

As Seen on PBS

# Can You Name the 10 Ordinary Things That Keep People Young and Happy... at Any Age?

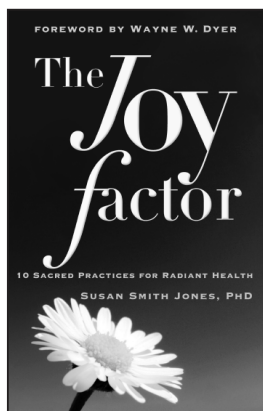


**Susan Smith Jones, PhD**—a pioneer in the field of holistic health and well-being—will share the simple everyday things anyone can do to experience more joy and good health throughout their lives. Are members of your audience already doing some of them? (Hint: they have nothing to do with making money or pursuing a 24/7 lifestyle).

Invite Susan on air to share her “formula of youth” which she outlines in her 26<sup>th</sup> book, *THE JOY FACTOR: 10 Sacred Practices for Radiant Health* (Conari Press, Copyright 2011) for which Wayne Dyer wrote the foreword.

This in-demand talk show guest can talk about the following and so much more:

- How to be the youngest-looking and most successful person at your next class reunion.
- What to do NOW to avoid colds and the flu when the weather turns colder.
- Secrets for licking stress before it licks you (and special advice for avoiding holiday stress).



## October is Emotional Wellness Month

*“Susan will help you take action, beginning now, to correct any limits you may have placed on yourself.”*

—Wayne Dyer,  
internationally known author and speaker

**CREDENTIALS:** Susan Smith Jones, PhD is an internationally renowned motivational speaker, award-winning columnist and consultant who has appeared on countless magazine covers; she has been a guest on more than 2,000 radio and television programs and has authored more than 1,500 magazine articles on holistic health. For 30 years, she taught students, staff and faculty at UCLA how to be healthy and fit. Visit [www.SusanSmithJones.com](http://www.SusanSmithJones.com).

**AVAILABILITY:** Los Angeles, nationwide by arrangement and via telephone

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### JOY: THE MISSING LINK TO LASTING HEALTH

“Susan has a gift for taking complex research, scientific studies, and personal experiences and distilling them down to the most practical — and empowering — level. *The Joy Factor* contains all of the essential ingredients to live our very best lives — physically, mentally, emotionally, and spiritually.”

—VICTORIA MORAN, author of *Creating a Charmed Life*

Food and health fads come and go, but some truths remain constant: Health and fulfillment are multi-faceted jewels — a combination of what we eat (and don't), how (and how often) we move our bodies, and how we choose to look at what life hands us. In her book, natural health pioneer Susan Smith Jones focuses on practices to help liberate your joy — practices you will love to do that will keep you looking and feeling healthy, vibrant, and youthful.

“The perfect blend of modern research and ageless wisdom — this book will help everyone awaken to a new understanding of what living fully, celebrating life, and creating vibrant health are all about.”

—ALEXANDRA STODDARD, author of *You Are Your Choices*

“This combination book/workbook is sure to be a welcome companion to anyone seeking to bring vitality and radiant health into their lives. Whether you are 18 or 88, consider this required reading for bringing peace and high-level wellness to your life.”

—NEAL BARNARD, MD, founder and president,  
Physicians Committee for Responsible Medicine,  
author of *Breaking the Food Seduction*

Through the pages of this book, Susan will become your personal life coach. She will help you get unstuck from the “spin-cycle” lifestyle, shed some pounds, glow with health, and learn how to celebrate yourself and live your life with gusto.

You can find Susan at [www.SusanSmithJones.com](http://www.SusanSmithJones.com)

