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## Erasing the Stigma—Jay Williams [PODCAST]

Article By:

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Jay Williams considers himself a mindful sales leader. Working at Thrive Global, he sees what it takes to be successful in the business world. The key? Having a grasp on mindfulness. In this episode of Erasing the Stigma, Jay chats with Mark Yacano about what it means to thrive and how an open dialogue in the workplace gives others the permission to take care of themselves.

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