

Be the Change

LIVING WITH FAITH,
CONFIDENCE & VIGOR



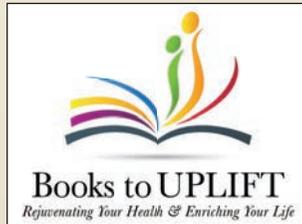
Susan Smith Jones, PhD

FOREWORD BY DAVID CRADDOCK

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CONFIDENCE & VIGOR

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



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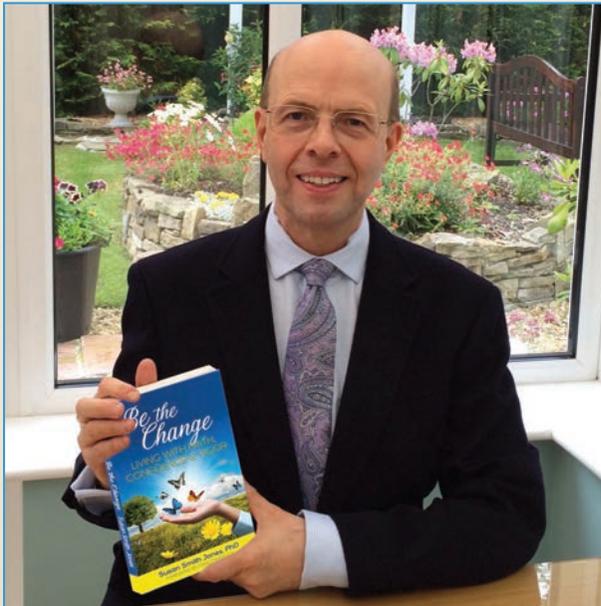
Foreword

BY DAVID CRADDOCK

*Take delight in the Lord, and He will
give you the delights of your heart.*

~ PSALM 37:4

SUSAN'S WRITINGS AND HOLISTIC HEALTH COUNSELING with me have had a very positive influence in my life. For almost 10 years, she has been my holistic health tutor and coach, teaching me how to create vibrant health and get fit and strong. As a result, I now feel about 30 years younger than I did just a few years ago, and people tell me that I look better than I have in decades. My work with Susan has given me the fountain of youth and vitality.



If you haven't yet read Dr. Susan's spectacular book *Choose to THRIVE: Open Up to Vitality, Prosperity & Equanimity*, and I encourage you to do so, I had the good pleasure of writing the Foreword for that book, too. This is getting to be a habit that I thoroughly enjoy! In that previous book, I described how I first met Susan and, in a nutshell, here's what I wrote about my initial meetings with her.



It was early June 2009 when my health seemed to be at an all-time low. In England where I live, I focused much of my time on my career and didn't put time into my health needs. I had terrible allergies (they had plagued me for 30 years) and I most definitely needed to lose lots of weight. I didn't know where to turn for the holistic help I desired.

There's a saying that . . . *When the student is ready, the teacher will appear*. One day I was talking to my mum (Marjorie) about my health issues. As always, in her positive approach to life, she said to me, "You will find the answers you seek." That same day, I got in the mail some information about a 3-Day Holistic Health Conference that would be held in London featuring many world-renowned health and human potential speakers. They were all experts in their fields from around the world, but the only one that truly caught my attention was the speaker Susan Smith Jones, PhD. She was giving three presentations on all aspects of healing and rejuvenating the body, mind and spirit, and I knew at that moment that I needed to attend.

Before I got this conference information, I had already known about Susan's work. Marjorie and I had been reading many of her articles in magazines in the UK and America, we had a few of her many books, and I saw her on a TV talk show when I was in New York City.

2 * BE THE CHANGE

On a few occasions, we even heard her on BBC radio talk shows in the UK and saw her on some British TV talk shows. We always enjoyed her holistic, practical and positive approach to wellness, balanced living and creating our best lives.

Marjorie and I attended the conference together in London and were not disappointed. Susan's three presentations were life-changing for us. One was about fitness and simple, sound ways to create a strong, lean body and how to stay motivated to exercise for life. Another one of her talks was about nutrition and how to fuel the body with the healthiest foods and break unhealthy food habits. And her third presentation was all about the essential "healthy living extras," as Susan would always refer to them—the other wellness components that can make a profound difference in how we look and feel, such as sleep, water hydration, stress reduction, meditation, positive relationships, an attitude of gratitude, why and how to declutter one's home and office, simple ways to upgrade our living spaces and more.

I couldn't get enough of her talks. Throughout all three, I was taking copious notes as I sat in the front row each time. During the question and answer sessions of each talk, I was always the first person to raise my hand and ask for clarification on things she discussed. Susan was always patient, thoughtful and sensitive to my questions and other people's questions in the room. It was clear with her three standing ovations that everyone else in the room appreciated her three talks as much as I did.



Susan has told me many times something her mom and grandmother taught her when she was young and it's this: *The greatest hunger of the human heart is to feel understood.* As Susan has taught me, sometimes all someone needs is just to be listened to, without judgment, without giving advice and without chiming in. She says... "We are all born with two ears and one mouth, so maybe God was trying to telling us something." Silence is truly golden to Susan. Her listening skills are top-notch and people with whom she converses know that she is listening wholeheartedly, understands and truly cares about what they are saying.

