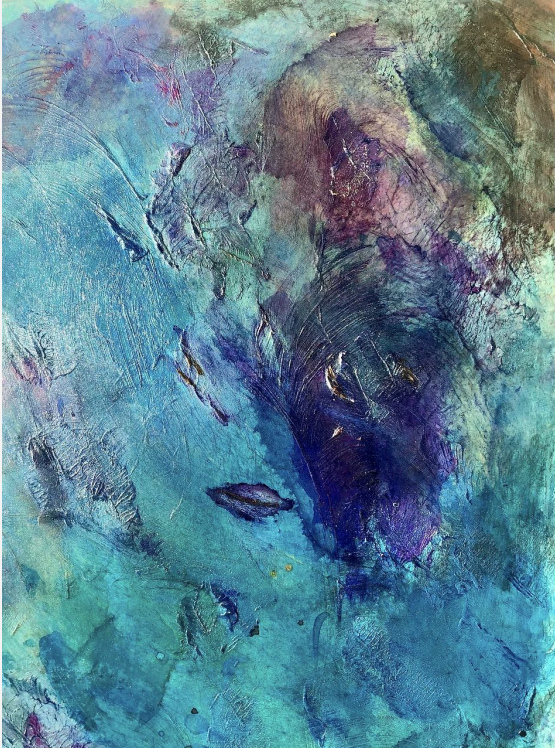


# Joy Watson



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Author | Artist | Educator





# Meet Joy

*The beginning is always today.*

~Mary Wollstonecraft

Joy Watson, M.Ed., has worked as an international communications and learning consultant in business, education, and health. As the principal consultant of Mind Fitness International, she developed the integrated educational-health methodology known as Mind Fitness. She has designed communication programs to maximize human potential, personal and team success, and wellness, and has conducted seminars on Mind Fitness for a range of clients.

As a human development educator, Joy holds degrees in sociology and speech and language pathology from Boston University. She is the author of books on the subject of Mind Fitness, *The Up Side of Being Down*, *From Stress to Sanity*, and she co-authored *The Mind Fitness Program for Esteem and Excellence* designed for children.

She refocused in the early 2000s and became a stone and bronze sculptor and the past 7 years has actively engaged in painting. She lives part-time in a small fishing village in Mexico two hours north of Puerto Vallarta and has been a resident of Jackson, Wyoming for 25 years.



# Why Interview Joy?

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With the struggle(s) facing many of us in our day-to-day lives, we search for a particular solution to help improve our well-being. In *Mind Fitness*, Joy offers those facing struggles steps they can take for a better tomorrow.

## SUGGESTED INTERVIEW DISCUSSION TOPICS

- How to elevate mental health to the same level of attention and concern as physical health.
- 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 with the cutting-edge program *Mental Fitness* by Joy Watson.
- The books *Mental Fitness: A Guide to Elevating Mental Health* and *The Up Side of Being Down*, where Joy L. Watson introduces *Mind Fitness*—a guide designed to empower you to take charge of your attitude and thinking patterns.

## SUGGESTED INTERVIEW DISCUSSION QUESTIONS

- Joy, your background spans diverse fields like education, health, and art. How did your journey from being a human development educator to a sculptor influence your perspective on mental fitness and inspire you to write your books *Mind Fitness* and *The Up Side of Being Down*?
- In your books *Mind Fitness* and *The Up Side of Being Down*, you draw a parallel between physical and mental fitness. How did you come up with this analogy, and how does it help individuals grasp the importance of prioritizing their mental health and breaking free from the downward spiral of negative thinking?
- You have a lot of content on Neuroplasticity and Inflammation in both books. Can you explain how these concepts contribute to mental fitness and how understanding them empowers individuals to take charge of their mental wellbeing?

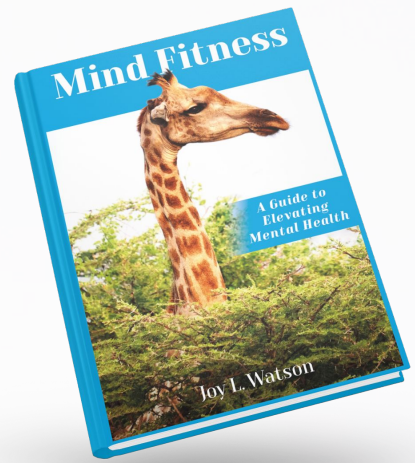
- The Chrysanthemum Way is highlighted as a method for nurturing mental fitness. Can you share a personal experience where tailoring your approach to mental health practices led to positive change? How can others adopt this personalized approach?
- Your book *Mind Fitness* outlines four guideline steps for starting a Mind Fitness journey. Among these steps—Relax, Visualize, Affirm, and Identify Rhythms—which resonates with you the most, and how have you integrated it into your own daily routine? You also delve into topics such as 'Diving into our Minds,' which involves overcoming dead-end thinking and retraining the mind. Can you provide an example from your life where you successfully applied this concept to navigate a challenging situation?
- Most people experience discontent, frustration, and irritation or feel stressed and angry. Can anyone break free from the downward spiral of negative thinking?
- What is the concept of 'Add-On Thinking'? How can adopting this mindset shift to contribute to improved mental fitness, and do you have a personal instance where practicing add-on thinking proved especially beneficial? How can someone shift focus from external factors to internal empowerment, replacing automatic thinking patterns with self-directed choices?
- Your books also include self-inquiry exercises. Could you share which exercise you found most challenging or helpful for your own wellbeing? How can incorporating self-inquiry practices impact an individual's daily life? Can you also discuss the efficacy of these exercises?
- Throughout the books, you share inspirational short stories. Which of these stories resonates with you the most, and how do they contribute to the book's message of cultivating awareness in our lives?
- What would that be if you had to highlight one takeaway from the books *Mind Fitness* and *The Up Side of Being Down*?





