

Be the Change

LIVING WITH FAITH,
CONFIDENCE & VIGOR



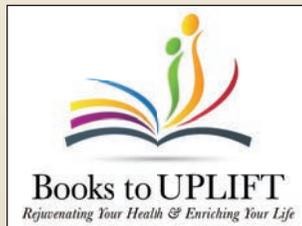
Susan Smith Jones, PhD

FOREWORD BY DAVID CRADDOCK

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Susan Smith Jones, PhD



The health suggestions and recommendations in this book are based on the training, research and personal experiences of the author. Because each person and each situation is unique, the author and publisher encourage the reader to check with his or her physician or other health professional before using any procedure outlined in this book. Neither the author nor the publisher is responsible for any adverse consequences resulting from any of the suggestions in this book.

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I lovingly dedicate this book to God for the gift of life and showing me each day me how to live fully and appreciate life's lessons, beauty and magnificence.

I am grateful for His countless blessings and for guiding me on my sacred journey. I trust in Thee to always show me the way, and each day I aspire to live from the Christ Light within me and to radiate God's love in everything I think, feel, say and do.



A PSALM OF DAVID

1 The LORD is my shepherd; I have all that I need.
2 He lets me rest in green meadows; He leads me beside peaceful streams. 3 He renews my strength. He guides me along right paths, bringing honor to His name.

~ PSALM 23:1-3

NEW LIVING TRANSLATION





Afterword

Goodness is the only investment that never fails.

~ HENRY DAVID THOREAU

BEFORE I FINISH THE BOOK, I thought you might like to learn even more about the most positive influences in my life than I've already written in the previous pages, and also about my Christian God-centered lifestyle.

Born in Los Angeles, California, I can remember from a very young girl being guided by my mother, June, and my grandmother, Fritzie, to follow the Golden Rule, to treat others how I would like them to treat me and to be kind to everybody I meet during my day. I saw them both live their lives in that way and I have, in turn, sought to apply that same Golden Rule throughout the course of my own life.



Daily, I am conscious of the presence of God with me, loving me, protecting me and guiding me. Throughout the day, I talk to God and to Jesus as my ever-present friend within me, walking with me all the time. Then every night, before I go to sleep, I consciously draw near to God, feel the closeness of His presence and so prepare my spirit, my mind and my body for a good night's sleep.

As a Christian, I always seek to walk in the path of the Divine, and so I ask God and Jesus to help me make the right decisions in my personal and professional life. I have a simple prayer that I say many times during the day: *I trust in Thee; show me the way.* I am so blessed in having the assurance that God and Jesus are with me and that I can call upon them at any time to guide me in the right direction.

It was my grandmother, Fritzie, who introduced me to the God-centered life and the Christian faith. She gave me my first Bible, which became my prize possession and she taught me about Jesus, His teachings and the blessings in following Him. Fritzie was also





committed to the health benefits that derive from living close to nature and believed in the processes of natural healing. I became her assistant in this work and, in so doing, found my vocation in life. As for Fritzie, so it became for me; my faith in God has always been expressed in my profession as a nutritionist and holistic health expert, especially conscious of God as the creator of the universe and all the gifts that He bestows upon us in creation, including natural foods and our body, and natural healing.

In the 1980s, I was selected by The President's Council on Physical Fitness & Sports as one of *10 Healthy American Fitness Leaders*, a prestigious honor that was bestowed upon me in Washington, DC. Other past winners have included President Ronald Reagan, UCLA Coach John Wooden, and fitness experts Kathy Smith and Richard Simmons. Through the recognition given to me in my field of work, and my media exposure through my radio and television broadcasts and my writing career, my vocation has put me in a unique position to testify to the efficacy of my message that health is the result of the countless choices we make every day.

In my early twenties, I fractured my back in an automobile accident. The team of physicians told me that I would never be able to carry "anything heavier than a purse." I chose not to accept this

verdict and within six months, as a miracle from God, I was no longer in pain and, amazingly, no evidence of the fracture remained. This event was pivotal in convincing me of God's infinite grace towards us as His children and established my unshakable relationship with and deep connection to God. I felt so richly blessed and so grateful for His miraculous goodness towards me. Since the accident I have been constantly active in spreading my Christian faith-based message that anyone can choose to create a healthy, happy, peaceful and balanced life if they choose to renew their mind to that purpose. It is my belief that God wants that for everybody. I have been able to reach millions of people across the world through my media work and am humbled that so many have been inspired by my message and innovative techniques for achieving total health in body and mind.

