

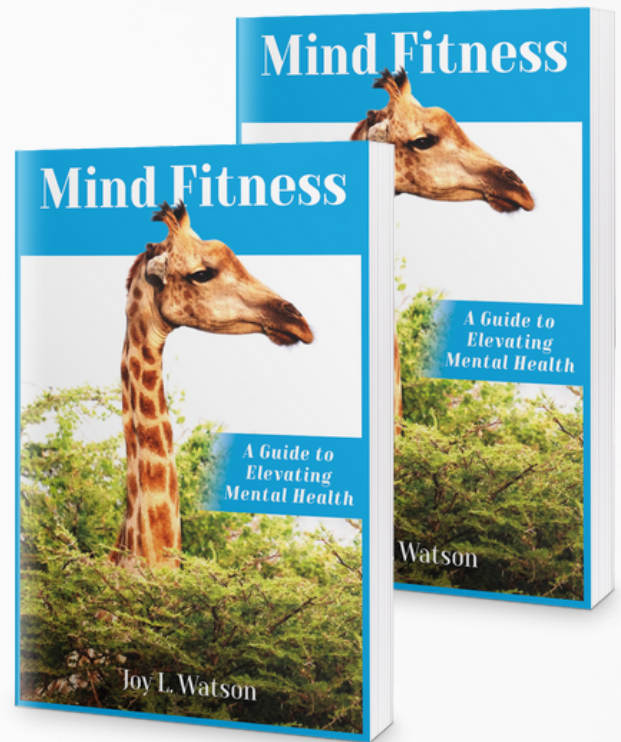
Mind Fitness

A Guide to Elevating Mental Health

Mind Fitness is a guide to elevating your mental health to the same level of attention and concern as your Physical Fitness.

Your wellbeing is a combination of both your body and your mind. You know how important it is to exercise your body regularly. How about your mind and attitude? Don't they deserve the same level of care? Medical research tells us they do.

Welcome to Mind Fitness. Through focused daily mental exercise, we prime and change our brains to create new neural pathways leading to optimal mental health and fitness. By applying ancient learning technologies and recent medical research in the form of daily mental exercise and care, you can actively support your mental wellbeing and change your life. Engaging in your Mind Fitness routine is a decision to support yourself with intention and love. Why not try this mental fitness approach? It just might be what you are looking for!



Purchase through Amazon along with other fine retailers and bookstores globally. Retailers may purchase through Ingram.

PAPERBACK ISBN # - 979-8-9889746-1-1
ELECTRONIC ISBN # - 979-8-9889746-0-4
LCCN # - 2023915546

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Joy Watson, M.Ed., has worked as an international communications and learning consultant in business, education, and health. As a human development educator, Joy created the Mind Fitness methodology and has authored three books on the subject. In the early 2000s, she became a sculptor and painter and has spent her time living part-time in a small village in Mexico and Jackson, Wyoming.



For More Information Visit: www.MindFitnessBooks.com