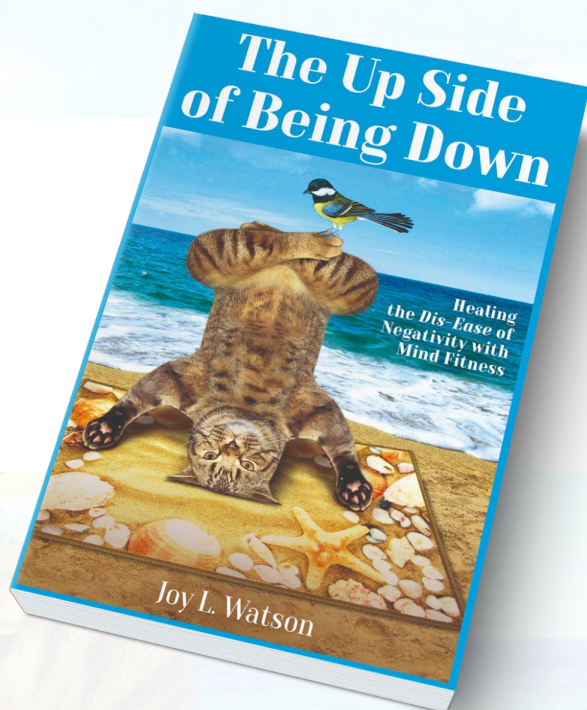


The Up Side of Being Down

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



Hello,

I sincerely hope you found ***The Upside of Being Down: Healing the Dis-Ease of Negativity with Mind Fitness*** a motivational read and that you learned that no matter how 'Down' you feel, you can still discover your 'Up Side' with practical tools to cultivate your mental well-being.

It is my hope that this book is read by individuals and is used by book groups, schools, and clinics as a learning model supporting mental health along with the other published books. The questions below were written to facilitate healthy conversations on various perspectives to enhance further understanding of the lessons learned.

Wishing you fruitful discussions,

Joy Watson



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DISCUSSION QUESTIONS:

1. **Reflect on Your Mindset:** After reading the book, take a moment to reflect on your own mindset. Are there specific negative thinking patterns you've identified in yourself? How do you currently approach challenges and setbacks?
 2. **Personal Application:** The author encourages readers to embark on their own personal mental training. What specific Mind Fitness exercises or techniques resonate with you, and how might you incorporate them into your daily life?
 3. **Shift in Focus:** The book emphasizes shifting focus from external factors to internal empowerment. Can you share an experience from your life where changing your perspective led to a more positive outcome?
 4. **Creating Positive Habits:** Chapter 13 discusses the three stages of healing. Which stage do you find yourself in, and what steps can you take to progress through these stages toward a more positive mindset?
 5. **Affirmations and Visualization:** Chapter 20 and Chapter 23 introduce the power of affirmations and visualization. Have you ever used affirmations or visualization techniques in your life? How do you think incorporating these practices can impact your mindset?
 6. **The Payoffs of Positivity:** In Chapter 12, the author discusses the payoffs of choosing a positive focus. Can you share an example from your life where choosing a positive focus made a significant difference?
 7. **Overcoming Challenges:** Chapter 11 identifies different symptoms of dis-ease, such as defeatism, anger, and control issues. Can you relate any of these symptoms to personal experiences or challenges? How might the book's strategies be applied in those situations?
 8. **Mind Fitness for Healing:** Part 2 focuses on Mind Fitness for healing. Which chapter or exercise stood out to you the most in this section, and how do you think it can contribute to mental well-being?
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9. **Building Steady Attitudes:** Chapter 26 introduces positive momentum images and techniques. How can incorporating positive momentum images into your daily life contribute to building a more positive attitude?
10. **Self-Kindness:** Chapter 29 discusses the importance of kindness to ourselves. In what ways do you currently practice self-kindness, and how can you enhance or expand these practices based on the book's insights?

**Feel free to tailor these questions to your group's preferences and discussion style. Happy reading and discussing!*

If your group is interested in a personal conversation with me, please contact me at www.MindFitnessBooks.com to discuss a virtual call.

I encourage you to share pictures of your group or your favorite reading spot with me. I also appreciate your book review on your retailer of preference.

Joy Watson

