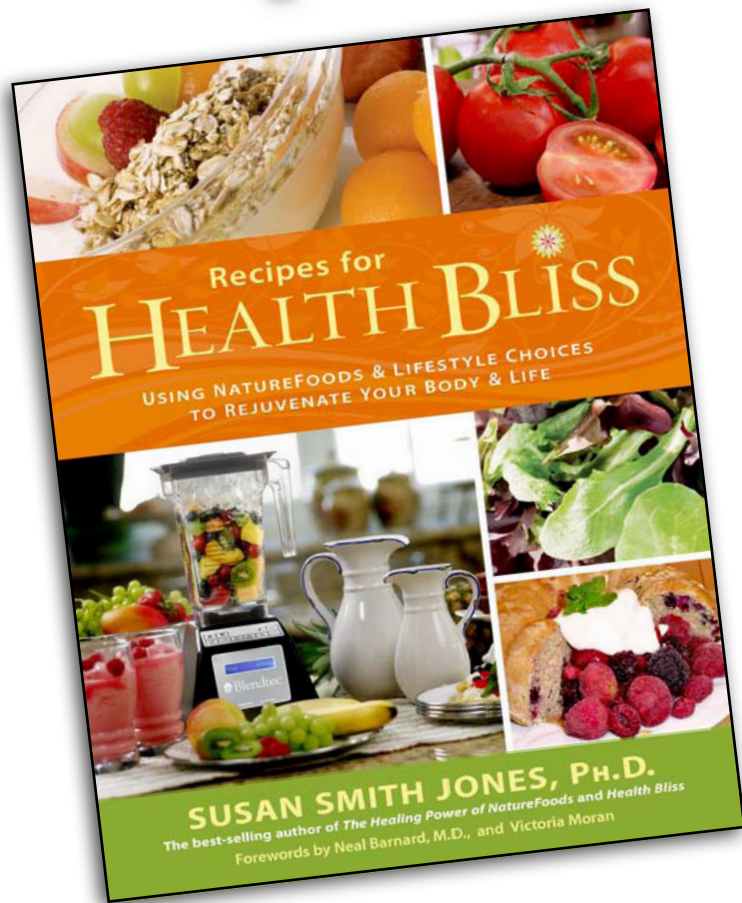


PRAISE FOR DR. SUSAN'S NEW BOOK

Recipes for HEALTH BLISS



Recipes for Health Bliss is a beautiful blend of modern research and ageless wisdom. Dr. Susan Smith Jones's sound nutritional guidance—along with her countless practical food tips and scrumptious recipes—will help you awaken to a new understanding of what vibrant health is all about. Her vast culinary experience will provide you with a better understanding of the specific advantages of the plant kingdom as an excellent source of nourishment. Whether you're 18 or 88 and whether you live in North, Central, or South America; Europe; Asia; New Zealand; Africa; Middle East; India; Australia; or the UK, this book is essential reading and will bring joy and delicious, healthful meals into your life. I wholeheartedly recommend it to everyone!

—**John Robbins**, author of *Diet for a New America*: www.healthyat100.org

I am a big admirer of holistic health consultant, motivational speaker and author Susan Smith Jones. *Her work with NatureFoods and optimum nutrition is legendary. I call her the "NatureFoods Lady" because she has been my source of inspiration and information about the wonderful world of NatureFoods for as long as I can remember. After many years of reading her books and articles, I finally asked if she would like to be a Hay House author and write this healthy eating and living series for us.*

You'll love this best-selling 3-book set!

And *Recipes for Health Bliss* is the most beautiful health book on the planet!

— Louise L. Hay

This reader-friendly, treasure trove of a book is sure to appeal to anyone who's serious about slimming down; firming up; looking younger; and healing body, mind, and spirit. Learn about the healthiest foods to eat, the best kitchen tips and supplements, the most delicious meals and snacks everyone will love, and other empowering lifestyle secrets from a world-renowned holistic-health and alternative medicine expert, advice columnist, award-winning writer, and motivational speaker. Although Susan Smith Jones has three of America's most ordinary names, her achievements and accolades in the fields of optimal health, personal development, and balanced living are extraordinary. My advice: get a copy of this book for yourself and then get several more copies to give as gifts to all your family and friends. Everyone will love it! And what better gift can you give than the gift of health?

