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What People Are Saying About Susan Smith Jones's New Book
BE HEALTHY~STAY BALANCED
21 SIMPLE CHOICES TO CREATE MORE JOY & LESS STRESS

“If you strive to live more fully and celebrate life, to experience vibrant health and boundless energy, you must read **Be Healthy~Stay Balanced!**”

—**Neal Barnard, M.D.**, author of *Breaking the Food Seduction*

“In simple, easy-to-read, and, most importantly, easy-to-apply language, Susan outlines an approach to living that is possible for every reader to achieve, if he or she is willing to make it happen for themselves. Regardless of your current state of physical, emotional or spiritual disrepair, you can take her new book, **Be Healthy~Stay Balanced**, read carefully, and begin to bring joy and balance into your body and life.”

—**Wayne W. Dyer, Ph.D.**, author of *Change Your Thoughts—Change Your Life*

“**Be Healthy~Stay Balanced** is a blessing! Dr. Jones has produced a comprehensive, yet easy-to-navigate guide to good health that should be read by everyone interested in staying healthy and active for years to come. She has taken the time to provide scientific and medical references to support each chapter. Susan teaches how to make thoughtful choices from the type of water you drink to the foods you eat. Bottom line: she shows you how to improve the quality of life...made easy.”

—**Brian S. Boxer Wachler, M.D.**, Director of the Boxer Wachler Vision Institute, Beverly Hills

“**Be Healthy~Stay Balanced** is a fantastic resource to support your quest for superior health, joy, and minimal stress. Susan's vast knowledge of holistic living will motivate you to create a new, better you.”

—**Joel Fuhrman, M.D.**, author of *Eat to Live*

“In **Be Healthy~Stay Balanced**, Susan provides practical, yet powerful, techniques to manage stress and help restore well-being.”

—**Dean Ornish, M.D.**, author of *The Spectrum*

“If you are ready to improve your diet, reduce stress in your life, or exercise your way to vibrant health, **Be Healthy~Stay Balanced** is loaded with secrets that you'll need to improve the quality of your life.”

—**Gerald Jampolsky, M.D.**, author of *Love is Letting Go of Fear*

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“If you would like some practical, effective ways to deal with stress; if you desire to be healthier, happier, or more joyful; if you want some discerning guidance on how to live a more balanced life filled with vitality and purpose; if you need some simple, delicious, nutritious recipes; or if you simply want to enrich your experience of living, making your life a great adventure and celebration, then Susan’s esteemed book, **Be Healthy~Stay Balanced**, was written just for you.”

—**Shera Raisen, M.D.**, Raisen Integrative Medicine, Santa Monica

“If every patient in every doctor’s office read **Be Healthy~Stay Balanced** and embraced Susan’s suggestions, it would revolutionize the health of America. Susan incorporates all of the essential ingredients for living with optimum health all the way into old age. Her splendid medley of information is based on sound research and 30 years of experience working with clients worldwide. Now you can discover the secrets to being vibrantly healthy and joyful. Also, if you’re in search of some healthy, easy, and delicious recipes, the second half of her book brings culinary art into the realm of everyday living. If you’re not fortunate enough to attend her ‘Balanced Living’ workshops, then **Be Healthy~Stay Balanced** is the next best thing. I wholeheartedly recommend Susan’s wonderful book to everyone!”

—**Nancy S. Schort, D.D.S.**, Santa Monica

“Investing a couple hours in **Be Healthy~Stay Balanced** can be your defense against the temptations of modern life. Regardless of where you have looked for better health and how much “dis-ease” you are experiencing now, you can begin to put it behind you by reading this book . . . and place yourself on a path to enjoy the life you desire and deserve. It is the perfect recipe in the art of choosing your very best life. You’ll want to keep very special book on your bedside table and embrace it often.”

