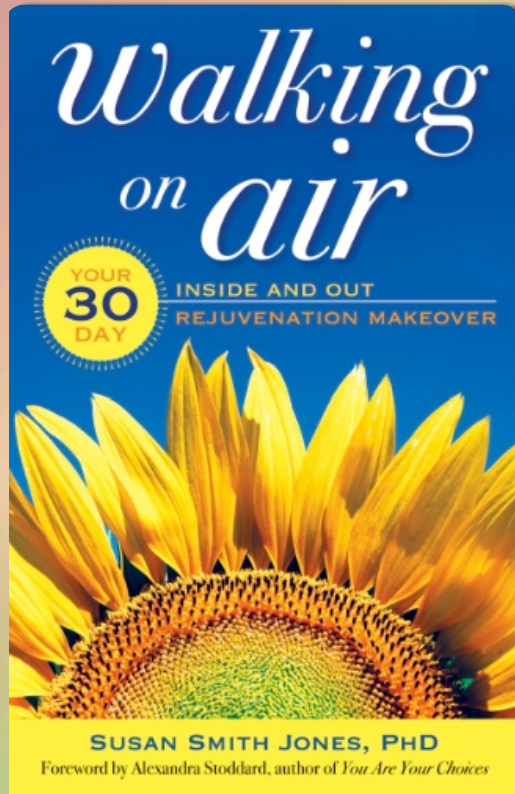


FOREWORD FOR SUSAN'S BOOK
WALKING ON AIR

by Alexandra Stoddard



In our being we hold the ability to have vibrant physical health and to create a gracious life intentionally filled with blessings. This book offers us the keys to achieving these goals through daily affirmations and positive action steps that will bring us closer to the ideal life we've always dreamed of having.

Walking on Air can mean so many things – floating along on a transparently golden summer day, an inner lightness that buoys us up through any mood, or a sense of being lifted along by a higher power. In this instructive manual, written from the heart, based on scientific research, Susan Smith Jones shows readers how to achieve this enlightened state by attending to the trinity of mind, body, and spirit. The result gives us an indescribable feeling of buoyant inner power.

To order copies for yourself and for year-round gifts for family and friends, call: 800-423-7087 ET ✨ 978-465-0504 ET

Most of us want to continuously improve our lives — simply living — trying to find our own path, as we quest to live a more effective and enjoyable life, and seek deeper answers to problems we encounter and question large philosophical issues we wish to better understand. By drawing from the great minds of history, as well as a range of lit-

erary, spiritual, and contemporary sources, Susan presents the reader with nuggets of wisdom to savor, first by opening every chapter with an intriguing quotation, and then by closing each with another thoughtful insight.

This book isn't meant to just feed the mind — it's a plan for daily action — all created to leave you, thirty days later, in a health-

ier, more vibrant state of mind, body and soul. By considering the food you eat, taking time to be alone, assessing your higher consciousness, while simplifying your life, and returning to a connection with nature, you will feel stronger, more relaxed, and eager to take on the challenges in your life.

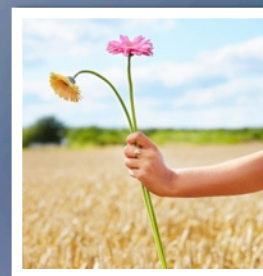
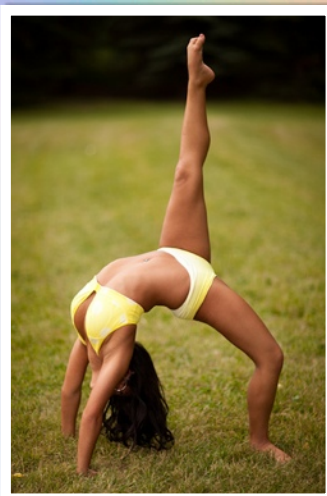
Busy lives inevitably create a

hectic pace of life. Experiencing beauty, feeling wonder, and breathing deeply of nature's blessings unfortunately often falls to the bottom of our to-do lists. Susan's inspiring book will help us to reconsider our priorities and reassess how we use our time and what we value in order to live a more fully realized life. The secret to creating these transforming changes is that they're made daily, incrementally, and they build on one another, so that nothing becomes a burden, but rather manageable steps onwards, until their cumulative effect carries us forward.

It's not easy to start a new life-changing program or to give up old habits. Fortunately, *Walking on Air* is a nurturing guide. Listening to her advice, and, consequently, to that of her grandmother (Fritzie), and her mother (June), reminds us of listening to an old friend reaching across the kitchen table to share both common sense and uncommon wisdom. This book is practical to read and delightfully pleasant to follow. If we commit ourselves to this thirty-day plan and daily principles, we'll find that in just one month's time, we'll feel stronger, happier, healthier, and more serene, restored, and ready to soar.

— **Alexandra Stoddard, author of *You Are Your Choices, Things I Want My Daughters to Know, Things Good Mothers Know, Living a Beautiful Life, Happiness for Two*, and many others:**

www.AlexandraStoddard.com



**To order *WALKING ON AIR: Your 30-Day Inside and Out Rejuvenation Makeover*, call:
800-423-7087 ET ❁ 987-465-0504 ET**