Susan is a person of great faith, a deep and profound belief in God and Jesus and loves to read the Bible and find those nuggets of gold within verses. Each morning, before the rest of the world is even up, she likes to start her day with quiet meditation and prayer, focused upon some passages from the Bible. In fact, this is such an important part of her day that she has created a special corner of her bedroom for her sacred prayer work with a cozy chair, table on which he has a photo of Jesus, fresh flowers and at least one Bible. She has quite a collection of Bibles, too, and the oldest one was from her grandmother, Fritzie, received by Fritzie when she was a child in Denmark. Fritzie gave this Bible to Susan shortly before she passed away and it



happy to say that Susan and I can talk for hours on end about these topics of most importance to us both—how we practice the presence of God in our lives and seek live by shining example the love of God in our hearts.

Some of Susan favorite Bible quotes are the following: From Psalms 27:13—*I remain confident of this: I will see the goodness of the Lord in the land of the living.* Also from Matthew 13:58—*According to your faith, let it be done to you.* In 3 John 1:2 we find, *Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.* And finally in 1 Samuel 25:6 it says, *Long life to you! Good health to you and your household! And good health to all that is yours!* This is something we all wish for in our own lives, and for our loved ones and friends.

When Susan travels to different cities and towns around the world for business or vacation, in addition to exercising outdoors in nature (where she feels so close to God), especially hiking the local mountains whenever possible and riding horses, she also likes to visit any local cathedrals and older churches to feel the peacefulness and serenity within the walls. Some of her favorite cathedrals are in England where she works often and has a home-away-from-home.



Preface

AS LONG AS I CAN REMEMBER, I HAVE ENJOYED WRITING. Through writing, I have come to understand my life with more clarity and to appreciate the lessons that have been sent my way. Over the years, my life and my experience of being in this world have changed, just as I'm sure yours have. Expressing my thoughts and feelings on paper has frequently given me clues to how I might take care of unfinished business or unresolved conflict, and how I might identify the nugatory and troubling beliefs that keep me from being all I was created to be.



Before we continue on, there's something I think you should know about me. I've always had a penchant for words, so much so that I have a dictionary in every room of my home. If I were stranded on a desert island and could only take one additional book besides the Bible, without a doubt, it would be my dictionary. In fact, whenever I read a book—and I strive to read two to three books weekly—it only makes it to my list of favorites if it teaches me at least twelve new words.

Throughout the reading process, I keep a dictionary nearby to consult, and I often write the meaning of a new word, complete with its usage, derivation and so on, right in the margin of the book. That way, if I'm ever re-reading the book and forget the meaning of the word, the definition is right there on the page.

As you'll discover as you read this concise book, I've found special places to use some of my favorite, choice, yet often underused words. I hope you're willing to be stretched a little, too. Maybe you too will find yourself reading with a dictionary by your side and develop a penchant for looking up words that are new to you.



*Imagination is more important than knowledge.
For knowledge is limited to all we now know and
understand, while imagination embraces the entire world,
and all there ever will be to know and understand.*

~ ALBERT EINSTEIN

*If I were to wish for anything, I should not wish for
wealth and power, but for the passionate sense of the
potential, for the eye which, ever young and ardent,
sees the possible. Pleasure disappoints, possibility
never. And what wine is so sparkling, what so
fragrant, what so intoxicating, as possibility!*

~ SOREN KIERKEGAARD



Introduction

'Tis the good reader that makes the good book; in every book he finds passages which seem confidences or asides hidden from all else and unmistakably meant for his ear; the profit of all books is according to the sensibility of the reader; the profoundest thought or passion sleeps as in a mine, until it is discovered by an equal mind and heart.

~ RALPH WALDO EMERSON, "SUCCESS"

Hello,

You probably recognize the three words in the title of this book—Be the Change. It's from the famous quote by Mahatma Gandhi, "Be the change you want to see in the world." In other words, if you want something done in this world, you can't wait around for someone else to do it; you must start with you and your life. Practice in your own life the changes you would like to see in your community, country and worldwide. For example, if you want a clean environment, perhaps you can start at home by recycling, using organic household cleaners and buying fewer packaged foods. If you want more friends, first be a friend. If you want to see more human kindness in the world, start by being kind to yourself and others in your life. If you want to something to change, you have to change first. And that's what this book is about. How to be the best we can be and be a shining example to others in our lives. I bet you've heard the saying, "If it's to be, it's up to me." So how can we accomplish this goal of being our best selves? Let's start now and explore this more fully.

This moment—right now—can be a new, peaceful and healthy beginning. No longer do you need to repeat the past, worry about the future or struggle through life as a victim of circumstances. For as long as you live your life absorbed in the present moment, surrendered to God, responsible and accountable for who you are and what you want to become—you will come to experience a life more splendid, more wondrous and more peaceful than you ever dreamed possible. When you have a deep faith, oodles of confidence and a strong and healthy body, you have true peace. Unleash the peace within you now. There is simply nothing in the world more valuable than peace as a combination of these unbeatable qualities of life, and it is within each of us to choose as a conscious goal and a way of living. Think of it this way: Faith + Confidence + Vigor = PEACE. Without faith or confidence or vigor, your level of peace will diminish. So in this book, we will focus on all of these glorious attributes and how flowering up each one will put you on the fast track to success, happiness and balance in your life.

FAITH + CONFIDENCE + VIGOR = PEACE

Have you ever used the word “flowering” in your communications? I love this form of the word “flower.” Yes, of course, it has to do with blooming flowers, but it can also be applied to you... YOU developing fully and richly... and YOU being in or reaching an optimum stage of development, such as the flowering of your heart, or the flowering of your vitality or the flowering of your human potential. Isn't that a glorious way to use another form of the word “flower?”

It's time for all of us to flower UP in our lives and be the best we can be. Let's make this our mutual goal this month, this year.