—**Victoria Moran**, author of *Fat, Broke & Lonely No More*

“Susan’s book, **Be Healthy~Stay Balanced**, is an absolute pleasure to read, rich in wisdom and practical tips we can all use in our daily lives. Finally, a book that says everything I’d like to say to my patients, but don’t always have the time. Susan has distilled the most important health information into one timeless gem-of-a-book that’s perfect for readers worldwide. Terrific and relevant!”

—**Peter Brown, M.D.**, Palo Alto

“Dr. Susan Jones blends the joy of eating a wholesome, natural diet with solid advice about health. A must-read for those who believe, as I do, that radiant health and youthful vitality begin in the kitchen. On the cutting edge of health intelligence and a natural resource for healing—abounding in wisdom and practical application, **Be Healthy~Stay Balanced** holds a prominent place in my library. Outstanding and highly recommended!”

—**“Sproutman” Steve Meyerowitz**, author of *The Organic Food Guide*

“What sets Susan Jones apart from many health experts is that her approach works from the inside out. While many others work from the outside in, simply asking people to change their food and lifestyle choices, Susan shows us how to build a foundation of high self-esteem from which it becomes natural to consistently choose health and happiness. With this foundation in place, Susan covers what you need to know to prevent and alleviate disease, increase energy, restore youthful vitality, change bad habits, and live a personally meaningful life. If you are looking for lasting positive changes in your health and life, I wholeheartedly recommend **Be Healthy~Stay Balanced**.”

—**Ben Kim, D.C.**, Life Essentials Health Clinic, Barrie, Ontario

“Throughout the pages of Dr. Susan’s superb book, **Be Healthy~Stay Balanced**, you will find all of the tools necessary to enrich every aspect of your life.”

—**John Gray, Ph.D.**, author of *Men are from Mars, Women are from Venus*

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“In **Be Healthy~Stay Balanced**, Susan has expressed so beautifully the art of living joyfully and healthfully and the importance of consuming more raw foods. She covers everything you need to know to live a sacred, balanced life. Even her easy-to-prepare recipes in the fourth part of the book are scrumptious and delicious and will feed your body just as her reflections and philosophy will feed your soul. Here is a book I will be proud to recommend to all of my friends and clients. What an essential message whose time has come written by a radiant woman who ‘walks her talk’ and lives a faith- and Love-filled, peaceful life!”

—**Brigitte Mars**, author of *Rawsome!*

“**Be Healthy~Stay Balanced** is a beautiful, clear, uplifting book. A guide to living healthfully, joyfully, passionately, and peacefully, it is also a fine example of the heart-centeredness that brings grace to life. Outstanding!”

—**John Robbins**, author of *Diet for a New America*

“I would recommend Susan Jones’s workshops to anyone. However, if one cannot meet this fabulous example of balanced spiritual and practical living in person, the next best thing is this book. All Susan’s books are great, but **Be Healthy~Stay Balanced** may well be her best ever! I especially appreciate the simple, delicious recipes at the end of the book.”

—**Rev. John Strickland**, Unity

“**Be Healthy~Stay Balanced** is a wellspring of well-researched and heart-centered information by an author who has devoted her life to optimum well-being. I have only the highest respect for Susan Jones as a model of Spirit-guided, well-balanced living. This book is sure to be a welcome companion to anyone seeking to be vibrantly healthy and live their highest potential.”

—**Alan Cohen**, author of *Wisdom of the Heart*

“Susan understands we are threefold—body, mind, and spirit—and to be healthy, we must balance and strengthen all three. In her uplifting book, **Be Healthy~Stay Balanced**, she proffers very practical advice to create radiant health and live your best life. It’s empowering! Her loving, grateful heart and positive attitude shine through on every page. I wholeheartedly recommend it to everyone.”

—**Olin Idol, ND, CNC**, Vice President of Health, Hallelujah Acres

“In **Be Healthy~Stay Balanced**, Susan offers practical and uplifting advice guaranteed to foster health and happiness. I’ve known Susan for over three decades, and I’m always inspired by her youthful vitality and radiance. You will learn all about Susan’s secrets to looking and feeling your best from her terrific book. It should be on your bookshelf; it is on mine.”

