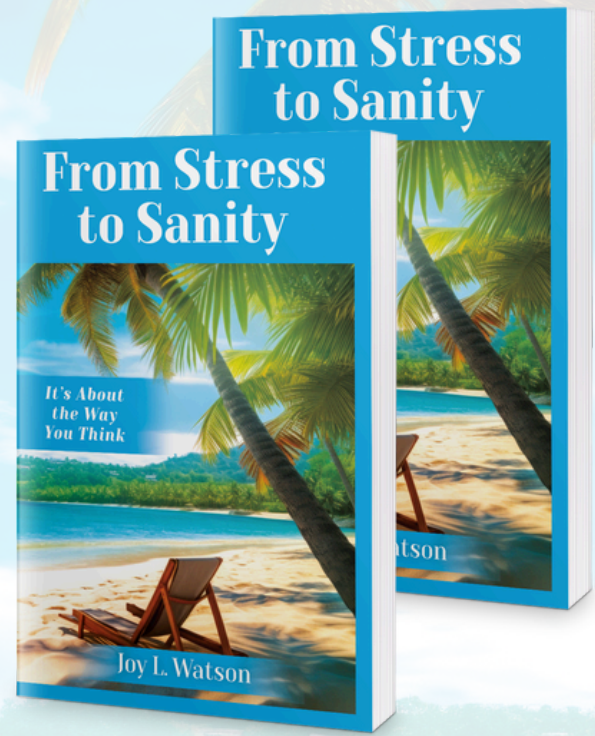


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Joy Watson, M.Ed., has worked as an international communications and learning consultant in business, education, and health. As a human development educator, Joy created the Mind Fitness methodology, which is expanded upon in the other two books of the Mind Fitness series, *The Up Side of Being Down* and *Mind Fitness*.



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