*In peace I will lie down and sleep,
for you alone, O Lord, will keep me safe.*

~ PSALM 4:8

*Two roads diverged in a wood, and I —
I took the one less traveled by,
And that has made all the difference.*

~ ROBERT FROST, "THE ROAD NOT TAKEN"





PART 1



Invite Balance
to Be Your
Default Position
in Life

Living with Faith

And Jesus said, Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you.

~ MATTHEW 17:20

FAITH, AS USUALLY UNDERSTOOD, IS AN ELUSIVE QUALITY. The definition in *Webster's* reads, "unquestioning belief that does not require proof or evidence." So we are told that we'll see it when we believe it. Easier said than done, right? One of my favorite quotes on faith is by Ralph Waldo Trine who wrote this: "Faith is an invisible and invincible magnet, and attracts to itself whatever it fervently desires and persistently expects." Isn't that fantastic! It seems to me that for our faith to take hold and become the wind beneath our wings, we must trust in something greater than ourselves. We must put our trust in God. We must put our faith in our oneness with God.

It is an illusion to believe that any security can be found on earth; the only security is trust in God. Through this trust, all things are possible. Psalms 37:5 says, "Commit your way to the Lord, trust also in Him, and He shall bring it to pass." When you trust, you allow life to be as it is. You remember that you are a child of God and so is everyone else. You come to realize that everything in your life can be a pathway to God.

Trust and faith can work miracles. In the relatively new field of science, psychoneuroimmunology (a nine-syllable, tongue-twisting, spectacular word that's perfect to bring up at your next very boring party or social gathering!), researchers are discovering that belief and

faith play a major role in healing the body. Psychoneuroimmunological studies show an undeniable link between the workings of the mind, the nervous system and the body's ability to fight off disease. Studies also reveal that attitudes are biochemical realities. Medical research has demonstrated, for example, that panic, depression, hate, fear and frustration can have negative effects on human health. In *Head First: The Biology of Hope*, Norman Cousins presents evidence that hope, faith, love, will to live, purpose, laughter and festivity help combat disease.

Faith is intuitive recognition of the truth behind all things. It's not simply passive acceptance, but committed belief, belief put into practice and action. By our own acknowledgment and awareness of the one Presence within us all, we can live up to our highest potential. We can make our dreams come true. In the movie, *Field of Dreams*, there was a line that resonated deeply in my heart. Kevin Costner's character said, "Sometimes when you believe the impossible, incredible dreams come true."

Faith, trust and belief will lift all sense of discouragement, defeat and helplessness. They will bring about a change in your consciousness so that the creative flow of life and love and unlimited possibilities can fill your being. So to seek changes in your outer world, we must first make changes in our consciousness. We must stop looking outside ourselves for the solutions, answers and changes, and instead put our trust with God.

We live in a friendly universe that is always saying "yes" to us. Our responsibility is to identify and transform those beliefs that have been sabotaging us from accepting and receiving the good that is our birthright. We must learn to trust and love ourselves as much as we are loved by God. When you remove all the blockages to God's presence and align with the love that you are, then abundance, prosperity, peace

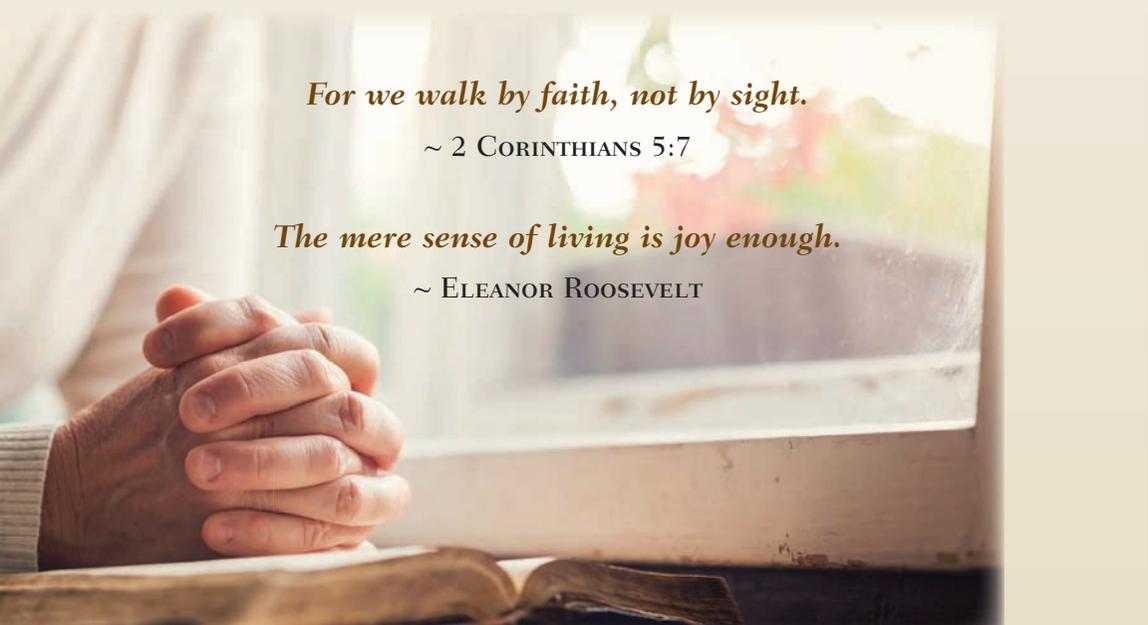


Before we knew it, we were at mile twenty-five. At this point in our conversation, we started talking about where we lived. I told him I lived in Brentwood and he told me he lived in Studio City. “That’s interesting,” I said. “My grandmother used to live in Studio City. What street do you live on?” When he told me the street, I gasped, for it was the same street as Fritzie’s. At this point, we were close to the finish line. I had just enough time to inquire about his exact location. We were crossing the finish line when he told me he had moved into an apartment eleven months earlier, that the lady who lived there before him had passed away. I could hardly breathe, not because I was tired but because of what he was telling me. He had moved into Fritzie’s apartment.