—**Earl L. Mindell, Ph.D.**, author of *Earl Mindell’s New Vitamin Bible*

“Susan’s latest book is fantastic—it’s practical, motivating, and inspiring. I know it can help you to be your healthiest and I am recommending it to all my friends.”

—**Tommy Lasorda**, The Los Angeles Dodgers

“When I need some inspiration and gentle, loving guidance on how to be vibrantly healthy and live my very best life, all I have to do is pick up **Be Healthy~Stay Balanced** and turn to any page of the book. Susan is one of those rare persons who ‘walks her talk’ and is a shining, Light-filled example of what living holistically and fully is all about. She truly knows how to celebrate life. I applaud this beautiful book and its wisdom; Susan’s meritorious writing style, delicious recipes, and informative tips make being radiantly healthy practical and fun. Congratulations!”

—**Cheryl Canfield**, author of *Profound Healing*

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“An insightful, clear description of stress, its deleterious effects on the body, and 21 effective ways to make stress your friend. Susan’s inspiring, motivating book will help the reader cross the bridge from disease and unhappiness to vibrant health, vitality, and joy. If you’re looking for an easy-to-follow, commonsense approach to a fulfilling life in all areas—physically, mentally, emotionally, and spiritually, then this book is the answer. I highly recommend **Be Healthy~Stay Balanced** to everyone. I’ll recommend it to my patients and friends.”

—**Finley W. Brown, Jr., M.D.**, Chicago

“For 30 years, Susan Jones has been an inspiration to millions of people worldwide on how to reverse the aging process, choose a healthy diet, and live a balanced life filled with joy, peace, and love. Her popular workshops, keynote addresses, and healthy food preparation classes are often booked a year or two in advance! When she appears on a television or radio talk show, it’s clear that she not only motivates, empowers, and uplifts the audiences, but the programs’ hosts as well. However, if you’ve never had the good fortune of meeting Susan in person or hearing her speak, her new book, **Be Healthy~Stay Balanced** is perfect for you. In her usual, beautiful style, she makes you think she’s sitting with you at her kitchen table over a cup of herbal tea and offering you her pearls of wisdom on everything health-, life-, and love-related. This precious book will change your life for the better. If you choose to read only one book this year, let this be your very wise choice.”

—**Dianne Warren**, Sarasota, co-author of *Vegetable Soup/The Fruit Bowl*

“**Be Healthy~Stay Balanced** should be required reading for everyone between the ages of 16 and 96. It will revitalize your body and invigorate your life. Keep several copies on hand to give away to your friends, family and all of your loved ones. You will thank your lucky stars that you have Susan as your personal guide.”

—**Lendon H. Smith, M.D.**, author of *Happiness is a Healthy Life*

“In **Be Healthy~Stay Balanced**, Susan has managed to include a wealth of information on all of the imperative keys to creating optimum health and living a balanced life. I appreciate her positive approach and personal examples from her clients that bring warmth, practicality, and motivation to the book. She shows us that every one of us can make a commitment to being healthy and joyful and change the course of our lives for the better. Let Susan show you how to do this with her easy-to-follow 21 essential choices for a life of vitality and purpose. Fantastic!”

