

# MIND GYM

AN ATHLETE'S GUIDE TO  
INNER EXCELLENCE

GARY MACK WITH DAVID CASSTEVENS  
FOREWORD BY ALEX RODRIGUEZ

# Mind Gym An Athletes Guide To Inner Excellence Paperback

**Wenbin Ji**



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expand their experience becoming more skilled in a particular area Still others work for a cause believing in the wider purpose of their work attempting to make a difference in the world to leave a mark in some way All of these are legitimate motivations However missing from all three is any sense of the value of work itself The focus is on the output of the workplace rather than valuing the input What we need is calling Those who see their work as a calling experience a rich integration in their lives They sense a purpose a direction to their activities Work has intrinsic meaning rather than being simply a means to an end In many ways this is precisely what the Spirit of God does in our lives When we are in the flow of the Spirit we are cooperating fully in our God given callings When people embrace their callings they love their work can manage inevitable tensions that arise and are welcomed by their colleagues who sense that there is something beyond the cash or career objectives But how do we get there Know Your Why is written with one objective to help you find your life s calling so that you can be more satisfied fulfilled and happier at work You did not choose me but I chose you and appointed you so that you might go and bear fruit fruit that will last John 15 16 NIV

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