Coincidence you say? I don’t think so. Out of all the thousands of people in the race, how did I end up running with the man who lived in my grandmother’s apartment? And how do you explain this happening only a few hours after I had asked Fritzie to give me some sign that she was receiving my communication?

Only believe. Have faith. Trust in your inner guidance. Know that you are co-creator with God and, with that partnership day in, day out, anything is possible. Relinquish limited thinking. The world is yours for the asking.

Choose to live peacefully (with faith, confidence and vigor) and always trust God.



For we walk by faith, not by sight.

~ 2 CORINTHIANS 5:7

The mere sense of living is joy enough.

~ ELEANOR ROOSEVELT

Living with Confidence & Enthusiasm

*Enthusiasm is the mother of effort, and without
it nothing great was ever accomplished.
The successful person has enthusiasm.*

~ RALPH WALDO EMERSON

CONFIDENCE AND ENTHUSIASM RIDE TANDEM with each other. When you are feeling confident, you are also usually feeling enthusiastic about what you are doing. Similarly, when you feel enthusiastic about something, most likely it bolsters your confidence. Let's start and explore enthusiasm.

Many years ago, I made a decision about my work that has had great consequences. I decided that I would do only work about which I could be enthusiastic. Instead of accepting writing assignments simply because the payment was generous, I chose to write articles for which I felt great passion. It was a frightening decision for me since I lived alone and at that time was dependent on my writing as a major source of income. But I never regretted my decision; not only did I start making more money than ever before with my chosen assignments, but I also learned a valuable lesson about enthusiasm. Enthusiasm isn't something you find out in the world; it's a God-given quality that you must choose to bring to whatever you do.

*Success consists of going from failure to
failure without loss of enthusiasm.*

~ WINSTON CHURCHILL

From the Greek work, “entheos,” enthusiasm means “to be filled with God.” Isn’t that stupendous? We must identify with and call forth that which is already within us. Charles Fillmore was in his nineties when he declared, “I fairly sizzle with zeal and enthusiasm.” Regardless of our age, our line of work or our purpose in life, we can be enthusiastic. No matter what the challenge may be, we can call forth this God-given faculty of enthusiasm and meet life with faith. Because

we know that we are filled with God at all times, we can approach each day with an enthusiastic outlook.

Arnold Palmer, the late professional golfer, was someone who always inspired me—a man of class and love who was known to hug other golfers and always showed kindness and enthusiasm on and off the golf course. He rarely missed an opportunity to pass along golf balls

to children watching him play and offer helpful, thoughtful words to other players and friends alike. He seemed to never meet a stranger. Nicknamed The King, he set a great example that you can be the best at what you do and still be a class act in every way. (Pro golfer Phil Mickelson reminds me a lot of Arnie.) A trailblazer in every way, he gave us so much more than the famous “Arnold Palmer” drink that combines ice tea and lemonade, a favorite of mine. Here are a few of his most well-known pithy and delicious quotes.

*The secret of concentration is the secret of self-discovery.
You reach inside yourself to discover your personal resources,
and what it takes to match them to the challenge.*

*Establish a system you have confidence in and
rely on it when you get into tough situations.*

You must play boldly to win.



Living with Vigor

The picture of good health, vigorous and fit.

~ JOB 21:24

HAVE YOU EVER USED THE WORDS VIGOR OR VIGOROUS? I feel great passion for these words because they mean physical strength, good health, energy and enthusiasm. We should all wish to be vigorous day in, day out. So how do we accomplish this goal? It's not just one component like diet or exercise or sleep—although these are important to health. From many years of research into the fields of holistic health and high-level wellness, I've come to realize that being vigorous entails a variety of different modalities, including these 10 tips below. See how many you can incorporate into your lifestyle today and beyond. You might notice that the first letter in each category, throughout all 10 tips spells out the word REJUVENATE.

1 Revitalize & Refresh. Feeling bogged down? Make sure to build breaks into your day—from sunrise to bedtime—to reset and refresh. Just as your computer can freeze up or be sluggish when you're running too many programs, your mind and spirit can get worn out from too much mental multitasking and engagement with technology. It's okay to unplug now and then, or at least press the “reset” button!

Before you turn on your Smartphone, be sure to welcome the “blank slate” of the morning with time set aside for nourishing mind and body. The first 40 minutes of the day establishes the tone. Set that alarm 10 minutes early to allow for some mindful reflection. I usually use this morning time to pray and meditate. The quiet of the morning

makes it the best time for getting organized for the day, reflecting on goals, and planning “to dos” accordingly. It may sound prosaic, but make sure to make your bed! Studies have found that making the bed each morning boosts happiness. Also, be sure to start with a healthy breakfast as you’ll see in Tip #3.

It may seem hard to take a “reset” break midday, but doing so



greatly supports mental health. Scarfing down your lunch in front of the computer doesn’t count! Plan a 10-minute break between meetings for a quick walk around the block or meditating or journaling at your desk. Connect with your inner spirit and do a self check-in to see if you’re staying on track with the goals and ideals you reflected on in the early morning.

Similarly, build in time at the close of the day for connecting with self and taking stock of the day’s events. Instead of falling asleep mindlessly in front of the television, make the hour before bedtime a “sacred hour” in which you unplug from technology, and either journal, meditate or take a soothing bath to calm the mind and promote healthy sleep. Adding in protected times like these to revitalize and refresh will make a marked difference in your overall wellbeing.