—**Gabriel Cousens, M.D.**, Founder, *Tree of Life Rejuvenation Center*, author of *Spiritual Nutrition*

“I love all of Susan’s books, especially her 2-book series, **The Healing Power of NATUREFOODS** and her latest book, **Be Healthy~Stay Balanced: 21 Simple Choices to Create More Joy & Less Stress**. I’m particularly drawn to her easy-to-prepare, delicious and nutritious recipes and simple tips on the best foods to eat to restore and maintain optimum health and youthful vitality. As a private natural foods chef and nutrition instructor, she has worked with me as my personal chef on and off for over 25 years, so I’ve had the honor and privilege of experiencing her incredible meals and lifestyle tips first-hand. Her healthy, balanced living workshops are fantastic and often booked more than a year in advance; I’ve enjoyed sponsoring many of these workshops for my friends and loved ones. Susan is a shining example of what it means to be vibrantly healthy, eternally youthful, and a lover of nature and life. She’s truly an inspiration and a gift to the world. Her motivating and empowering book, **Be Healthy~Stay Balanced**, changed my life for the better and will change your life, too. I give copies of this book to all of my friends as gifts because I know how empowering is her vast knowledge, writing, and holistic health guidance. Thank you, Susan, for being a positive presence in my life.”

—**Jamie S. Carr**, Rancho Santa Fe

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“Susan’s motivating book contains all of the information you’ll need on how to achieve health and live a balanced life. I find, however, that most people aren’t inspired enough to seek information. So I invite you all to wake up to life and all its potential, read **Be Healthy~Stay Balanced**, become informed, and live a healed, happy and balanced life.”

—**Bernie S. Siegel, M.D.**, author of *Love, Medicine and Miracles*

“Don’t settle for a diet that is mainly beige or white. Take advantage of Dr. Susan Jones’s nourishing whole food and lifestyle program detailed in her motivating book **Be Healthy~Stay Balanced**. It’s full of much-needed, beneficial information and marvelous natural food recipes to help you deal with stress, heal your body, and rejuvenate your life. Her proven recommendations present a workable scenario for choosing a plant-based, nutrient-rich diet and living a holistic life. Stupendous!”

—**Alan Goldhamer, D.C.**, Co-founder, TrueNorth Health, Rohnert Park, CA and co-author of *The Pleasure Trap*

“For over two decades, I’ve been inspired and empowered by Susan’s work and many books, especially her motivating 3-book Hay House series, **The Healing Power of NATUREFOODS, Volumes 1 & 2** and **Recipes for HEALTH BLISS: Using NatureFoods to Rejuvenate Your Body & Life** and her latest, enthralling book, **Be Healthy~Stay Balanced: 21 Simple Choices to Create More Joy & Less Stress**. This new edition to her prestigious lineup of books and audio programs had my total attention on the first page, and I read it cover-to-cover in less than 2 hours. In my private practice, I recommend and give away her books to my patients and they all return to purchase more copies for their family and friends. Each person, no matter what his or her health or life circumstances, will benefit from Susan’s work, books, and audio programs. She presents bold and visionary holistic health methods that create a powerful blueprint for positive change and balanced living. **Be Healthy~Stay Balanced** shows you how to take the necessary steps of self discovery and personal transformation so you can walk this planet with grace and ease, while experiencing radiant health and the magnificence of your being. I encourage everyone to purchase several copies for yourself and to give away as gifts to the special people in your life.”

—**Dr. Leslie Van Romer**, Van Romer Chiropractic, Sequim, WA, and author of *Getting Into Your Pants*

“Attaining balance is the key to knowing where you are going with your health. Susan gives us practical insights, achievable goals, and health-promoting recipes in order to ‘feel’ when we are in a state of balance. Do not take her suggestions lightly! Not only can the information in **Be Healthy~Stay Balanced** nudge you toward a position of better health, but this wisdom can also keep you that way.”

—**Theodore A. Barody, Ph.D.**, author of *Alkalize or Die*

“If you desire to restore youthful vitality and have energy to spare; if you are eager to learn some simple, time-tested tips to stave off disease and foster optimum health; if you are wondering about the benefits of a plant-based diet; if you are interested in losing some extra fat and toning up your body; if you want to bring balance and joy into your life, then **Be Healthy~Stay Balanced; 21 Simple Choice to Create More Joy & Less Stress** is the perfect book for you. It’s user-friendly, informative, succinct, and very timely—especially in light of our country’s obesity epidemic. Susan’s vast knowledge of holistic living will expand your health options and motivate you to create your very best life. For three decades, her popular ‘healthy living’ articles have graced the pages of our magazine, and her many books are among our best-sellers. Fortunately, in her new, concise book, we now have the best-of-the-best of Susan’s research, experience, and cutting edge therapies all masterfully distilled into a captivating, empowering and motivating volume that will definitely make a positive difference in your life. Kudos to Susan!”