Right at the heart of my message is my belief, as stated by St. Paul, that our body is the temple of the Holy Spirit, truly a miraculous gift from God, and, therefore, we must treat our bodies with respect. I was instructed by Fritzie, and have found it to be true in my own life, that we must eat foods that are close to how God made them. Before every meal, I always take a minute of grace time to offer to God a prayer of



thanksgiving for His magnificent provision. Taking this time to pray helps reinforce my sense of gratitude for the food, for the farmers and to those who have prepared the meal. It also helps the process of digestion, assists me in not overeating and ensures that I slow down before the meal and don't simply inhale the food.

To conclude these words of testimony to my Christian faith, I share with you from my heart a choice paragraph from my book, *Choose to THRIVE* as follows:

“Living a faith-centered life is my #1 health and vitality secret. Each morning, before I go out to exercise, I first begin my day by reading a passage from the Bible and then meditate on what I just perused. This sacred, morning practice starts my day off on a positive, peaceful note and fills me with joy and serenity. I let God's love shine forth from me into all of my activities for the day and evening. Connecting to God's love each morning, and other times during the day, reinforces in me that I can choose to thrive and live a peaceful, balanced life, and it begins with my thoughts and what I put my attention on throughout the day. One of my favorite Bible passages is found in Philippians 4:8–9,

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Daily, I aspire to take loving care of my body temple given to me as a gift from God, and to celebrate the joy of living with as many people as possible in my work and experiences.”



*Write it on your heart
that every day is the best day in the year.
He is rich who owns the day, and no one owns the day
who allows it to be invaded with fret and anxiety.*

*Finish every day and be done with it.
You have done what you could.
Some blunders and absurdities, no doubt crept in.
Forget them as soon as you can, tomorrow is a new day;
begin it well and serenely, with too high a spirit
to be cumbered with your old nonsense.*

*This new day is too dear,
with its hopes and invitations,
to waste a moment on the yesterdays."*

~ RALPH WALDO EMERSON



*I take joy in doing
your will, my God,
for your instructions
are written on my heart.*

~ PSALMS 40:8

Resources

Please refer to **SusanSmithJones.com** to learn more about, or to purchase, these books. You will find the full list of Susan's titles on her website.

Choose to THRIVE

Living on the Lighter Side

Healthy, Happy & Radiant . . . at Any Age

Wired to Meditate (Audio Book)

Choose to Live Peacefully (Audio Book)

Vegetable Soup/The Fruit Bowl

(co-authored with Dianne Warren for children ages 1–8)

Body Temple Vitality

God-Centered Health

The Curative Kitchen & Lifestyle

Affirming God's Love

Invest in Yourself with Exercise

Kitchen Gardening

If you visit, SusanSmithJones.com, and click on the pages for *Choose to THRIVE* and *Invest in Yourself with Exercise*, you will find out how to get “**Special Limited Edition**” copies of these books personally autographed to you by Susan, along with a keepsake notecard from Susan and a bookmark.



An early morning walk is a blessing for the whole day.

~ HENRY DAVID THOREAU



More About Susan Smith Jones, PhD



For a woman with three of America's and the UK's most ordinary names, Dr. Susan Smith Jones has certainly made extraordinary contributions in the fields of holistic health, longevity, optimum nutrition, high-level fitness and balanced, peaceful living. For starters, she taught students, staff and faculty at UCLA how to be healthy and fit for 30 years!

Susan is the founder and president of Health Unlimited, a Los Angeles-based consulting firm dedicated to optimal wellness and holistic health education. As a renowned motivational speaker, Susan travels internationally as a frequent radio/TV talk show guest and motivational speaker (seminars, workshops, lectures and keynote address); she's also the author of more than 2,500 magazine articles and over 30 books, including—*The Curative Kitchen & Lifestyle; Living on the Lighter Side; Invest in Yourself with Exercise* and *Choose to THRIVE*.

