

Table of Contents for *Walking on Air*

Two of the Keys to High-Level Wellness – Rejuvenation & Balance!



Walking on Air: Your 30-Day Inside and Out Rejuvenation Makeover

A Life-Changing Plan of Action for a Healthier, Happier & More Successful You!

For each of 30 days, Susan Smith Jones, PhD, offers you one simple practice that will help you refocus on total wellness. Practices such as:

- *Reveling in life's simple pleasures*
- *Staying adventurous, childlike and naturally intuitive*
- *Eating the right foods for health and mood*
- *Finding physical activities that you love – and making them a part of everyday life*
- *Benefitting from time spent in nature and appreciating beauty*
- *Allowing stress to melt right off your shoulders and creating high-level success and leadership skills*
- *Taking time to be alone and interrupting negative thinking*
- *Initiating simple rituals to balance your day*
- *So much more!*

Through the pages of this worldwide celebrated book, Susan becomes your personal lifestyle coach. She helps you get unstuck from the “spin-cycle” lifestyle, shed some pounds, champion high self-esteem, glow with health, look years younger, feel more confident and empowered, and learn how to celebrate life and live with gusto — **and all in only 30 days!** *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!

“Susan’s inspiring book will help you to reconsider your priorities and reassess how you use your time and what you value in order to live a more fully realized life. It’s practical to read, delightfully pleasant to follow, and easy to use. 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, healthier, and ready to soar.” — **From the Foreword by Alexandra Stoddard**

About SUSAN SMITH JONES, PHD: For a woman with three of America's most ordinary names, Susan Smith Jones has certainly made extraordinary contributions in the fields of holistic health, anti-aging, optimum nutrition and balanced, joyful living. For starters, she taught students, staff and faculty at UCLA how to be healthy and fit for 30 years! Susan is the founder and president of *Health Unlimited*, a Los Angeles-based consulting firm dedicated to optimal wellness, health education, and human potential. As a renowned health and fitness educator, Susan travels internationally as a frequent radio and TV talk show guest and motivational speaker (workshops, seminars, retreats, keynote addresses); she's also the author of over 1,800 magazine articles and 27 books, including her new two-book set *The Joy Factor* and *Walking on Air*.



To purchase copies of *Walking on Air*
978.465.0504 ★ SusanSmithJones.com ★ 800.423.7087

Table of Contents for *Walking on Air*

Contents

Foreword by Alexandra Stoddard

Preface & Introduction

Gratitudes

Day 1 — Celebrate Yourself and Live Fully

Day 2 — Choose Uplifting Words, Thoughts, and Imagination

Day 3 — Cultivate a Healthy, Cleansed, and Detoxified Body

Day 4 — Celebrate Change and Patience

Day 5 — Choose a Colorful, Rejuvenating Diet, and Lifestyle

Day 6 — Cultivate Enduring Enthusiasm and Confidence

Day 7 — Celebrate Your Home Sanctuary

Day 8 — Choose to be CEO of Your Body and Life

Day 9 — Cultivate the Art of Perseverance and Determination

Day 10 — Celebrate Nature's Wonderland of Healing Herbs, and Spices

Day 11 — Choose to Organize and Simplify Your Surroundings

Day 12 — Cultivate a Tender Heart and Loving Kindness

Day 13 — Celebrate the Power of the Present

Day 14 — Choose to Be Self-Disciplined

Day 15 — Cultivate the Joy of Ritual and Ceremony

Day 16 — Celebrate the Miracle of Your Body with Exercise

Day 17 — Choose to Use Age-Defying Natural Remedies

Day 18 — Cultivate an Attitude of Gratitude and Humility

Day 19 — Celebrate a Serene and Balanced Existence

Day 20 — Choose to Be Prosperous and Attract Abundance

Day 21 — Cultivate a Daily Routine of Living Faithfully

Day 22 — Celebrate Your Inherent Intuition

Day 23 — Choose to Lighten Up and Be Childlike

Day 24 — Cultivate the Delight of Self-Reliance and Detachment

Day 25 — Celebrate Your Relationships

Day 26 — Choose to Forgive

Day 27 — Cultivate Courage in Everything

Day 28 — Celebrate Salubrious Silence and Solitude

Day 29 — Choose to Meditate and Live Peacefully

Day 30 — Cultivate Your Oneness, Wholeness and Very Best Life



To purchase copies of *Walking on Air*
978.465.0504 ★ SusanSmithJones.com ★ 800.423.7087