—**Lynn Grudnik**, Executive Director of the National Health Association and Editor of the magazine *Health Science*

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“In **Be Healthy~Stay Balanced**, Susan has provided an abundance of information for creating health and balance in your life. She masterfully integrates the essentials of lifelong health, with strategies for embracing the precious present, into a practical blueprint of daily living. She is clear, compassionate, and wonderfully motivating. Just a fantastic job!”

—**Frank Sabatino, Ph.D., Health Director, Regency Health Spa**

“At last, a book with all of the essential ingredients to bring a sacred balance and soulful joy into your body and life. In reader-friendly prose, you will learn how to heal your body, mind, and spirit from a renowned holistic health author and motivational speaker who combines ageless wisdom and modern research in all of her work. Long known for her extraordinary capacity to motivate people to transform their lives, Susan can become your muse. She’ll inspire and empower you to live life to your fullest. You’ll discover that **Be Healthy~Stay Balanced** is as enjoyable to read as it is efficacious and easy to incorporate into your life.”

—**Charles M. Taylor, CEO/President; Stars Unlimited Coaching**

“So often, the way to a stress-free life seems to be so stressful. In Susan’s new book, **Be Healthy~Stay Balanced**, she gives the most extraordinary, easy-to-follow guidelines on how to accomplish a balanced lifestyle without the stress! It’s an outstanding collection of sound and useful information to help everyone see clearly the essential choices necessary to bring balance, happiness and vitality into his or her life. Susan suggests so many things that our grandparents used to tell us about health and living close to Nature, and she makes the prospect of creating a healthy life doable and fun. This book is a must-read for anyone who desires to shave ten years off your looks and age, have boundless energy, and celebrate life. In just 90 days—one short season of three months—of following Susan’s time-tested and timeless ‘balanced living’ program, you will feel and look amazing. Totally enjoyable and definitely rewarding!”

—**Susan and Bill Kulick, North Bend, OR**

“Susan is a person of great beauty both inside and out. Her enthusiasm, experience, and her vast knowledge of the fields of holistic health, nutrition, exercise, and wellness are tremendous gifts to the world and are all clearly evident in her new book. She writes from her loving heart and is a shining example of what it means to live a God-centered, faith-filled life. Her book, **Be Healthy~Stay Balanced**, will bless, heal, enrich, and nurture you. Its contents are powerful and life-transforming and it will make a positive difference on the world’s well-being.”

—**David N. Engle, D.C., Sebastopol**

“If you have ever wondered what it would be like to experience joy, peace, love, and vibrant health personified, then meet Susan Smith Jones. I’ve had the pleasure of knowing her for years as one of my clients and very dear friends. Susan’s love of nature and healthy living and her joyous attitude are heart-warming and contagious. She is totally committed to being healthy and living a balanced life and, most importantly, sharing her wealth of knowledge—garnered over 30 years—with the world. Even though Susan and I have talked often about the material in this book—especially when she was writing it—once it was finished and I started reading it, I couldn’t put it down. With my busy schedule, I appreciate that it’s a quick read, and yet it contains countless pearls of wisdom all of us need to know and can apply in our lives immediately that will make a positive, profound difference. It is rare to find a ‘health’ book that you just don’t want to end, where you savor each page, reading slower as the book nears completion. Susan has a special talent for taking complex research and scientific material and making the ideas simple and palatable. After reading this fabulous, uplifting book, you’ll feel like you know Susan as your friend, too. **Be Healthy~Stay Balanced** is truly a gift to everyone who wants to succeed in life and be radiantly healthy. It will speak to your heart, enlighten your thinking, and motivate your life. A must read!”