# 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.

It is time to elevate mental health to the same level of importance as physical health.

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!



# Mind Fitness

**TITLE** - Mind Fitness

**SUBTITLE** - A Guide to Elevating Mental Health

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

**AUTHOR NAME / PEN NAME** - Joy L. Watson

**PUBLISHER / IMPRINT NAME** - Mind Fitness International

**LAUNCH DATE** - October 24, 2023

**BOOK SIZE** - 5.5" x 8.5" (13.97 x 21.59 cm)

**# OF PAGES** - 268

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**ELECTRONIC ISBN #** - 979-8-9889746-0-4

**LIBRARY OF CONGRESS CONTROL #** - 2023915546

**SUGGESTED RETAIL PRICE FOR PAPERBACK** - \$11.99 - \$17.99

**SUGGESTED RETAIL PRICE FOR ELECTRONIC** - \$5.99 - \$10.99

*Available for purchase on [Amazon](#) globally. Retailers may purchase through Ingram globally.*

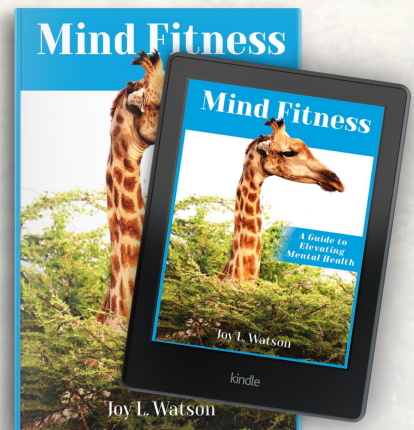
**AMAZON** - [Mind Fitness](#)

**WEBSITE** - [MindFitnessBooks.com](#)

**INSTAGRAM** - [Joy\\_Watson](#)

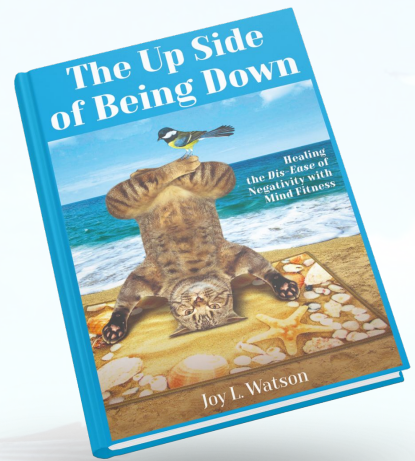
**FACEBOOK** - [Mind Fitness](#)

**CONTACT** - [JoyWatson8@gmail.com](mailto:JoyWatson8@gmail.com)





# The Up Side of Being Down



## Healing the *Dis-Ease* of Negativity with Mind Fitness

Welcome to *The Up Side of Being Down*, where Joy L. Watson introduces Mind Fitness—a guide designed to empower you to take charge of your attitude and thinking patterns.

### Do you sometimes feel...

- Grouchy, discontented, or down-hearted?
- Defensive, making cynical, or biting remarks?
- Stressed, frustrated, or angry?
- Critical, low energy, or fearful?

### If you want to...

- Have a new look at your thinking/attitude habits;
- Reframe and redesign your mindset;
- Nurture a warmer, more confident, and generous relationship with yourself and others; and
- Turn your mind towards greater life satisfaction, and, yes, actively cultivate your sense of self-fulfillment.

**This book is for you!**





# The Up Side of Being Down

**TITLE** – The Up Side of Being Down

**SUBTITLE** – Healing the *Dis-Ease* of Negativity with Mind Fitness

**TAGLINE** – No matter how 'Down' you feel, discover your 'Up Side' with practical tools to cultivate your mental well-being.

**AUTHOR NAME / PEN NAME** – Joy L. Watson

**PUBLISHER / IMPRINT NAME** – Mind Fitness International

**LAUNCH DATE** –

**BOOK SIZE** – 5.5" x 8.5" (13.97 x 21.59 cm)

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**WEBSITE** – [MindFitnessBooks.com](#)

**INSTAGRAM** – [Joy\\_Watson](#)

**FACEBOOK** – [Mind Fitness](#)

**CONTACT** – [JoyWatson8@gmail.com](mailto:JoyWatson8@gmail.com)

