: Achieve More by Thinking Differently for online ebook**

### **Russell Yarnell says**

I want to get a copy of this book and use it as a workbook of mental exercises.

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### **Kimberly Brown says**

I'm all about self help books that focus on getting your mind right! And this is definitely one of those. Easy to read with common sense knowledge that anyone can use to help improve the way they think. You can read each chapter or just focus on the ones that speak directly to the area you want to "work out" the most. Need help being more creative, finding out why you procrastinate and how to get off your butt and get started, need tips on how to deal with stress and when it's actually good for you? Then this book has it. I've read a lot of books that speak to a majority of the topics discussed in this book but the different here is that the authors really try to help you narrow down why you do the things you do. For example, most books treat procrastination as one specific problem, however Octavia Black breaks down procrastination into 4 or 5 different types, has you take a quiz to find out which one you are, and then lets you focus on your particular area/reason of procrastination by giving specific tips to combat it.

If you enjoy reading self help books that work out your mental stability and strength, then this is one you should check out!

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### **Donna Sako says**

#### **New take**

I began reading this book to learn more about how I may improve. Sadly I found nothing new. This was less helpful.

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### **Wallis Chan says**

This is not your run-of-the-mill self-help book. The analysis and techniques detailed in this book is highly relevant. The book tackles some of the most prevalent issues in our daily lives, i.e. procrastination, relationship building, etc. The techniques were very easy to implement but at the same time very effective. I highly recommend this book to anyone who continues to seek self improvement.

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### **Scott says**

Mind Gym is an outstanding book that puts the mind to work. How to give great feedback, or Five Star

Praise is very helpful. Telling the host of the dinner "great food" is not enough. "I particularly like the infusion of rosemary that seeped through the succulent lamb like the soft scent of early dusk in the savanna of my adolescence" is much better. A must read for anyone looking for mind tools to ease the day.

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### **Zach Renwick says**

Needs more depth.

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### **John Ochana says**

A good read. IT really did open my mind to approaching my daily tasks and future plans differntly

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### **Amit says**

It is overall a practical self improvement book. The workouts are the best part, but it on par with getting things done and the now habit in terms of impact on life.

Been at cross roads of big decision, and returned or continued too easily, there is a chapter for that, there is a chapter.

Need a simple at to handle stress, there is a chapter on breathing and relaxing.

Want to find out if your are optimist or pessimist or their variation, there is a chapter for that. Just that chapter will make your an energizer of humans and is worth the cost of book.

It goes into fantastic items such as proactive behavior, repairing relations and having tough conversations.

Overall a wow book

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### **Brenda Corrado says**

I was unfortunately disappointed with this book.

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### **Lisa Kay says**

★★★½☆ Pretty good. Enjoyed the mental exercises more than I thought I would.

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### **Kevin Clark says**

Interesting, but nothing new here. Overpromises and underdelivers.

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**Yvette Tuyisenge says**

Reading it and I love it .

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**Maurice Rubino says****Mind Gym, a Workout for the Mind**

A physical workout strengthens the physical body but when the exercise stops you remember all the deadlines you must meet today and suddenly the exhilaration from the workout is replaced by the stress of the day ahead. Mind Gym provides the exercise tools to cope with the mental strain of the day.

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**Louis says**

Good book.

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**Nabeel Hassan says**

It's a very good book to improve your practice in anywhere, by reading this book and reviewing each section and applying it in your area you can feel the change in achieving more and more, all that you need is to apply it in your life.

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