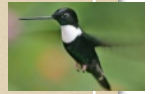
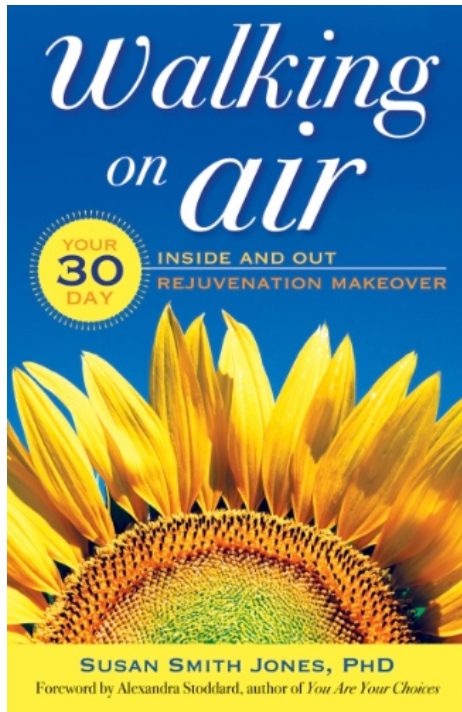




WALKING ON AIR



YOUR 30-DAY INSIDE AND OUT REJUVENATION MAKEOVER



Walking on Air is the new book by bestselling author Susan Smith Jones, PhD. It's based on her decades of work with thousands of people around the world. It offers a 30-day, life-changing, step-by-step program for a healthier, happier, and more successful you.

Have you ever wanted to give not only your body, but your mind, home, and spiritual self a makeover as well? It sounds like a daunting task. Yet, this is actually possible — if you are in Susan's hands through her new book **Walking on Air (Conari Press)**. Breaking down life changes into a manageable 30-day plan, she shows you how to make simple, yet effective, choices with your food, your home, your relationships, your lifestyle, and your state of mind. Each shift is a daily turn toward better health, more conscious living, and greater awareness of the spiritual calm that can flood all aspects of your life. Their cumulative effect is designed to bring you to a new level of vibrant health, deeper joy, and a more peaceful, balanced life so that your spirit soars.

Offering practical advice about superfoods, herbs, and spices; how to become CEO of your body; how to cultivate joy, gratitude, and prosperity; and help with maintaining self-discipline, Susan outlines how to overcome the major stumbling blocks that every person experiences in modern life. The beauty of this compact, yet thorough, program is how holistically change is offered. Each step (day) builds on the next and attention is given to the whole person – body, mind, soul, and environment. Designed to create lasting change, after a month's dedication to this plan, you'll feel rejuvenated both inside and out, less bound to earth by anxiety and physical complaints, and more like you are *walking on air*.

Walking on Air features:

- **How daydreaming can plump up your wallet & savings account**
- **12 age-defying superfoods, herbs, and spices to help lose weight**
- **Mastering the art of self-discipline, patience & letting go**
- **How to stay motivated to exercise often and eat healthy foods**
- **The importance of becoming the CEO of your body and life**
- **Learning to celebrate mishaps, change, and humdrum work**
- **Ageless wisdom and cutting-edge science in all 30 chapters**
- **8 surefire stress-busters that really work for all ages**
- **The joy of organizing and simplifying your surroundings**
- **Achieving goals and high-level success with grace and ease**
- **Simple ways to boost confidence and self-esteem**
- **Why any negative self-talk is sabotaging your goals and best life**
- **And so much more!**

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With each purchase of *Walking on Air*, you'll receive FREE a copy of Susan's popular booklet/CD combo, *Herbs: Nature's Medicine Chest*, which highlights her favorite natural remedies and how to use them.



"Susan's inspiring book helps 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. In 30 days, you'll feel stronger, happier, healthier, and ready to soar."

~ Alexandra Stoddard

SusanSmithJones.com