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October 14th 2016: An Athlete's Mindset: How Excellence Can Be Cultivated and Reinvented

Professional boxer, entrepreneur, actor, and print model Daniel Hayes is nicknamed "The Honey Badger" in recognition of his fearlessness. A naturally gifted athlete, he played a range of sports at a high level from a young age and enjoys mentoring others on the mental approach that has enabled him to merge his passions and excel in so many arenas. He'll share how he has cultivated fearlessness, how he's able to surpass physical pain and discomfort in the boxing ring to perform at his best, the daily mind-body health practices that keep him in top shape. Dan will respond to one of the questions

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Featured Guest



Daniel "The Honey Badger" Hayes

A gifted athlete, he began playing basketball at the age of 8, and developed an agility in multiple sports, including soccer, football, track and field, baseball, and swimming.

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