2 Exercise for Vitality. To maintain weight and fitness, physical activity must be a top priority. Everyone is different when it comes to the time of day that’s best to exercise. The experts agree that the best time for you is simply when you can commit to it most consistently.

Morning exercisers (like me!) tend to be the most consistent in their exercise habits because the distractions of the day don’t interfere with following through. When you get your workout over in the morning, you eliminate the possibility of flaking out on your cardio after a

say to me: “Attitude is your mind’s paintbrush; it can color anything.” So color your life positive.

It’s common sense that focusing on all of your gifts and blessings rather than harping on everything that is wrong or unsatisfying can help you to maintain an optimistic perspective. But the idea that gratitude helps buoy us during stressful times is also supported by research. Those who catalog the positive things in their lives on a regular basis are healthier, happier, more motivated, less stressed and more well rested. They have more positive and fulfilling relationships with others.

We shouldn’t leave the task of counting our blessings only for Thanksgiving Day in November (in America). Each and every day, take a moment to be grateful for all you have in life. Write a thank you note, express your gratitude for a loved one or offer prayers of thankfulness during meditation. What you think about consistently brings more of the same into your life. So focusing on the positive, even during difficult times, is also part of the path to transforming your life.

9 Take Time to Pray, Meditate & Breathe Deeply. This is a simple, cost-free practice has been scientifically proven to heal the body, boost immunity, reverse aging and lift your mood from negative to positive. Meditation helps you unplug from the hustle and bustle of daily living and reconnects you to the Light within you.

In the Bible, there are many references to meditation and why we should meditate. One of my favorites is found in Psalm 145:5, which says... “I will meditate on your majestic, glorious splendor and your wonderful miracles.” Isn’t that beautiful?



INTERMISSION

Here's one of my favorite poems:

If by Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:



If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
if neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!



HUMOR TIME

Everybody loves to laugh. In fact, did you know that laughter is very good for you? It was Norman Cousins who said: “Laughter is a form of internal jogging.” Humor and laughter have both been found to be important components of healing. It’s been reported that laughter aids digestion, stimulates the heart, strengthens muscles, activates the brain’s creative function and keeps you alert. Laughter also helps you to keep things in better perspective. So make up your mind to laugh and to be happy. When you laugh at yourself, you take yourself far less seriously. “Angels fly because they take themselves lightly,” says an old Scottish proverb. Isn’t that wonderful?

I simply love to laugh and am known to be a practical joker! My mother June called laughter “the body’s elixir” or natural rejuvenator. It is an essential ingredient to daily living and something I use to fuel my spirituality. Because of my positive, easygoing, “lighten up” approach to life, I have acquired the nickname “Sunny” because I am always reminding others to not take life so seriously.

So let’s start with some jokes and funny phrases. If there’s no name given to the joke, quote or phrase—that is because the author is unknown.

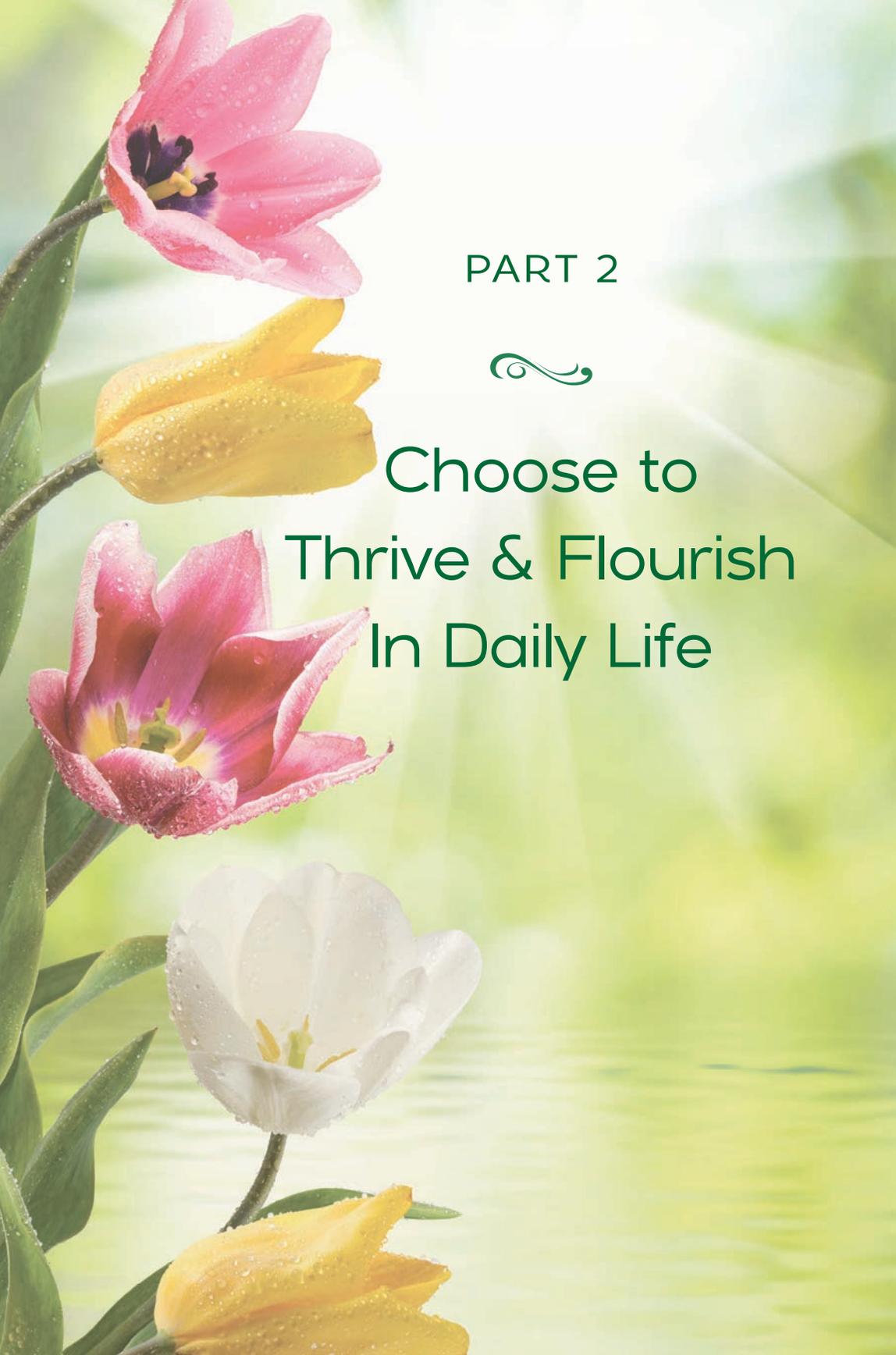
*A woman is like a tea bag; you never know
how strong it is until it's in hot water.*

