

And do it now. Master Your Mind offers an antidote to the endless (and pointless) cycle of "doing more" in order to succeed. The counterintuitive approach of slowing down can help optimize your performance and get you the







Featured Guest



Robb Zbierski

Robb Zbierski is a professional speaker, trainer, best-selling author and personal coach with Freedom Personal Development. Working with companies across a broad spectrum of industries, Robb helps clients develop professional skills and positive mindsets that let them discover their potential and maximize their results.

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