—**Lisa Ray, skin care specialist and salon owner of Skin Premiere in West Los Angeles**

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“In her 17th book, Susan Jones shares her philosophy and practical, motivating tips and recipes about rejuvenating the body and living a balanced life—the ones I espouse and teach in my work. A frequent, popular guest on my health radio show, she is a wonderful example of living by God’s natural health laws. In this beautifully written and practical book, Susan shows us how we can all live disease-free, look years younger than our age, and radiate vitality, joy, and peace. Whether you are 10 or 110, you have a treat in store. **Be Healthy~Stay Balanced** provides essential, cogent guidance on healing your body and living life to the fullest.”

—**Louie B. Free**, radio talk-show host of *Brainfood from the Heartland*

“Susan has profoundly changed my life with her wonderful, practical and uplifting new book beautifully titled **Be Healthy~Stay Balanced**. As an avid reader, I’ve read 2-3 books weekly for over 30 years; I can honestly say that there’s never been another book that has had this kind of miraculous effect on every aspect of my life. Because of Susan’s sage advice, I now look and feel better than I have in years: I have more energy and confidence and I feel empowered to create my best life. Susan provides all of the tools that you’ll need to be vibrantly healthy. She has this unique ability to take complex research and make it understandable and easy to incorporate into your life. My lifestyle is like most people--busy and filled with daily demands on my time. Not only do I have a full-time job, but I’m also married and have three children and myriad responsibilities. Because of Susan’s cutting-edge, mind-body therapies, I now feel a glorious balance, joy and peacefulness like never before. Susan demystifies without talking down to her readers; her accessible program is an integrative approach to wellness, based on years of practice and a deep understanding of body, mind and spirit. I’ve attended many of her seminars, healthy food preparation classes, and keynote speeches; these events are always life-changing for everyone in attendance. I also have her stellar 3-book Hay House series **The Healing Power of NATUREFOODS, Volumes 1 & 2** and **Recipes for HEALTH BLISS**, along with all her audio programs. In fact, I listen to her motivational 7-tape album, **Celebrate Life!**, daily to help me achieve my heartfelt goals and to stay in touch with my peaceful inner Self. But if you are new to Susan’s work, and you want to start with just one life-changing book to empower you, I wholeheartedly recommend **Be Healthy~Stay Balanced** as the perfect path for awakening your very best self and most balanced life.”

—**Junia Chambers**, Coos Bay, OR

“Susan’s frequent appearances on my radio shows are always well-received and, because of her popularity and esteemed expertise in holistic health, I often invite her to fill in for me as the host when I’m away. Gratefully, I now have another superb book of hers to recommend to my listeners, friends, and family. **Be Healthy~Stay Balanced** presents a compelling roadmap through the health highways of life. It offers a fresh approach and a powerful message for anyone who desires to experience optimum health, unlimited joy, and a peaceful life. Woven into this very insightful story of how stress affects our bodies are 21 synergistic, yet practical, health and ‘balanced living’ principles that can change your life forever! Her recipes are fun and easy, even for a novice like I am. If we all lived as Susan suggests, America could close most of its hospitals and jails and become a nation in health and peace with itself rather than an environment of stress, unhappiness and ailments—obesity, diabetes, heart disease, cancer, and arthritis, just to name a few. Susan’s latest book is definitely worth reading; it will engage your mind, inspire your heart, and change your life for the better, just as it has for me. If you only read one book this year, choose Susan’s timeless, inspiring, practicable, motivational, uplifting, and immensely empowering gem-of-a-book, **Be Healthy~Stay Balanced**. She has packed a wealth of information into this masterpiece.”

—**Nick Lawrence**, radio/TV talk-show host



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