—**Ellen T. Jensen, Ph.D., D.Sc.**, author of *Health is Your Birthright*, president and executive director of Bernard Jensen International:
www.bernardjensen.com



Susan's books and work have made a profound difference in my life. As a result, I have lost all my extra weight, healed my body, and am healthier than ever. She has a unique ability to inspire and motivate in a way that makes you feel empowered and know that your health destiny is under your control. I have given the other two books in this series as gifts to countless people.

Now I will have the complete 3-book set with this celebrated book, ***Recipes for Health Bliss***—a beautiful collection of her nutritional, culinary, and lifestyle sageness. I've had the privilege of taking several of her culinary classes and am always amazed at how she can take a few simple ingredients and, in minutes, create something dazzling to the eyes and taste buds.

—**Nick Lawrence**, radio and TV talk show host/producer: www.theradiovoice.com

Susan has been an inspiration to me for several years. Her optimistic, faith-filled attitude shines through in everything she says and does. The quality of our health is an integral part of our happiness. With Susan's books and teachings, we have all the tools we need to build solid health and, consequently, strengthen homes and families by passing along traditions that promote happy, healthful, and joyful lives. I'm forever grateful to Susan for her love of nourishing foods and her shining example of healthy living. All of her nutritious and tasty recipes are easy to prepare and enjoyed by my family and friends. ***Recipes for Health Bliss***, as well as her complete 3-book set on healthy eating and living, ***The Healing Power of NatureFoods*** and ***Health Bliss***, will enhance your life and keep on giving for years to come. It's the perfect gift set to give for any occasion. Outstanding!

—**Rebecca Linder Hintze**, author of *Healing Your Family History*:
www.rebeccahintze.com

As you read through these beautifully designed pages, you'll feel as though Susan is sitting across from you at your dining-room table, gently and lovingly guiding you on everything you can do to heal and rejuvenate your body, look years younger than your age, and live your highest vision for yourself. As with her other two books in this consummate 3-book healthy eating and living set, ***Health Bliss*** and ***The Healing Power of NatureFoods***, the sage nutritional and lifestyle suggestions here are the very best, and she's a stellar example that her "Living-Vibrant" program works. You won't be able to put this book down, unless it's to walk cheerfully to your kitchen to snack on some colorful fruits and vegetables or to make some fresh juice or a smoothie. Ask my 88-year-young mother—she wouldn't be without this book or any of Susan's other delightful and empowering works. Kudos to Susan!

—**Fléchelle Morin**, author of *Kissing or No Kissing: Whom Will You Save Your Kisses For?:*
www.nokissing.com

The connection between radiant health and happiness is profound. Susan Smith Jones wisely teaches us in ***Recipes for Health Bliss*** how we can beautifully nourish and sustain our body by eating nature's sensuous, colorful, delicious, fragrant bounty from the earth — in this way, boosting our "spirit-energy."

—**Alexandra Stoddard**, author of *You Are Your Choices: 50 Ways to Live the Good Life*:
www.alexandrastoddard.com

You're in for a treat as you read and savor every page of Susan's best-selling, 3-book set. Each book in this series will profoundly change your life for the better, as these dynamic, life-changing volumes (and all of her work) have done for me. I encourage you to read them through once quickly, and then start all over again and read each page slowly, drinking in their magnificence and empowering wisdom. Finally, keep all three books close by, especially in your kitchen or on your bedside table, so you can refer to them often to help you create your healthiest life.

—**Louise L. Hay**, publisher and author of more than 25 books: www.louisehay.com

To purchase copies of ***RECIPES FOR HEALTH BLISS*** or Susan's celebrated 3-book Hay House series on healthy eating and living, please contact:

1.800.654.5126 ★ SusanSmithJones.com

