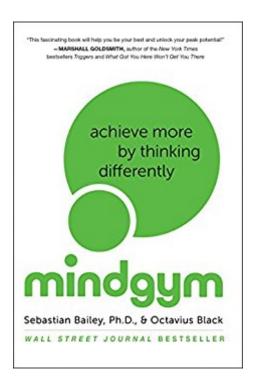# Mind Gym: Achieve More By Thinking Differently

Synopsis

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 â œworkoutsâ • 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 creativeInsightful, 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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Customer Reviews

3 Ways to Impress Everyone by Sebastian Bailey and Octavius Black, co-authors of Mind Gym What makes someone influential? Over the years, we've asked this question to thousands of people. And the most common response we hear is charisma—being able to connect, charm, and win over others with one's personality. The thing is, charisma is not something you're born with. It's something you learn. If you want to be the person everyone wants more of, welcome to Mind Gym's version of charm school. The following lessons will help you impress anyone: Lesson 1: Hope   Optimists outperform pessimists in political elections, sales, and social connections, because hope tends to attract other people and is, quite simply, attractive. It's not that they don't have dark days. Charismatic people just don't advertise them. Instead, they emulate hope by: Speaking optimistically about the future,   Sharing believable steps to attain that future, and   Expressing confidence in the ability of others to take those steps.   Lesson 2: Passion   When you're passionate, people are drawn to you. It's hard to fake passion. Whether they're passionate about saving the planet, rising to the top of an organization, the latest fashion, freshwater fishing, or fine art, charismatic people talk about subjects they care about. Even if you're not interested in the thing they are passionate about, you're drawn to that person because they exude passion. Charismatic people express their passion by: Articulating a strong, informed point of view;   Speaking with energy and vigor; and   Demonstrating single-mindedness and focus in what they want to achieve.   Lesson 3: Connection   It's apparent that you've made a strong connection with someone when you gesture or move, and they do, too. Charismatic people connect in this way deliberately. If you want to see charisma in action, pay attention to the most charismatic person in the room and you'll see that they are matching the behavior of those around them. It's a fantastic feeling when it happens naturally. Usually, however, it doesn't happen without a nudge. And you can give it a nudge by matching the other person in some of the following ways: Speak at the same volume, pace, tempo, and rhythm.   Reflect or mirror similar body language, like crossing your legs.   Share similar beliefs and values.   Make statements or offer views that the other person is sure to agree with.

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