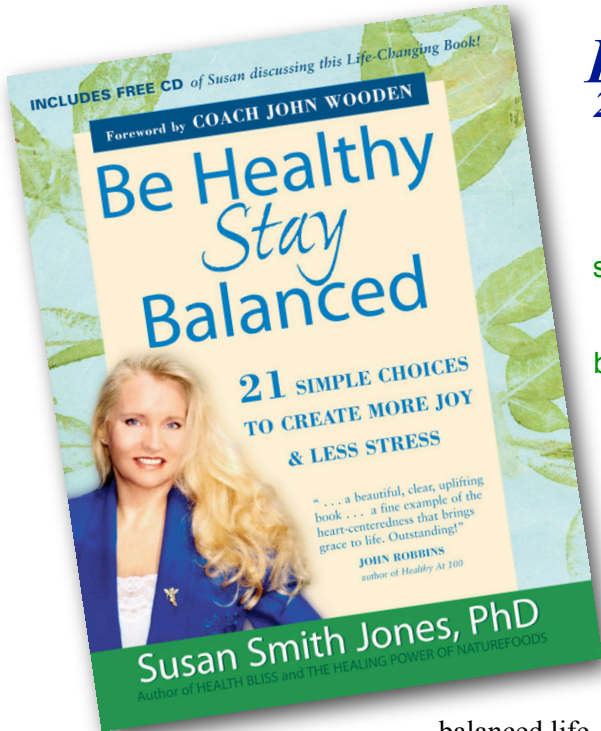




# BOOK REVIEW by Anita Finley



## ***BE HEALTHY~STAY BALANCED*** *21 Simple Choices to Create More Joy & Less Stress*

ISBN 9780875168364, 296 pgs.  
Trade Paperback, with CD, \$18.95

Feeling physically, emotionally, and spiritually off-kilter? Lost some joy of living? Overwhelmed by life? Wish you could look and feel years younger than your age and create your very best life? Or are you simply in need of the perfect person and book to help empower and motivate you to take charge of your body, health, and life? Maybe all you need to do is to get back to the basics. As Susan has taught me, to be truly healthy, we need to do more than eat a colorful, natural-foods diet, get enough shut-eye, and jog around the block. We also need to be mentally and spiritually calm, focused, energized and joyful.

That's the premise of this new 2-color book written by world-renowned author, columnist and motivational speaker Dr. Susan S. Jones, who gets paid thousands of dollars from discerning clients worldwide to impart her secrets to creating a sacred,

balanced life. Whether you're looking for the best foods to restore youthful vitality, easy ways to minimize stress and feel joyfully alive, or you just want to simplify your life, feel confidence aplenty, and achieve your heartfelt goals, ***BE HEALTHY~STAY BALANCED*** is the book (and free CD) for you. A gifted teacher, Susan brings together modern research and ageless wisdom throughout the pages of this, her 20th book, and in all of her work. Her easy-to-follow 21-day program is an indispensable and refreshing change from most health and self-improvement books and will bring you immediate results!

As Susan describes in the pages of this book, there's good health and poor health. Most people have some degree of one or the other. But there is another category, rare and wonderful: *a sacred balance*. And one more person stands to experience it: YOU, as you put into practice what you'll learn in this new book.

Leave it to Susan to write about living a sacred, balanced life, a state she knows so well. I have worked with this amazing woman for years; she has a monthly column in my magazine and participates often on my radio shows. In all this time, I have known her to walk her talk and exude a vibrancy rarely found in others. But her path wasn't always a vibrant one. After a serious automobile accident that caused doctors to tell her she would barely walk again, Susan put into practice the way of eating and living detailed in this book, which includes the spiritual tools of affirmation, meditation, and faith-filled prayer. As a result, she walked. And ran. And bungee-jumped, parachuted, kayaked, competed in triathlons, and hiked mountains. She still does. It's no wonder that the President's Council on Physical Fitness & Sports selected Susan as one of 10 *Healthy American Fitness Leaders*. You would never guess the age of this baby boomer (visit her website to see photos of her) because she looks at least 10 years younger — and so will you, *in less than one month*, if you follow the 21-day program offered in her fabulous book.

