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Mind Gym is organized around strengths, so everyone gets to do what they are great at every day. Crack teams work closely together to deliver for every client and participant. Crack teams work closely together to deliver for every client and participant.

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Core team Leadership Mind Gym UK

Mind Gym is organised around teams designed to play to the strengths of our wonderful people. Meet our leadership, academic board and core teams.

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Mind Gym: The Ultimate Guide for Beginners takes a nod from leading sports psychologist Gary Mack's revolutionary idea of a "mind gym", and teaches the concepts he developed and wrote about in a simple and easy to digest way.

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Gary Mack tells us we need to go to the mind gym to get our minds strong. I like it! Gary is a leading sports psychologist and this book unpacks an athlete's guide to inner excellence.

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