



SusanSmithJones.com



BE HEALTHY~STAY BALANCED

21 Simple Choices to Create More Joy & Less Stress

A New Book from Dr. Susan S. Jones

Foreword by Coach John Wooden

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 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.

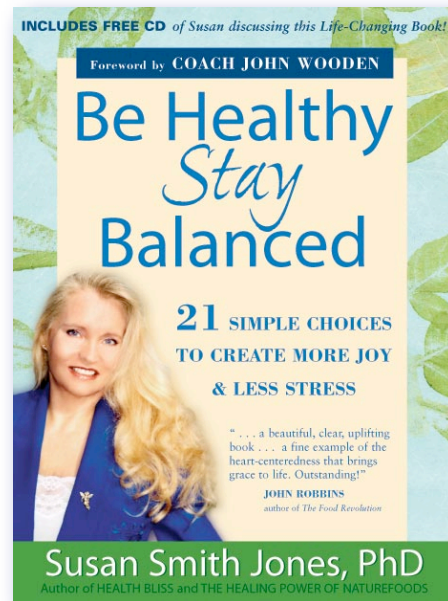
To be truly healthy, we need to do more than eat a colorful, natural-foods diet, get enough shut-eye, and jog around the block. We also need to be mentally and spiritually calm, focused, energized and joyful.

That's the premise of this new 2-color book written by the acclaimed author Susan Smith Jones, PhD, 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 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 program is an indispensable and refreshing change from most health and self-improvement books and will bring you immediate results!

If you wish to . . .

- ★ Celebrate life and champion high self-esteem
- ★ Exemplify commitment and discipline
- ★ Sleep your way to youthful vitality
- ★ Alkalize and energize
- ★ Embrace healthy natural sunlight
- ★ Accelerate fat loss while eating more food
- ★ Stay motivated to exercise for life
- ★ Heal with fresh vegetable juices
- ★ Rejuvenate with colorful whole foods
- ★ Look younger with enzyme-rich raw foods
- ★ Practice the art of relaxation
- ★ Live in the present and laugh often
- ★ Massage away stress and tension
- ★ Enjoy and celebrate time in nature
- ★ Cultivate an attitude of gratitude
- ★ Simplify your path to joy, peace and love
- ★ Follow your heart and live with reverence

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. . . then this empowering book is your godsend!



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