



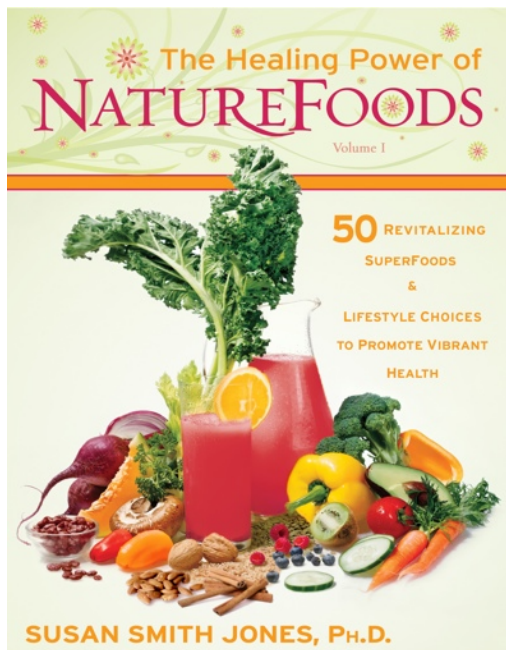
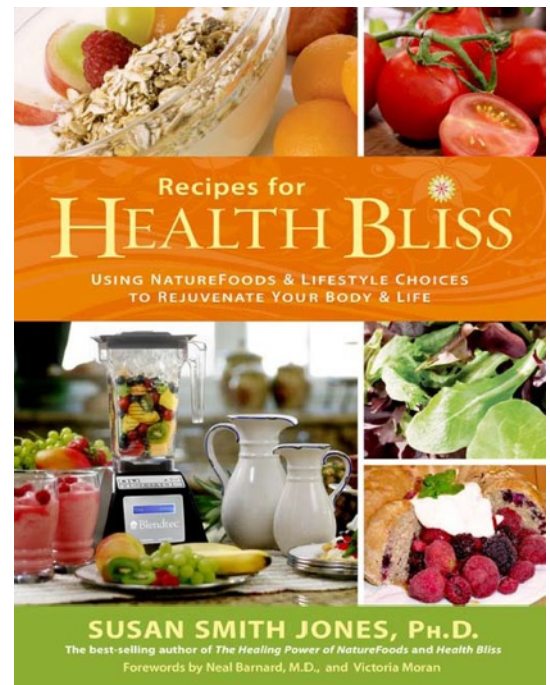
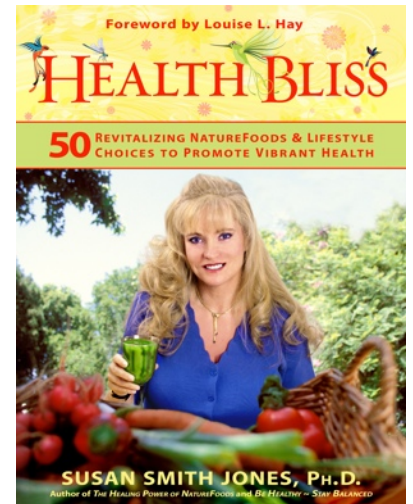
# 7 Weight Loss Tips Talking Points



## 7 Must-Have Weight Loss Tips Talking Points

Author of over 25 books, including *The Joy Factor*, *Walking on Air*, *Be Healthy~Stay Balance*, *Nature's Medicine Chest*, and the bestselling 3-book healthy eating and blissful living set published by Hay House *Recipes for Health Bliss*, *Health Bliss* and *The Healing Power of NatureFoods*

1. Eat at Least 8 Grams of Fiber at Breakfast.
2. Have a 150-Calorie Morning & Afternoon Snack.
3. Think Twice About Toppings and Add-ons.
4. Plan at Least Three Go-To Breakfasts, Lunches, Dinners and Snacks.
5. Make Veggies the Base of Your Lunch and Dinner.
6. Have an After-Dinner Treat Every Day.
7. Get at Least 7 Hours of Sleep Every Night.



**Susan Smith Jones, PhD**, is author of over 1,500 magazine articles and 25 books and has been a guest on more than 2,000 radio and TV talk shows. She travels internationally as an in-demand motivational speaker (lectures, keynote addresses, seminars and workshops to corporate and community groups), a frequent radio and TV talk show guest, and a holistic health consultant.

To purchase copies of *RECIPES FOR HEALTH BLISS* or Susan's celebrated 3-book Hay House series on healthy eating and living, please contact:

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