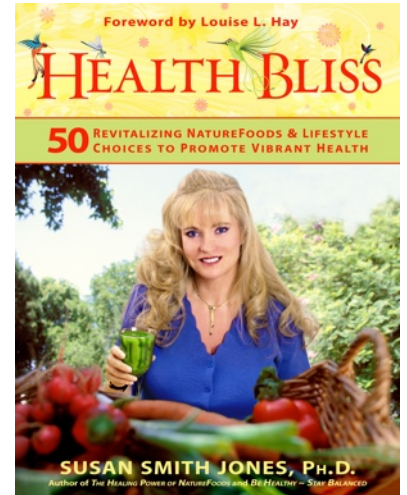


10 Holiday Survival Tips Talking Points

10 Survival Tips for the Holidays or Any Special Occasion Year-Round

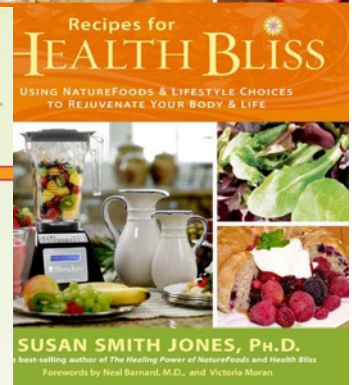
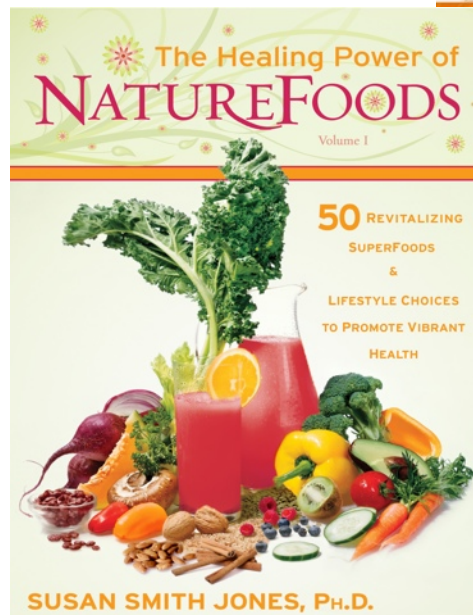
Author of over 25 books, including *The Joy Factor*, *Walking on Air*, *Be Healthy~Stay Balanced*, *Nature's Medicine Chest*, *Choose to Live Peacefully* and the bestselling 3-book healthy eating and blissful living set published by Hay House *Recipes for Health Bliss*, *Health Bliss* and *The Healing Power of NatureFoods*



Whether it's the holiday season like Christmas through New Years or Easter, or a big event is coming up in your life such as an anniversary, family or school reunion or a birthday, or you're getting ready for or enjoying a much-needed vacation, these tips are guaranteed to help you stay in the pink. Even if your preparation requires running around, preparing festive meals, buying presents, and orchestrating endless errands, it doesn't mean you have to LOOK like you haven't had any time for yourself. Here are 10 tips from contemporary holistic health and lifestyle author and speaker Susan Smith Jones, PhD, to help you get through the holiday season or other special occasions looking and feeling your very best.



1. Look soft and dewy with honey.
2. Have a berry white smile.
3. Bring healthy snacks while out shopping.
4. Give yourself a mini massage.
5. Sleep like a baby.
6. Keep hydrated.
7. Bathe in lavender.
8. Treat yourself to chocolate.
9. Soothe with a little aloe vera.
10. Choose to slow down.



Susan Smith Jones, PhD, is author of more than 1,500 magazine articles — with her photo on many covers — and has been a guest on more than 2,000 radio & TV talk shows around the world; she's always invited back. Susan travels internationally as an in-demand motivational speaker (lectures, seminars and keynote addresses to corporate, community and spiritual groups), culinary instructor, holistic lifestyle counselor for discerning clients, and a corporate leadership consultant. Susan taught students, staff, and faculty at UCLA how to be healthy and fit for 30 years.

To purchase copies of *RECIPES FOR HEALTH BLISS* or Susan's celebrated 3-book Hay House series on healthy eating and living, please contact:

1.800.523.9971 EST  **SusanSmithJones.com**