

STEPS TO LIVING HEALTHY, YOUNG & JOYFUL. . . AT ANY AGE!
SUSAN SMITH JONES, PHD • INTERVIEW TALKING POINTS



Blissful Living

Susan's Bestselling Healthy Eating & Living 3-Book Set



**HAY HOUSE
PUBLISHERS**

*Be the change you want
to see in the world.*

— Gandhi

Sometimes we just need some gentle guidance and daily reminders on how to invite more vibrancy into our bodies and resplendence in our lives. Here are some of Dr. Susan's key suggestions and talking points that will make a mighty difference—when you incorporate them. See which ones you can embrace TODAY. Details are covered in *THE JOY FACTOR*.

1. Take time to nourish your body and soul.
2. Utilize natural remedies -10 everyone should have.
3. Eat colorful nutrient-rich food to boost mood.
4. Exercise regularly with the "best" activities.
5. Catch plenty of ZZZs -- easy tips to sleep like a baby.
6. Simplify your life and revel in life's joyful pleasures.
7. Live in the present and spend time in nature.
8. Encourage your inner child to come out to play.
9. Quell stress the natural way and live intuitively.
10. Lift your attitude UP and make opportunities to serve.
11. Time permitting, Dr. Susan can cover 20 essential tips.

* www.SusanSmithJones.com *

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