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Mind Gym's facilities are top notch and really worked hard to understand and connect the construction industry nuances. They partnered with us to tailor the Seven Talents around our D&I efforts and were amazing at branding to fit Shawmut's specifications.

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Mind Gym: An Athlete's Guide to Inner Excellence by Gary Mack

Mind Gym: An Athletes's Guide to Inner Excellence is a book that I would strongly recommend to anyone that has ever had experience with competitive athletics or general knowledge of sports.

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