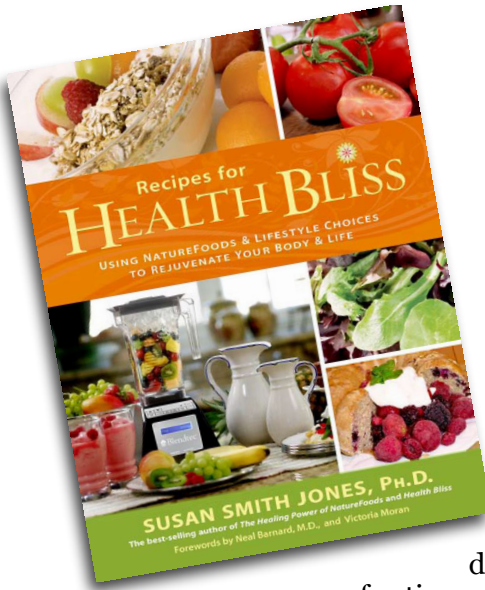


# FOREWORD by Victoria Moran



## *Recipes for HEALTH BLISS* *Using NatureFoods to Rejuvenate Your Body & Life*

**There's good health and poor health. Most people have some degree of one or the other. But there is another category, rare and wonderful: *health bliss*. And one more person stands to experience it: YOU, as you put into practice what you'll learn in this book.**

Leave it to Susan Smith Jones to apply the word *bliss*, a state she knows so well, to health of body and mind. I have observed this amazing woman for over twenty-five years (I know: she looks as if she was in kindergarten twenty-five years ago---that alone is proof that this way of life works). In all this time, I have known her to walk her talk without a misstep. After a serious automobile accident that caused doctors to tell her she would barely walk again, Susan put into practice the way of eating and living detailed in this book, as well as the spiritual tools of affirmation, meditation, and faith-filled prayer. As a result, she walked. And ran. And bungee-jumped, parachuted, kayaked, competed in triathlons, and hiked mountains. She still does. It's no wonder that the President's Council on Physical Fitness & Sports selected Susan as one of 10 *Healthy American Fitness Leaders*.

This is health bliss. It's more than freedom from disease, or simply having enough energy to get through the day. It is a true state of bliss---defined as "ecstasy," "rapture," "perfect happiness." This is what everyone wants and what this readable and content-packed book offers us all.

Susan started us on this road with her two previous best-selling Hay House books in this illustrious 3-book series, *The Healing Power of NatureFoods* and *Health Bliss: 50 Revitalizing NatureFoods & Lifestyle Choices to Promote Vibrant Health*. I highly recommend these books as companion guides or a gift set for your family and friends, and yet you can jump into *Recipes for Health Bliss* with no prerequisites. The recipes Susan creates and shares here are a veritable food-pharmacy of fresh, natural, delicious dishes that will start you on your way to a blissfully vibrant life. If you like working with food, you'll love these recipes that allow you to interact with beautiful, colorful foods straight from nature. If you're not a cook and find the culinary arts a bit intimidating, rest assured that these recipes are simple, quick, and use ingredients easily found at your farmers' market, natural foods store, or any large supermarket.

Be sure as you indulge in *Recipes for Health Bliss* that you read between the lines or, in this case, between the recipes. This is not just a cookbook (or largely "cookless book" since many of the recipes classify as "living foods"). It's also a guide to dietary, attitudinal, and lifestyle changes that guarantee you high-level health and a more fulfilling life. You can make these changes gradually---a wonderful green smoothie today, a scrumptious glass of fresh vegetable juice tomorrow---and feel the changes taking place in your body and mind a day at a time.

As you apply Susan's suggestions in your kitchen and life, you'll be embarking on a great adventure in both self-care and compassion. These recipes are plant-based and body-friendly, meaning that your body can easily process the food and extract the nutrients. Result: a younger, more attractive, more vital you. And no animal has to suffer or die for your dinner. This lifts a burden from your digestive system and from your soul, because each of us is, after all, a tiny, brilliant part of the One Life expressing in myriad forms.

**These pages hold a powerful message, as well as a plethora of fabulous recipes. And the messenger is the real deal. Read with an open mind and a ready blender. Great things are about to happen for your body and in your life.**

**Victoria Moran—Author of *Living a Charmed Life* and *The Love-Powered Diet***

To purchase *Recipes for HEALTH BLISS* or Susan's esteemed 3-book series on healthy eating and living, please contact:  
**1.800.654.5126 ♥ SusanSmithJones.com**