Healthy, balanced living is more than freedom from disease, or simply having enough energy to get through the day. It is a true state of bliss---defined by her as "ageless living," youthful vitality," "boundless self-esteem," and "joie de vivre." This is what everyone wants and what this practical, uplifting, and content-packed book offers us all. In addition to her life-changing program which incorporates the 21 "hot" foods everyone must eat, the best and easiest food recipes, and the 21 essential lifestyle changes guaranteed to shed years off your looks and attitude, her new book also includes a *free* CD—a 77-minute interview with Susan that you'll want to listen to often and share with your family and friends; it covers all of the extra tips and tools you'll want to embrace as part of your new healthy lifestyle. It will be like Susan is with you in your home, holding your hand, and helping you every step of the way.



To order ***BE HEALTHY~STAY BALANCED*** or Susan's complete 7-book set on healthy living, visit: [SusanSmithJones.com](http://SusanSmithJones.com) or call: **1.800.843.5743 PST**





# BOOK REVIEW by Anita Finley



Susan started us on this road with her bestselling Hay House books *Health Bliss*, *Recipes for Health Bliss* and *The Healing Power of NatureFoods*. I highly recommend these books as companion guides or a gift set for your family and friends, and yet you can jump into *BE HEALTHY~STAY BALANCED* with no prerequisites. In the recipe section of the book, Susan shares a veritable food-pharmacy of fresh, natural, delicious dishes that will start you on your way to a blissfully vibrant life. If you like working with food, you'll love these recipes that allow you to interact with beautiful, colorful foods straight from nature. If you're not a cook and find the culinary arts a bit intimidating, rest assured that these recipes are simple, quick, and use ingredients easily found at your farmers' market, natural foods store, or any large supermarket.

Be sure as you indulge in *BE HEALTHY~STAY BALANCED* that you read between the lines or, in this case, between the recipes. This is not just part cookbook (or largely "cookless book" since many of the recipes classify as "living foods"). It's also a guide to dietary, attitudinal, and lifestyle changes that guarantee you high-level health and a more fulfilling life. You can make these changes gradually---a wonderful smoothie today, a scrumptious glass of fresh juice tomorrow, a crisp hearts-of-palm garden salad the next day---and feel the changes taking place in your body and mind a day at a time.

As you apply Susan's suggestions in your kitchen and life, you'll be embarking on a great adventure in both self-care and compassion. Her recipes are mostly plant-based and body-friendly, meaning that your body will stress less and can easily process the food and extract the nutrients. You will also learn about *LivingVibrant*—Susan's renowned detox program that you'll want to undertake monthly. Result: a younger, more attractive, more vital you.

The book's Foreword was written by the former **UCLA Basketball Coach John Wooden**. Here's just part of what he has to say about Susan, her new book and her work.

*Susan has a special ability to take complex ideas and experiences and to present them in a clear, practical and engaging manner. What I really appreciate about Susan is her ability to articulate feelings and describe experiences all of us have had in a way that allows us to understand our own challenges and to see more clearly who and what we are as Divine beings and how we can all live our highest potential . . .*

*This is one of the most complete books I have read on how to live a balanced life. I recommend it to anyone who wants to be healthier, happier and more at peace with themselves and who wants to make a difference in this world. I know the hundreds of thousands of people all over the world who love Susan and whose lives have been enhanced by her message are eagerly looking forward to this new book. They have a great treat in store. In clear and beautiful prose, Susan tells us that health and peace are a conscious choice. And reading her esteemed, uplifting book is a vital step in making that choice.*

The pages of *BE HEALTHY~STAY BALANCED* hold a powerful message, as well as a plethora of fabulous food and lifestyle tips and easy-to-prepare rejuvenating recipes. And the messenger is the real deal. Read with an open mind and a ready blender. Great things are about to happen for your body and in your life.

Here's my suggestion: purchase *BE HEALTHY~STAY BALANCED* immediately as a gift for yourself so that you can start on Susan's life-changing program and will look and feel your best in just one month. For less than the cost of a dinner out, you'll get a book and CD combo that will keep on giving year after year after year. I also encourage you to order her three books from Hay House — *The Healing Power of NatureFoods*, *Health Bliss*, and *Recipes for Health Bliss*, her children's award-winning nutrition book *Vegetable Soup/The Fruit Bowl* (a 4-color, 2-in-1 book for children ages 1-10) and her other two timeless and delightful books *The Joy Factor: 10 Sacred Practices for Radiant Health* and *Walking on Air: Your 30-Day Inside and Out Rejuvenation Makeover*. This 7-book series makes the perfect "healthy living" gift set for all of your loved ones and holds the key for YOU to create your best life—physically, mentally, emotionally and spiritually—in record-breaking time. All of her books hold a prominent position on our library shelf.

Anita Finley—Radio Talk Show Host and Publisher of the Magazine *Boomer Times*



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