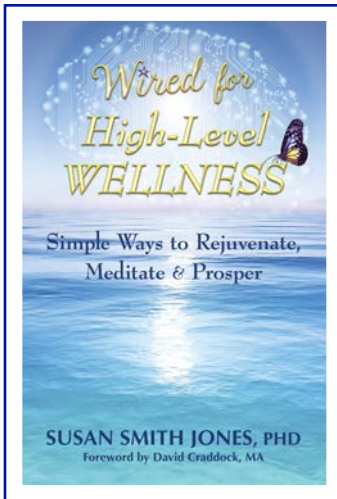


WHAT YOU'LL DISCOVER IN THE NEW BOOK *WIRED FOR HIGH-LEVEL WELLNESS*

BY SUSAN SMITH JONES, PHD

SusanSmithJones.com



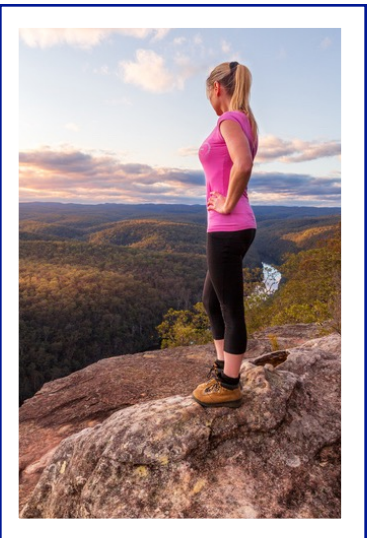
Dr. Susan's renowned new book is replete with uplifting stories from her personal life and upbeat work with clients worldwide; cutting-edge and stunning holistic health advice; and all the tools you'll need to create a healthy, happy, peaceful and successful life.

For information on Susan and her work, or to purchase copies of this celebrated book, please visit her website.



These 44 pearls of wisdom page references are only a fraction of amazing, remarkable and eye-opening tips that you will learn about in this health- and life-enriching book!

- 🍷 **Page 133:** *Four affirmations to keep you relaxed and happy even during stressful times*
- 🍷 **Page 63:** *Foods to avoid and eat to keep your brain/body strong and healthy into elderly years*
- 🍷 **Page 69:** *A common culinary spice you have in your kitchen that helps prevent Alzheimer's*
- 🍷 **Page 78:** *Tips to keep your body detoxified year-round so you can stay energetic and positive*
- 🍷 **Page 241:** *Here are some recipes to reverse aging and give you a vibrant, youthful glow*
- 🍷 **Page 185:** *You will sleep like a baby night after night when you do this before bedtime*
- 🍷 **Page 195:** *This will help you lose three pounds of excess fat weekly*
- 🍷 **Page 195:** *You'll be free of stress with this simple exercise*
- 🍷 **Page 68:** *The best food on earth to enhance brain power*
- 🍷 **Page 255:** *Here's a simple, quick recipe to make hand sanitizer*
- 🍷 **Page 130:** *Your confidence will soar with this mental exercise*
- 🍷 **Page 30:** *This chapter entitled "Setting the Bar High" will give you the details on how to get to the mountaintop and create a life filled with health, success, laughter, joy, vitality, peace and balance*



← **Susan gets paid handsomely from discerning clients and Fortune 500 companies worldwide to impart her secrets on how to disease-proof your body, look and feel 10 years younger in 30 days, and live your best life — secrets she reveals in this beautifully designed book. ♥**

- 🕒 **Page 134:** *You'll become a magnet for blessings/miracles when you follow these tips*
- 🕒 **Page 138:** *Greater income will flow into your life effortlessly if you do this*
- 🕒 **Page 186:** *A simple way to increase your libido and empower your love life*
- 🕒 **Page 196:** *Eat more of these foods each day and watch your extra fat melt away*
- 🕒 **Page 207:** *My favorite nutritional supplement that I take daily and highly recommend*
- 🕒 **Page 205:** *To prevent/fight cancer, here's a proven phytonutrient you've never heard about*
- 🕒 **Page 212:** *A relaxation exercise guaranteed to remove all stress and put you in the pink*
- 🕒 **Page 221:** *If you want your life to be filled with joy and happiness, honor this practice daily*
- 🕒 **Page 141:** *Doing this to your wallet will grow your bank account in no time at all*
- 🕒 **Page 222:** *15 seconds of this daily practice will have your entire body glowing with vitality*
- 🕒 **Page xxxi:** *To think you are no good and don't deserve the best is to doubt God's power*
- 🕒 **Page 28:** *What all successful people do every day so they can achieve their goals*
- 🕒 **Page 227:** *This will sharpen your intuition so you can walk your path in life wisely and serenely*
- 🕒 **Page 39:** *When you go through the dark night of the soul, this will lift you up into the light*
- 🕒 **Page 72:** *Here's a food you have in your kitchen that is a "natural penicillin" and antiviral*
- 🕒 **Page 210:** *This infrared sauna you'll want in your home to heal and rejuvenate head to toe*
- 🕒 **Page 77:** *2 minutes doing this daily to have younger skin in 3 days*
- 🕒 **Page 176:** *This will have you belly laughing with enthusiasm*
- 🕒 **Page 211:** *A powerful practice to boost your immunity and energy*
- 🕒 **Page 226:** *If you want vitality, leave this off your dinner table*
- 🕒 **Page 247:** *A recipe for an immune-boosting, delicious smoothie*
- 🕒 **Page 263:** *Here's the true joy in life and you can master it today*
- 🕒 **Page 33:** *Nothing will transform/enrich your life faster than this*
- 🕒 **Page 259:** *One cup of this food has more calcium than milk*
- 🕒 **Page 6:** *This is my all-time favorite quote that sums up all life*
- 🕒 **Page xxix:** *Why living a God/Christ-centered lifestyle is my grace*
- 🕒 **Page 36:** *If you want to become the master of your life, do this*
- 🕒 **Page 82:** *Upgrade your oral care program with this easy tip*
- 🕒 **Page 165:** *The best nutritional advice for improved eyesight*
- 🕒 **Page 150:** *A surefire "fountain of youth" practice for your life*
- 🕒 **Page 41:** *Empower your daily spiritual practice and slow aging with this simple meditation*



A BOOK TO INSPIRE & EMPOWER

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HEALTH BY CHOICE, NOT CHANCE

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

Having an autographed book by Susan makes a wonderful gift for family, friends and for YOU. It will motivate you to create a healthy, happy and balanced life. ♥