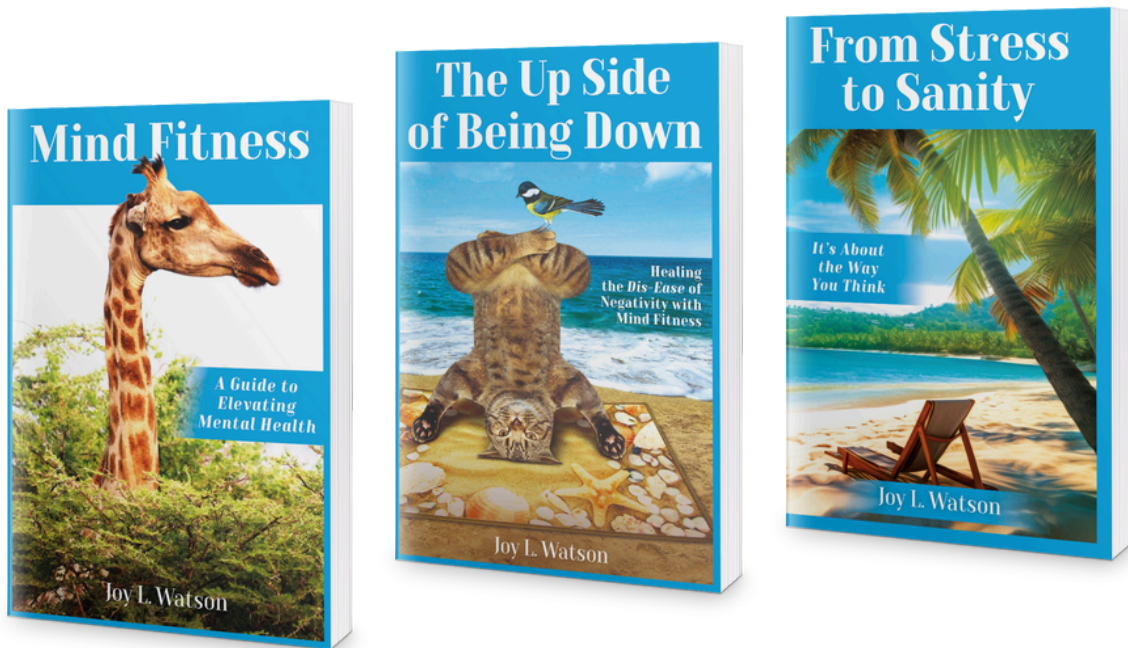


# Mind Fitness Series



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. We know about body fitness when we go to the gym, exercise and eat nutritious foods. Mind Fitness is for your mental health. 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, your daily time of care for your mind! Through focused daily mental exercise, we prime and change our brains to create new neural pathways leading to optimal mental health and fitness.

Mind Fitness is a cognitive behavioral approach designed to increase mental health and inner peace. 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 & Read Now: Amazon](#)



## JOY WATSON

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. For More Information Visit: [www.MindFitnessBooks.com](http://www.MindFitnessBooks.com)