~ ELEANOR ROOSEVELT

Never miss a good chance to shut up.

~ WILL ROGERS

*There's always a light at the end of a
tunnel. Just pray it isn't a train!*



PART 2



Choose to
Thrive & Flourish
In Daily Life

QUESTION & ANSWERS TO HELP YOU LIVE MORE FULLY

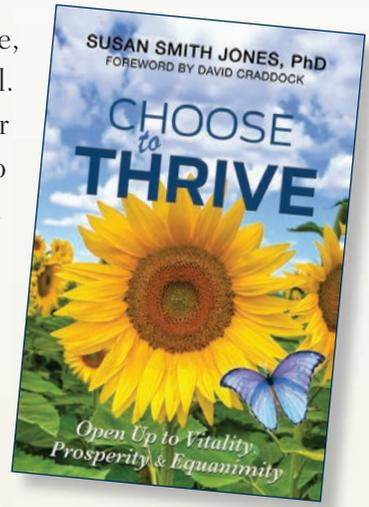
Throughout the year, I am interviewed on countless radio programs. These can be local shows, national and also international. Ric Bratton, the host of a popular national radio talk show, *This Week in America*, and also a dear friend of mine for years, read my book *Choose to THRIVE: Open Up to Vitality, Prosperity & Equanimity* and really enjoyed it. In fact, he asked if he could interview me about the book and focus most of the questions around topics I included in the book, and I was delighted. It turned out that we got such an amazing response to this interview from people all over the country that I will include it here in the transcribed form so you can feel like you're listening to Ric's questions and my responses. By the way, you can go to my websites and listen to the entire interview, too, if you wish. So here are my answers to what Ric asked me during the interview.

1 Susan, your new book, *Choose to THRIVE: Open Up to Vitality, Prosperity & Equanimity* is fantastic! And what a beautiful cover, too. I'm choosing all of these questions for you today after reading your book so you can discuss some of its contents. First off, why did you write this book and what's special about this one?

Well, have you ever felt off-kilter or have lost the joy of living; or maybe you wish you could look better and thrive more from day to day. I believe that to be truly healthy, people need to do more than eat a colorful, whole-foods diet, get enough shut-eye and jog around the block. We also need to be mentally and spiritually balanced—calm, focused, energized and joyful—and this is what I've been teaching worldwide for over 35 years. This book includes lots of personal stories about my life and experiences, and also about how many of my clients have overcome their struggles and challenges by following the guidance in this book. So whether you're looking for the best superfoods to restore youthful vitality, easy ways to minimize stress and feel joyfully alive, or just want to simplify life, feel confident, achieve goals, prosper

and achieve success and flourish in your life, *Choose to THRIVE* is the book with it all.

Oh yes, don't forget that it's in full color with beautiful photographs and it's not too long. It's only 150 pages, just the right amount of life-changing and empowering information to read easily and not feel overwhelmed. It's not what you read, it's what you incorporate into your life what you read from a book and my countless suggestions and holistic guidance will put you on the path to a healthy, successful life—on the path to THRIVING in every area of your life.



Read the entire Foreword, the Afterword, and a Sampler of the book on my website. You can also get personally autographed copies from me.

2 Talk about why it's important to make the morning-time special and what does your morning look like?

Yes, great question. You and I have talked about this before. Just as the first day of the month sets the tone for the month and the first day of the year sets the tone for the year, the first 40 minutes of the day definitely sets the tone for the entire day. So how do you want your day to be? I want to be happy, calm and relaxed, healthy and confident. What's important for me is to start my day with a deep connection to God, so I meditate and pray early morning and spend some time reading the Bible. I also do a visualization, too—I see my day, in my mind's eye, as going swimmingly. Then I proceed with exercise, breakfast and whatever I need to do to get ready for the day.

So maybe you can prepare the night before and set the morning breakfast table, get the lunches ready for your kids, layout your work and exercise clothing and do whatever you can do so you won't be rushed and stressed out in the morning because that's *not* how you want the day to be for you.

12 Is there a connection between health and success in life and is there more to health than a good diet and regular exercise?

The importance of health to satisfaction and success in life has always been known. As early as 300 BC, Herophilus, a Greek physician wrote, “When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot be exerted, wealth is useless and reason is powerless.” And in a recent Gallup survey, 75% of respondents rated an optimistic attitude, clean environment, stress control, good relationships and satisfying work as very important to health. People who enjoy what they do and who feel a sense of control over their lives tend to be healthier.