Susan is in a unique position to testify on the efficacy of her basic message that health is the result of choice. When her back was fractured in an automobile accident, her physician told her that she would never be able to carry “anything heavier than a small purse.” Susan chose not to accept this verdict; within six months, there was no longer any pain or evidence of the fracture. Soon, she fully regained



her health and active lifestyle. Susan attributes her healing to her natural-foods diet, a daily well-rounded fitness program, a strong God- and faith-centered life, along with the power of determination, balanced living and a deep commitment to expressing her highest potential. Since that time, she has been constantly active in spreading the message that anyone can choose radiant health and rejuvenation. Her inspiring message and innovative techniques for achieving total health in body, mind and spirit have won her a grateful and enthusiastic following and have put her in constant demand internationally as

a health and fitness consultant and educator. A gifted teacher, Susan brings together modern research and ageless wisdom in all of her work. When she's not traveling the world, she resides in both West Los Angeles and England.

If you enjoyed this book, please visit: **SusanSmithJones.com**, **ChristianLifestyleMatters.com** and **BooksToUplift.com** for more details on Susan and her work. Her books and websites are like having a “holistic health app” for anything related to holistic health and living a faith- and God-centered life.

If you'd like to receive Susan's free monthly Healthy Living Newsletters filled with uplifting, empowering and high-powered information, go to SusanSmithJones.com and sign up on the page *Subscribe & Win!* It takes only 15 seconds and you will also receive several gifts from Susan.



If one advances confidently in the direction of one's dreams, and endeavors to live the life which one has imagined, one will meet with a success unexpected in common hours.

~ HENRY DAVID THOREAU

No one lights a lamp and puts it in a place where it will be hidden, or under a bowl. Instead they put it on its stand, so that those who come in may see the light... Therefore, if your whole body is full of light, and no part of it dark, it will be just as full of light as when a lamp shines its light on you.

~ LUKE 11:33–36

This world is but a canvas to our imagination.

