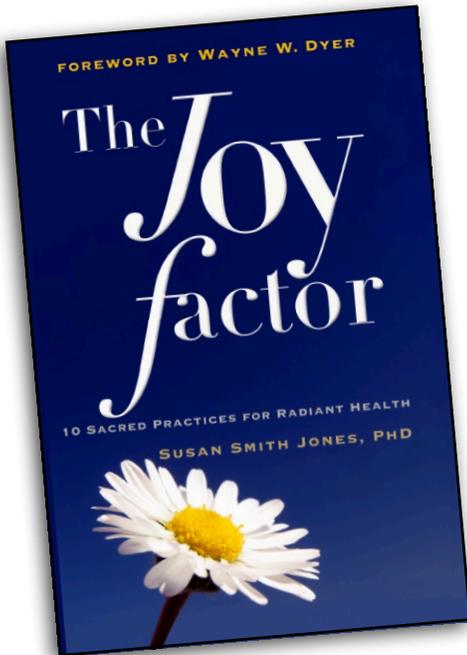


TALKING POINTS FOR SUSAN'S NEW BOOK

Internationally Acclaimed Mind, Body & Spirit Pioneer Reveals



21 Sensationally Simple Ways to Savor the 'Good Stuff' in Life & Live with Gusto



Are you living your life in a perpetual rush? At least one-third of Americans admit to doing exactly that and it's easy to see why. Our days are a frenzied dance of work projects and family obligations interspersed with obligatory e-mails to send, text messages to respond to and check-ins with friends on Facebook. Whatever happened to "me" time?

We all know that this rushed pace is not good for us; that we need to be doing more to improve the quality of our lives. But how do we find the time? **Susan Smith Jones** has the answers your audience desperately needs. They come straight from her 26th book, *The Joy Factor: 10 Sacred Practices for Radiant Health* (Conari Press, 2011), whose foreword was written by internationally renowned author and speaker Dr. Wayne Dyer.

Like Having an App for Everything Health-Related

This Expert Tackles Your Most Important Well-Being Topics with the Greatest of Ease

For a woman with three of America's most ordinary names, Susan Smith Jones, MS, PhD, has made extraordinary contributions in the fields of optimum holistic health, high-level fitness, optimal nutrition, longevity, and human potential. On your show she can discuss . . .

- 7 surefire stress-busters and energy boosters.
- 10 secrets to looking years younger in 30 days.
- 7 secrets all successful and happy people know.
- 13 foods that boost your mood (and get you in the mood).
- 9 simple tips to give you the confidence of a winner.
- Discover the top 10 healing secrets in your spice rack.
- Back to basics advice your grandmother would have given you had you only listened including Susan's 12 favorite natural remedies . . . *that really work!*
- And so much more!

CREDENTIALS: Selected as one of ten "Healthy American Fitness Leaders" by the President's Council on Physical Fitness & Sports, Dr. Susan is an award-winning writer and advice columnist. She has authored over 1,500 magazine articles, numerous audio programs, and 26 books including *Walking on Air: Your 30-Day Inside and Out Rejuvenation Makeover*, *Recipes for Health Bliss* and *The Joy Factor*. Susan appears regularly in the pages and on the covers of national and international publications and has been a guest on more than 2,000 radio and television talk shows worldwide. For 30 years, she taught students, staff, and faculty at UCLA how to be healthy and fit. On her frequent lecture/media tours, Susan discusses all aspects of living a vibrantly healthy life. **Visit:** www.SusanSmithJones.com

Dr. Susan's Popular Seasonal Shows

- Let colds and flu pass you by this winter
- Making every day Thanksgiving by developing an attitude of gratitude
- Beat holiday stress before it beats you
- Top 10 New Year's resolutions for a healthier, happier, more successful you
- Valentine's Day Secrets: What the world's best lovers know to keep passion alive and libido flowing
- Healthy and oh-so-good Halloween treats kids will refuse to give away
- Surefire tips for spring cleaning your mind, body, spirit and home
- Simple keys to a luxurious, inexpensive, and retreat-like summer staycation
- Natural allergy and hay fever remedies