Start today and become the CEO of your own body and health. When people ask what you do, *proudly* say: “I’m now the CEO of my body and life.” You see, taking charge—stepping up to your position of CEO of your body and life—means acting positively. Start with eating

20 COMPONENTS OF VIBRANT HEALTH

Extensive research in the field of health and wellness over the past 35 years indicates to me that there are 20 paramount factors that must be integrated and balanced in our lives, if radiant health is what we want. These include:

1. fresh air
2. plenty of rest and sleep
3. avoidance of addictions
4. exercise
5. wholesome nutrition
6. sunshine
7. detoxifying
8. deep breathing
9. a clean body
10. a balanced life
11. systematic under-eating
12. a deep respect for life
13. high self-esteem
14. daily respites of solitude and silence
15. a positive attitude
16. a sense of belonging
17. living a faith-filled life with a connection to God.
18. ample purified, alkaline water
19. sense of humor
20. low stress levels

18 What can our listeners do today to make some essential, positive changes for good?

Begin developing a loving relationship, a warm friendship with yourself. Think about what it would mean to be your own best friend. Choose to take wonderful, loving care of yourself, your body temple, and your magnificent world. Look within for guidance and for the answers to your questions (as well as in the pages of *Choose to THRIVE*). If you are willing and open, you will find what you have been seeking.

Imagine living as though you are the most special person on planet earth because you really are to you. Who you truly are deep in your heart is so much greater than anything you'll ever achieve in life. Indeed, as Anwar Sadat, former president of Egypt, said, "I have realized that my real self is a greater entity than any possible post or title." Your real self—divine self—is a deep river that connects with God and with all life. At this moment, your real self may be hidden or unexpressed, but it is always available to you, with all its profundity, joy, and wisdom. When attuned to this inner self, we are, in the words of mythologist Joseph Campbell, "following our bliss." I might say it a different way. When you live a God-centered life, you are following your bliss.



When you celebrate yourself and life, you find yourself doing what you love to do. Of course, you will encounter some pain and challenges along the way—and maybe lots of them; these are an inevitable part of being human. But when you are living fully, hardships, when they occur, are short-lived, and you can learn from them and grow and change.

Always remember that your radiant body responds to the blessings of love, praise and gratitude. Take time each day to bless your body temple and acknowledge your oneness with Spirit. Celebrate your magnificence.

20 Is there an action step that someone can do today, something really simple Susan, to jumpstart his or her life and move out of a humdrum, “spin-cycle” life and back on the right track to a life of more joy, passion, success and vitality?

There are countless things you can do: Perhaps start with something special today to honor your body temple. Some examples might be to . . .

- ❁ Take a bubble bath;
- ❁ Take a walk in a beautiful garden or park;
- ❁ Drink more water or eat more fresh, colorful fruits and veggies;
- ❁ Go to a movie that makes you laugh because laughter is always the best medicine;
- ❁ Get new PJ's or luxurious bedding that feel good against your skin;
- ❁ Carve out extra time for quality sleep;
- ❁ Get a massage, facial, or manicure and pedicure;

- ❁ Or do anything else that shows you're honoring and loving your beautiful body temple.

Think about how miraculous your body is today.

21 What would you say to someone who seems to be depressed or stuck in life, not knowing what to do or how to feel more fulfilled?

I'd say that we are here to experience and celebrate life and to be fulfilled, happy and joyful. This is our true destiny. We each need to take our vision seriously. Why not become the best that we can be? We owe it to ourselves and no one is going to do it for us. Often we never begin the one thing we really want to do in life because of fear. But the greatest possible growth and personal development is achieved through facing our fear and doing it anyway.

We often just live in the "comfort zone" in our life. We can learn so much about ourselves when we look at what creates the fear in our mind. Once we identify the root of this, the challenge is to step

out beyond the fear, even though we may not have a clear idea of the next step. In *Choose to THRIVE*, I teach that when you feel least like starting something new, that is precisely the time to forge ahead. Just the physical act of beginning will create the momentum and energy that will allow you to go beyond your fear and toward your greatest accomplishments.



25 What do you say to those people who say: “It’s in my genes, so I know I’ll probably get sick often in the winter, or get cancer or heart disease or diabetes?”

I tell these people about a 3-month groundbreaking study conducted by Dr. Dean Ornish, MD. (It always impresses people when you quote a scientific, published study, you know). In this stellar study, it was demonstrated that the subjects affected changes in activity in about 500 genes—including 48 that were turned on and 453 that were turned off—as a result of eating more healthful foods, keeping stress levels down, practicing relaxation techniques such as meditation and exercising regularly. This is such an exciting finding to me because of how often I hear people say: “Oh it’s all in my genes, what can I do?” As it turns out, there’s a lot you can do. In just three months, you can change hundreds of your genes simply by changing what you eat and how you live. That’s amazing and very motivating to me!



26 Susan, any final thoughts before we say good-bye?

We only have a couple minutes left.

Five things come to mind, Ric.

