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### Mind Gym Achieve More By

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### Mind Gym: Achieve More by Thinking Differently

Achieve more by thinking differently Exploring various states of mind can help you improve your quality of life. These four specific states will help you identify the way you approach situations and how you can change them.

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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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