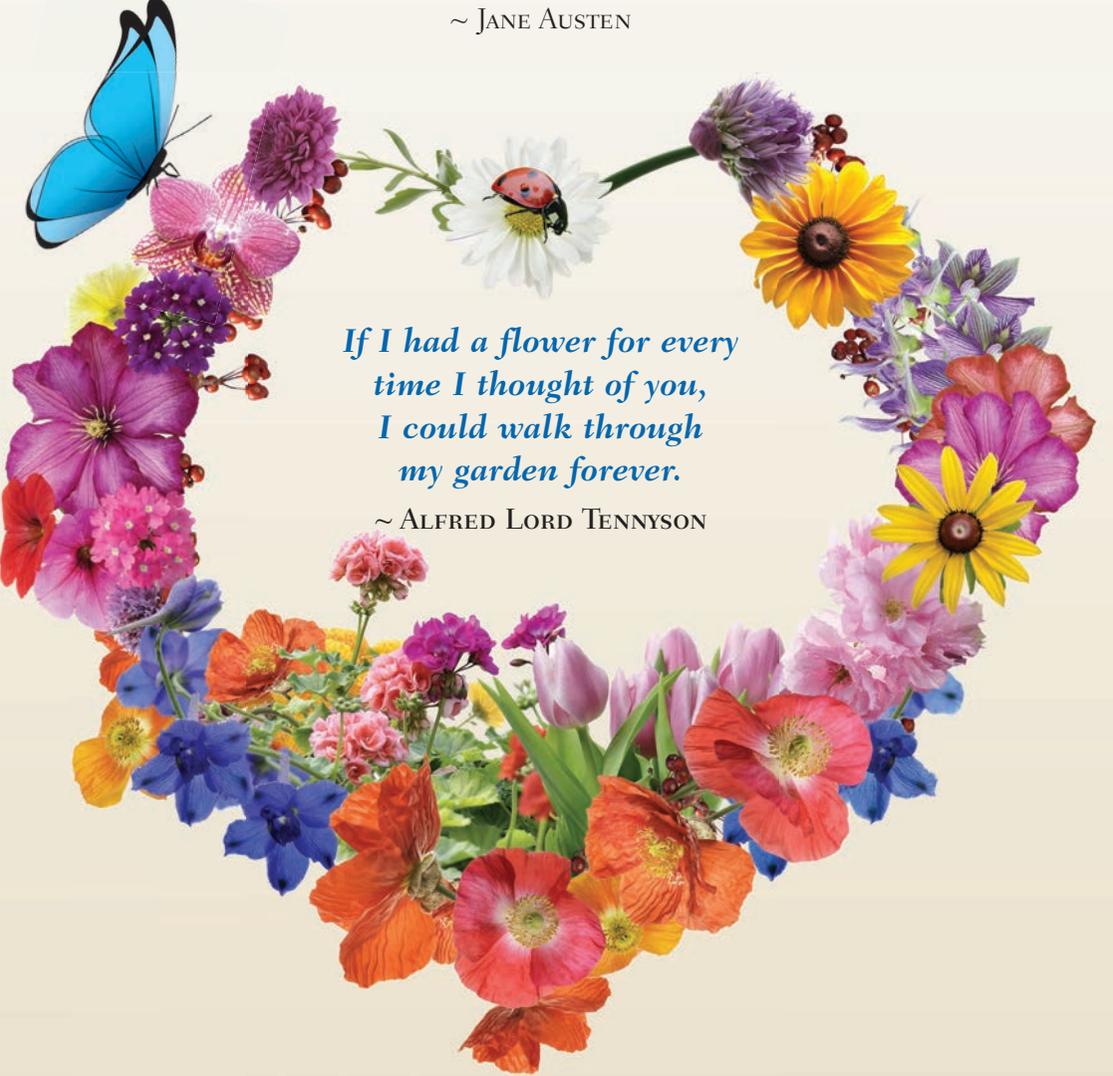
~ HENRY DAVID THOREAU

*What lies behind us and what lies before us are
tiny matters compared to what lies within us.*

~ RALPH WALDO EMERSON

There is no charm equal to tenderness of heart.

~ JANE AUSTEN



*If I had a flower for every
time I thought of you,
I could walk through
my garden forever.*

~ ALFRED LORD TENNYSON

THIS BOOK SHOWS YOU HOW TO LIVE A BALANCED LIFE and how to tie the physical, mental, emotional and spiritual aspects of life together to create a holistic approach to successful living. It's within your God-given power to choose. If you want to create positive changes in your life, it is you who must first choose to be the shining example of that change. If you want a more peaceful home life, community and world, your priority must first be to seek peace within yourself. If you want a happy life and more friends, then be a happy and friendly person to all you meet on your life's journey. If you want to see your family and loved ones healthy and fit, then you must first show by example and make that deliberate choice to be healthy and fit. The motto is this: "Be the Change" and the gleaming ideal of what you wish to see in your life and world. It starts with YOU!

Susan tells us that health and happiness are the direct results of the countless choices that we make in life—how we eat, exercise, think, play, pray and rest. The strength of our faith, the level of our confidence and our overall perspective on life play a major role in our joy of living. Our attitudes determine our experience of life, love and health. Knowing which choices are the *healthy choices* is what this book addresses.

"In *Be the Change*, Dr. Susan explores the essential elements necessary to create a faith-filled and God-centered life that is rich with the positive choices for you to make and the dynamic results for you to experience. You'll learn the importance of welcoming each day with an optimistic, grateful, enthusiastic and expectant attitude, and how it's always our responsibility to choose and within our power to decide to live a blessed and fulfilling day. She shows you how health and happiness are so much more than just feeling fine, but are, as she writes in the book, 'a quality of life, a joy and radiance for living such that every day, each and every moment, is a celebration.' This book is for anyone who wants to create a life filled with vitality, passion, confidence, faith, success and joy. Who doesn't want those qualities to infuse their daily activities and lives? This reader-friendly, health-enhancing and beautifully designed book makes a wonderful gift for family and friends. Kudos, Susan, and thank you for giving us another motivating and empowering literary masterpiece. This is truly a book to uplift." ~ **David Craddock, MA (Oxon)**



For more than 35 years, Susan Smith Jones, PhD, has been one of the world's most recognizable names and faces in the fields of holistic health and fitness, human potential and peaceful, balanced living. She travels worldwide as a motivational speaker and consultant, and is the author of more than 30 health-related books.

To learn more, please visit: SusanSmithJones.com