1. If you don't like your life and want to change it, you must first change your thoughts. In other words, to bring something new into your life, you must first imagine that it's already there. *Be it!* If you want to have more peace in your life, for example, you must first be peaceful. If you want more joy, you must first be joyful. If you want more friends, be friendly. If you want more prosperity, be more generous and share what you have and want more of with others.
2. I would also encourage you not to take yourself and your life story so seriously. Laughter is the lubricant and elixir of life. Being able to laugh at yourself and the everyday incongruities of life is one of the best ways to quell stress. Lighten up and enjoy!
3. Embrace gratitude and faith when looking at everything in your life. The attitude of gratitude will help foster happiness, joy and peace of mind, and assist you in living more fully. And it's always about faith, I believe. *Ralph Waldo Emerson* wrote this following sagacious quote, one of my most favorites ever: "The whole course of things goes to teach us faith."
4. I encourage you to love, honor and forgive yourself and open up to your angelic helpers (we all have guardian angels watching over us) and to the ever-present love of God that's with you 24/7. You are never alone. We are spiritual beings in a physical body. When you put God first in your life, peace, love, vitality, prosperity and joy will be your constant companions.
5. The example of Jesus reminds us that through His life-giving love and power we can daily resurrect ourselves from the illusion of being helpless victims of the world. This always begins, as mentioned previously, in the way we react to the circumstances of everyday life. We have our new life in Christ, enabling God to look beyond

our flaws and see the spark of His own divine presence inside each one of us. Indeed, God looks in love on all people, wanting them to follow His way as revealed in the life of Jesus, even people who continue to show unkindness and hurt to others. We can all strive to live in that unconditional, all-embracing Christ-love which is the strongest transforming power in changing ourselves, changing others and ultimately changing the world. Jesus was the exemplar, radiant beacon, teaching us how to unfold our highest potential; He was empowered and sustained by God's love. Affirm each day the following passage . . .

“Divine love lifts my mind, heart and actions to peace. As a limitless wellspring of God-love and joy, I rejoice and give thanks for blessings great and small. I look for ways to bring out the good in others and to show compassion to everyone, including myself.”



Let your faithful rejoice in your goodness.

~ 2 CHRONICLES 6:41

*Pursue some path, however narrow and crooked,
in which you can walk with love and reverence.*

~ HENRY DAVID THOREAU

SusanSmithJones.com



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.



*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

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.

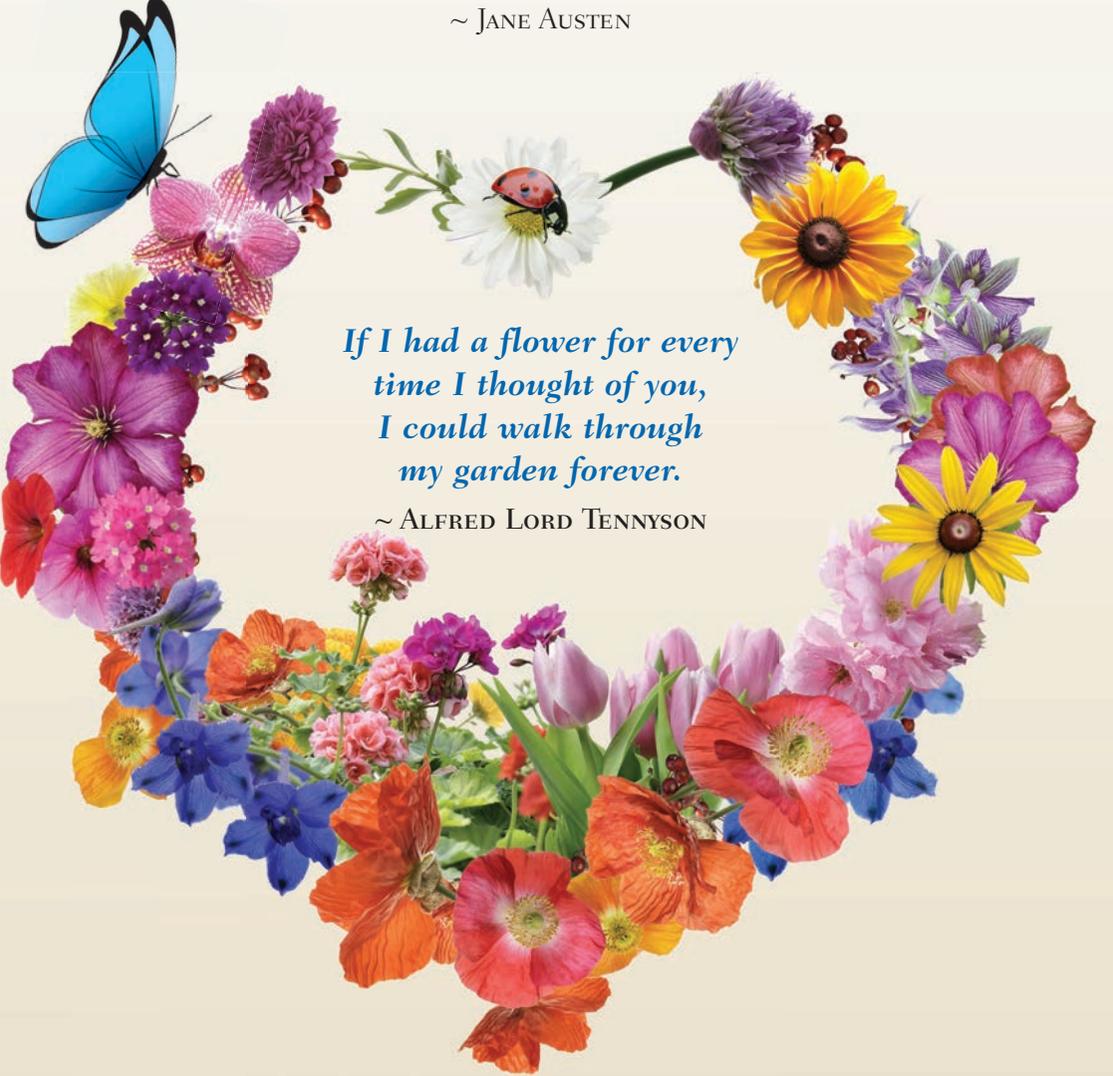
~ HENRY DAVID THOREAU

*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

