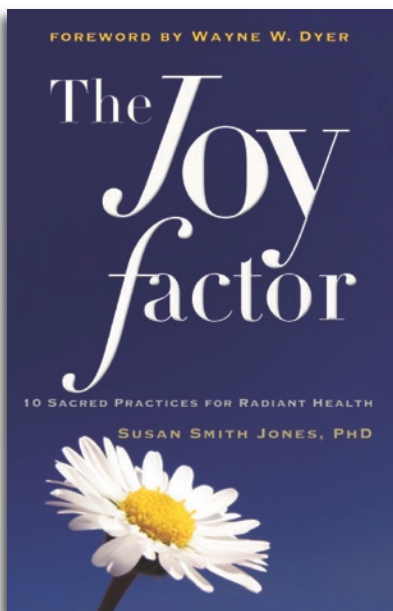


Steps to Living Healthy, Young & Joyful . . . at Any Age!

Introduction & Bio for Susan: My guest today is a frequent visitor to the show. And, for a woman with three of American's most ordinary names, **Dr. Susan Smith Jones** has certainly made extraordinary contributions in the fields of holistic health, anti-aging, optimum nutrition and balanced, joyful 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 human potential. As a renowned health and fitness educator, Susan travels internationally as a frequent radio/TV talk show guest and motivational speaker; she's also the author of over 1500 magazine articles and 25 books, including her latest bestselling book: *THE JOY FACTOR: 10 Sacred Practices for Radiant Health* with the foreword by Wayne Dyer. Welcome to the show Susan...



1. Today we want to discuss living healthy, young and joyful...at any age. I notice that the word JOY comes up a lot and is part of the title to the new book *THE JOY FACTOR*. Why is JOY such a key component to living healthy?
2. Susan, you tell us to take time to nourish our body and soul....how do we accomplish both?
3. You also urge us to utilize natural remedies...can you give us some specific suggestions?
4. You recommend that we eat colorful, nutrient rich food...will that really help boost our moods?
5. I would think part of your advice is to include regular exercise?
6. As we get older, many of us have trouble sleeping. Why is sleep so important and do you have any advice on sleeping like a baby?
7. One piece of advice from *The JOY Factor*: simplify your life and revel in life's joyful pleasures...isn't that easier said than done?



8. Live in the present and spend time in nature. What are the benefits?
9. Will people think I'm goofy if I encourage my inner child to come out to play? What does that mean, exactly?
10. You say to handle stress the natural way and to live intuitively. Give us a couple of thoughts on that...
11. You also advise us to lift your attitude UP and to make opportunities to serve... what do you mean by that?
12. Susan....please share with us just one of your favorite remedies that you think everyone should have.
13. Susan's new bestseller is *THE JOY FACTOR*. Would you tell us why you wrote the book – your intention and goals for this book . . . and where can we get it, Susan?

Time permitting: Susan can talk for hours and offer more tips to help your audience get unstuck from the “spin-cycle” lifestyle, shed some pounds, champion high self-esteem, glow with health, look years younger, feel more confident and empowered, and learn how to celebrate life and live with gusto. She will inspire everyone!

To purchase copies of *THE JOY FACTOR*
978.465.0504 ★ SusanSmithJones.com ★ 800.423.7087

