



# Susan Smith Jones, PhD



## NEW Celebrated Book

# A HUG IN A MUG

*Revitalize with Fruits, Veggies, Juices, Soups, Spices, Teas & Healthy Living Extras*



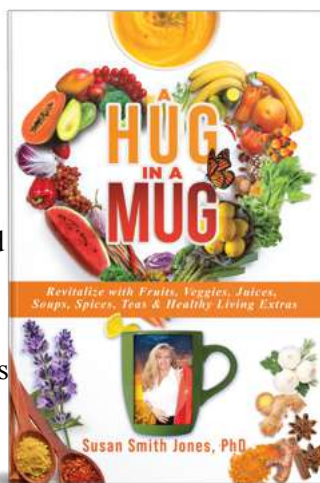
**Susan is in high demand from discerning clients worldwide — media, individuals and businesses — to impart her secrets on how to disease-proof your body, look and feel 10 years younger in 30 days, and live your healthiest life—secrets she'll share with your audience for FREE.**



**With enthusiasm and aplomb, Susan can talk for 10 - 60+ minutes about holistic health for body, mind and spirit, including the bullet points below and this globally popular topic:**

### **Claim Victory Over a Stressful, Unhealthy Lifestyle**

- A curated self-care routine
- Foods that affect mood
- Create a disease-free body
- Teas that heal and energize
- Your miraculous body
- Culinary spices for vitality
- Sound sleep remedies
- Key tips for easy, sustained wt loss & rejuvenation
- Sure-fire longevity secrets
- Say goodbye to bad habits
- 30 days to hi-level wellness
- Foster robust self-esteem
- Simple ways to live with more faith, peace & joy



**It's about... Health by Choice, Not Chance**

**Available:** L.A./CA & Worldwide Interviews, Radio & TV, Virtual or In Person; Articles & More

**Contact:** [SSJ.IntlManagement@earthlink.net](mailto:SSJ.IntlManagement@earthlink.net)



### **What People Are Saying About Susan's Media Work, Book & Uplifting Nature**

*"Dr. Susan will not only light up your life with her enthusiasm and knowledge, she will also light up your phone lines. For 30 years, she has been a regular guest on my many interview talk shows and has even filled in for me as host when I have been away. Her two latest books, **A Hug in a Mug** and **UPLIFTED**, are the consummate dynamic duo." ~ Nick Lawrence, Talk Show Host, KXPM, PA*

*"Our phone lines always ring off the hook after her riveting, motivating monthly interviews." ~ Mary Jane Popp, KAHI, CA*

*"Dr. Susan is a walking, talking, living, breathing embodiment of what she beautifully teaches." ~ KATZ-TV's AMAZ*

*"For nearly 20 years, Susan has been a monthly guest on my radio show, **This Week in America**. She is the only person I've ever invited on my program monthly because she's that good, and my listeners around the world can't seem to get enough of her joyful, upbeat and bright personality. Susan's faith-filled lifestyle is inspiring. Her enthusiasm, experience and vast knowledge in the fields of holistic health, nutrition, fitness, human potential and mental well-being are great gifts to my listeners. Her wit, wisdom and humor blend to create a truly contagious field of joyous energy. These same characteristics about Susan's personality shine through on every page of **A Hug in a Mug**. It's a beautiful and outstanding guide to living a life that is rooted in physical, mental, emotional and spiritual vitality, no matter one's age." ~ Ric Bratton, Founder, Producer & Host, **This Week in America***

*"This motivating book is your easy, everyday reference guide for holistic healing remedies. Susan has given us a collection of alternative practices and lifestyle tips chosen to address common ailments of the body and mind. Its wide variety of wellness treatments will help to restore balance in your body and provide the relief you need. Be prepared to be dazzled and empowered in your healing journey with **A Hug in a Mug**." ~ Myran Thomas, L.A. Esthetique Wellness*

**CREDENTIALS:** Susan Smith Jones, PhD, is a much sought after holistic health and lifestyle consultant and Pulitzer-nominated author who appears frequently on radio, podcast and TV talks shows. For decades, Susan has helped thousands of people worldwide to heal their bodies, lose weight, boost self-esteem and create high-level wellness... at any age. For 30 years, she taught students, staff and faculty at UCLA how to be healthy and fit. Susan was selected as one of 10 "Healthy American Fitness Leaders" by the President's Council on Physical Fitness & Sports.

The latest among her many books includes the celebrated companion book to **A Hug in a Mug** titled **UPLIFTED**. Invite Susan to enrich and fortify your healthy living program, too.

♥ [SusanSmithJones.com](http://SusanSmithJones.com) ♥

# A HUG IN A MUG



Back cover for  
this uplifting holistic  
health & lifestyle book



## Health by Choice ☀️ Not Chance

Herbal teas, culinary spices, fresh juices, and vibrant veggies are fashionable these days worldwide. In most cities, you can find countless juicing and tea shops; in grocery stores, you can find all kinds of fresh and dried culinary herbs, spices, and vegetables. These God-given foods are imbued with nature's healing components to keep your body radiantly healthy and slimmed down easily and naturally. When Susan was a teenager, her grandmother and mom started teaching her about the health benefits of "naturefoods," including fresh juices, culinary spices, herbal teas, and colorful vegetables.

In *A Hug in a Mug*, Susan shares her decades of knowledge and research on the best teas and juices to drink and the most health-giving spices to add to your diet, such as turmeric, basil, oregano, cinnamon, cayenne pepper, ginger, and garlic. She offers fascinating stories about the history of these naturefoods and her sure-fire tips to get the most out of the beverages or spices. As well she included her favorite fresh juice and tea blend recipes that you can make at home, along with the easiest and best ways to make and drink tea, fresh juice, and delicious soups. Susan's many tasty recipes round out this beautifully designed book which will be appreciated by you, your entire family, and your circle of friends. And finally, you'll read about her favorite best tips to achieve sustained weight loss along with simple ways to make veggies deliciously appealing as your daily companions... noticing quickly how great you feel and look! As Susan writes in this comprehensive healthy living book, "*delicious, nutritious meals are love you can taste.*" Enjoy!

For decades, **Susan Smith Jones** has been a renowned leader in the fields of holistic health, fitness, and balanced living. She travels worldwide as a motivational speaker, consultant, and talk show guest and is the author of many health-related books.



To learn more about Susan's inspiring work,  
please visit: [SusanSmithJones.com](http://SusanSmithJones.com)



### Foreword Excerpt by . . . Stephen Esser, MD:

This book offers a wealth of wholesome health info with ways to transform your eating habits, boost metabolism, sleep like a baby, live more joyfully, supercharge your self-confidence, adjust your mindset & food choices to turn on your body's key longevity switches, and so much more!

A HUG IN A MUG



Susan Smith Jones, PhD