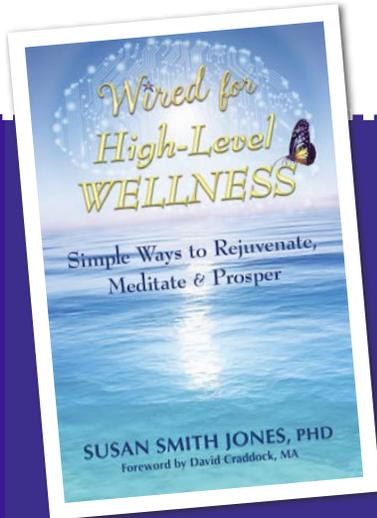


Wired for High-Level Wellness

Simple Ways to Rejuvenate, Meditate & Prosper

by Susan Smith Jones, PhD

“LONG LIFE TO YOU. GOOD HEALTH TO YOU AND YOUR HOUSEHOLD.” 1 SAMUEL 25:6



Health by Choice ♥ Not Chance

No matter your reason for turning to this book — whether it's to find more happiness in life, look and feel better, create more balance, discover how to eat healthier and be more positive, reinvigorate your body, boost your self-esteem, and/or live a more peaceful, hopeful, prosperous life with a heart full of faith and a strengthened relationship with God—this book will lead you in the right direction. Get ready to feel wonderful in body, mind, and spirit and enjoy the extraordinary life you were designed to live.

Excerpt from the book's Foreword by David Craddock, MA (Oxon)

This Health- & Life-Enriching Book Covers . . .

- Hydrating superfoods
- Tips for brain vitality
- How to be a magnet for prosperity
 - Stressless meditation
- Health benefits of oil pulling
 - Weight-loss-made-easy
 - How earthing revitalizes
- Gratitude is the best mood-lifter
- How to bring dreams to fruition
- Faith is the master key to success
- Longevity practices that really work
 - Ways to create joyful relationships
 - Living a God-centered life
 - And so much more!

Susan Smith Jones, PhD: Wellness Consultant, Motivational Speaker, Talk Show Guest & Author of 33 Holistic Health Books including *Choose to Thrive*, *Be the Change*, *Kitchen Gardening*, and *Invest in Yourself with Exercise*. Please visit:

SusanSmithJones.com

Ever wonder why even the most physically fit people feel off-kilter at times and lose that joy of living? Overwhelmed by life? Always wishing they could look and feel better and thrive more from day to day. To be truly healthy, people need to do more than eat a colorful, whole-foods diet, get enough shut-eye and jog around the block. They also need to be mentally and spiritually balanced—calm, focused, energized and joyful—something author Dr. Susan has



been practicing and teaching worldwide for over 35 years. “Getting back to basics” is the foundation of Susan’s most helpful and comprehensive book, *Wired for High-Level Wellness*. Her easy-to-follow program is an indispensable and refreshing change from most health and self-improvement books that only focus on one particular aspect of health. Balance is the key and Susan keeps the reader focused on the long-term results that come from a healthy, joyful lifestyle.

This book is available in five different formats including hardcover and kindle version in color via Amazon.com.

♥ **For personally autographed copies by Susan, please visit: SusanSmithJones.com and go to the first entry under NEW BOOK in the Navigation Bar. Send this celebrated book to family, friends and to YOU!**

