



Conari Press
Books To Live By

Publication Date: July 2011
Paperback • \$15.95 • 5.5 x 8.5 • 160 Pages

**A New 30-Day Life-Changing Program
for a Healthier, Happier & More Successful You!**

WALKING ON AIR: Your 30-Day Inside and Out Rejuvenation Makeover

by Susan Smith Jones, PhD

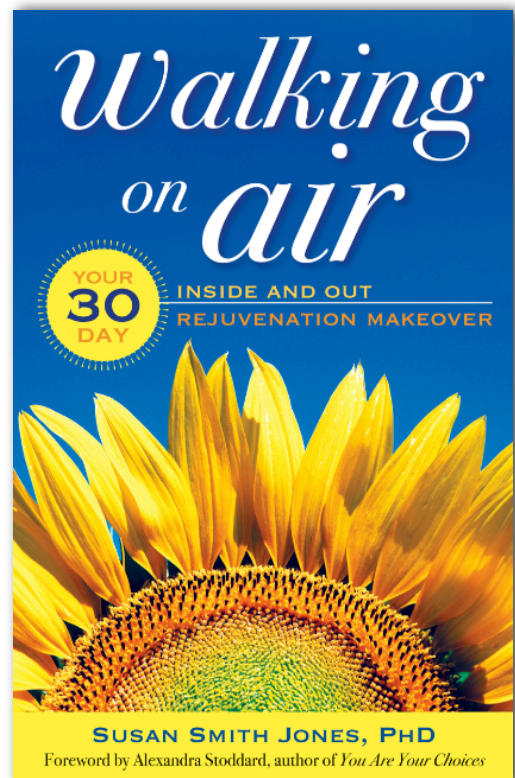
Feeling physically, emotionally, and spiritually off-kilter? Overwhelmed by life? Wish you could look and feel years younger than your age and create your very best life?

Now you can with a new 30-day program by world renowned health and fitness expert Susan Smith Jones that will inspire and motivate you to take charge of your body, health, and life. ***Walking On Air: Your 30-Day Inside and Out Rejuvenation Makeover*** (Conari Press, July 2011), with a foreword by Alexandra Stoddard, is a straightforward, easy-to-follow plan of action that offers simple ways to detoxify and rejuvenate your body, get your skin and hair in great shape, shed extra pounds, jumpstart your immune and metabolic systems, and live your life with more gusto, vitality, and balance.

Based on her work helping thousands of clients transform their health and happiness, Dr. Jones offers a program of 30 days of change that works on all levels: physical, emotional, mental, and spiritual. Be the person you were meant to be. Both men and women, any age from 12 to 102, can benefit from this reader-friendly, motivating, and empowering book which is changing lives worldwide.

“Our countless daily choices determine our level of health and how we feel,” says Jones. “But, there are three choices over which we always have control: what we eat, how we move and exercise, and what we think. We have the power to change these at any time.”

Walking on Air uses a 30-day program that is short enough for anyone to complete, yet long enough to create significant changes in how each person feels. Each day's action step and affirmation builds on the day before, to help anyone feel stronger, happier, healthier, more confident and energetic, and ready to thrive. In just one month, every participant in her program can look and feel his or her very best, find one's true purpose in life, and be empowered to live successfully and to shine brightly!



Walking On Air features:

- How to incorporate 12 age-reversing plant-based foods into your diet
- Mastering the art of self-discipline, patience, forgiveness, and letting go
- Ageless wisdom and cutting-edge science in all 30 chapters
- Adding 10 healing herbs and spices into your eating regime
- How to stay motivated and committed to regular exercise
- Tips for starting and sticking with a rejuvenating, health-enhancing diet
- 7 surefire stress-busters that really work for all ages
- How to tune into your intuition and learn to meditate daily
- The joy of organizing and simplifying your surroundings
- Learning to celebrate mishaps, change, and humdrum routine work
- Achieving goals and high-level success with grace and ease
- 30 days to a more prosperous, youthful, joyful, and balanced life

Walking on Air offers a compendium of wisdom that reveals how to create a life of robust self-esteem, vibrant physical health, and deepened spiritual awareness.

“Busy lives inevitably create a hectic pace of life. Experiencing beauty, feeling wonder, and breathing deeply of nature’s blessings unfortunately often falls to the bottom of our to-do lists. Susan’s inspiring book will help us to reconsider our priorities and reassess how we use our time and what we value in order to live a more fully realized life. The secret to creating these transforming changes is that they’re made daily, incrementally, and they build on one another, so that nothing becomes a burden, but rather manageable steps onwards, until their cumulative effect carries us forward. This book is practical to read and delightfully pleasant to follow. If we commit ourselves to this 30-day plan and daily principles, we’ll find that in just one month’s time, we’ll feel stronger, happier, healthier, and ready to soar.”

~ **Alexandra Stoddard**, from the Foreword



Susan Smith Jones, MS, PhD, is an internationally esteemed holistic health and lifestyle educator/coach and motivational speaker. She is the author of 27 books including *The Joy Factor*, *Health Bliss*, *The Healing Power of NatureFoods*, *Choose to Live Peacefully*, *Be Healthy~Stay Balanced*, *Recipes for Health Bliss*, and *Vegetable Soup/The Fruit Bowl* (for children), along with over 1,500 magazine articles. And as a columnist, her articles are enjoyed worldwide. Owing to her expertise in so many healthy living topics, Jones has been a guest on over 2,000 radio and TV talk shows around the world. For 30 years, she taught students, staff, and faculty at UCLA how to be healthy and fit. Jones is also the founder and president of *Health Unlimited*, a Los Angeles-based consulting firm dedicated to the advancement of healthy, balanced living, natural remedies, and human potential. Visit:

SusanSmithJones.com

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With each purchase of *Walking on Air* through the Penn Herb Co, you can get a FREE copy of Susan’s popular booklet/CD combo, *Herbs: Nature’s Medicine Chest*.