

## Praise for Susan Smith Jones' Celebrated Book



# A HUG IN A MUG



### BOOK REVIEW ON AMAZON: by Edwin M. Basye — (Color & B/W Versions)

“Following her bestselling books *Wired for High-Level Wellness* and *UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality*, I found this third book in the trio set, *A HUG IN A MUG*, to have valuable information on health and well-being. Both the B/W and the beautiful color version of this book are great additions in my health library. Based on decades of research and personal experience working with her clients around the world, Susan has put all of her gold star holistic health and lifestyle tips into this one whole-body, must-have book. It helped me to sleep like a baby; lose weight easily; use intermittent fasting, cold therapy and fresh juices to feel much better; slow down the aging process using simple steps; learn about the best teas and culinary spices to heal whatever is ailing me; improve my brain focus, clarity and creativity; get stronger physically and elevate my mood; feel more motivated to achieve my physical and mental goals.

“This book has some new delicious guilt-free food recipes that dazzled my taste buds — I think anyone would love these. Susan also goes into detail on the many ways we can shut down our disease genes and swiftly and easily turn on the switches to our longevity genes. As she writes ‘*it's not just about living longer: it's about living a longer, healthier and more fulfilling life.*’ I've learned exactly how to do this in this holistic health book. I think that in either the color or B/W version, it makes a great gift for yourself or for anyone desiring more information, motivation, empowerment and inspiration to upgrade their life. When I finished this captivating and encouraging book, I really felt like Susan wrote it just for me, and that she cares about my well-being and wants me to live a healthy, happy, successful and balanced life.”

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



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*Autographed COLOR copies are available on Susan's website and they include a personal notecard along with a bookmark. These make lovely gifts for any occasion for family and friends, too.*