"Having a cell phone, a high-speed computer, a GPS, and a Smartphone might make you feel plugged into the world of the future, but the only thing you might really be is wired. It's the people who are internally plugged in, the people who are deeply connected to their inner sacredness and spirituality, who will thrive." – Susan S. Jones

AVAILABILITY: Los Angeles, nationwide by arrangement and via telephone

CONTACT: To book Susan, contact Lisa Trudeau at Conari Press, (978) 465-0504, ext. 1110, ltrudeau@redwheelweiser.com.

PRAISE FOR *THE JOY FACTOR*

This combination book/workbook is sure to be a welcome companion for 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. I wholeheartedly recommend it to everyone!

—Neal Barnard, MD, founder and president, Physicians Committee for Responsible Medicine;
author of *Breaking the Food Seduction*

The perfect blend of modern research and ageless wisdom. Susan Smith Jones's sound and practical guidance, along with the inspiring personal stories about her life and work with her clients, will help everyone awaken to a new understanding of what living fully, celebrating life, and creating vibrant health are all about. *The Joy Factor* will touch your heart and change your life for the better. —Alexandra Stoddard, author of *You Are Your Choices: 50 Ways to Live the Good Life*

For more than 30 years, Dr. Susan Jones has been living and teaching the material presented in *The Joy Factor*, which focuses on simple ways we can all live a life of vitality and purpose. She has superbly distilled the most essential issues concerning physical, mental, emotional, and spiritual well-being and created a beautifully-written guide that's easy-to-understand and, most importantly, easy-to-apply in our lives. Once I started reading, I could hardly put it down. Read this life-changing, sagacious book. —Dianne Warren, author of the award-winning childrens book (age 1-9) *Vegetable Soup/The Fruit Bowl*

This incredibly practical and uplifting book shows simple and proven ways out of an unhealthy, stressful lifestyle—from what you eat, how you exercise, and what you think and feel—to a balanced life abounding with joy, vitality, and sacredness. *The Joy Factor* will have a major impact on your life, especially if you read and participate in the workbook section at the end of the book.—John Robbins, author of *The Food Revolution*

What a magnificent book! Be sure to check out the workbook at the back, which invites us to look within ourselves to examine and understand more fully our beliefs, attitudes, heart-feelings, needs, desires, and our highest vision for ourselves and the world. This section made a profound difference in my life and will doubtless change your life for the better, too. I am recommending it to all of my friends, family, and on my radio shows. All of her books are fantastic, but this new book may well be her very best ever, along with her other empowering bestsellers *Recipes for Health Bliss* and *Walking on Air*. —Nick Lawrence, radio/TV talk show host

You will want to add this delightful book, *The Joy Factor*, to your home library, keep it front and center, and refer to it often. As you savor every page, it will feel like Susan is your new best friend and cares about how you feel and look — because she does. She is the most popular guest on my radio shows and columnist in my magazine. Sunny, as I refer to her, has a way of taking complex ideas and research and refining it all down into a prose that we can all understand — wisdom that will touch your heart and incite you to make positive changes in your life. You will thank your lucky stars that you have this book as your guide to creating optimal wellness, living fully, and celebrating life. Keep several copies on hand because you will want to give them as gifts for any occasion. Kudos to Susan!

—Anita Finley, radio talk show host and publisher of *Boomer Times*

Susan's approach, in *The Joy Factor*, is to help you to see that you are important enough to seek your full measure of happiness and success . . . She will help you take action, beginning now, to correct any limits you may have placed on yourself.

—Dr. Wayne W. Dyer, internationally renowned speaker and author of *Excuses Begone!*

To purchase copies of *THE JOY FACTOR*:
10 Sacred Practices for Radiant Health, please contact:

800.423.7087 ★ SusanSmithJones.com ★ 978.465.0504

