

HEALTHY, HAPPY & RADIANT . . . AT ANY AGE

Workshops, Retreats, Lectures, Seminars & Keynote Addresses

by Susan Smith Jones, PhD ©

HEALTHY, HAPPY & RADIANT . . . AT ANY AGE

Secrets to Looking Younger, Living with Balance & Creating Your Best Life

A One-Day Workshop Extraordinaire Lead by Susan Smith Jones, PhD ©

While the heading says workshop, Susan can custom-design this presentation to fit into the format of a lecture, seminar, or retreat. It can be reduced down to a 1-hour keynote address, a 2- to 3-hour seminar to a 3- to 7-day retreat.

If your group, business, or corporation is interested in inviting Susan to give a motivational presentation, please send your invitation with all of the pertinent details to [SSJ International Management](#) at [Contact Us](#).

The most important relationship you have is with your own body. When it's not operating from a foundation of health, balance and peace, the rest of your life inevitably suffers. Developed and presented by Dr. Susan, this uplifting, empowering, and life-changing workshop offers the keys for understanding how your body works and how to create the youthful vitality, health, energy and peace that you desire and deserve.

As Susan emphasizes in her presentations and books, vibrant health and balanced living are direct results of the choices we make. She will inspire and challenge you to honestly and lovingly examine your life—from what you eat, think, say and do, to the way you live moment to moment—to discover the effects of your choices personally and globally. This full-day workshop offers inspiration, motivation and practical information. Her much sought-after lectures, seminars, workshops and retreats receive rave reviews worldwide.

If you wish to . . .

- Learn the most effective, surefire stress-busters
- Harness your body's innate healing capacity and live disease-free
- Accelerate fat loss, boost metabolism and release bad habits easily
- Make balance, peace and joy your default positions in life
- Look 10-15 years younger in one season
- Use food as medicine and discover the healing secrets in your spice rack
- Enhance self-esteem and ramp up confidence

- Experience the power of intention, commitment, discipline, 21-day agreements and intuition
- Attract healthy, loving relationships or that special someone
- Release negative emotions and cultivate happiness
- Choose a heart-healthy, cancer-preventing, energy-increasing and longevity-favorable diet
- Create an empowered life filled with abundance and prosperity
- Use humor to heal and rejuvenate your body
- Sleep like a baby – night after night after night
- Achieve your highest vision, dreams and goals in record-breaking time
- Learn which natural remedies everyone should have in his or her home
- Become fearless, enthusiastic and passionate about your life
- Experience the healing power of silence, solitude and simplification
- Use gratitude and deep breathing to transform your life and create miracles
- Make peace your constant companion and celebrate life
- Bring sacredness into your life by integrating body, mind and spirit
- Discover cutting-edge anti-aging and energy-increasing secrets that really work

... then this powerful, life-transforming workshop is perfect for you!

In her usual encouraging, heartwarming style, Susan provides all of the tools you need to walk away from the darkness of doubt and confusion, and into the light of vibrant health and peaceful living. She presents a time-tested and easy-to-follow scenario for living the integrated life of spirit, mind and body.

Whether you are new to Susan's work, or are familiar with her books and world renowned presentations, this special workshop is a great place to start: it touches on all of her core teachings and explores the many facets that comprise living our best lives. Why don't you choose to make a fresh start today and renew your life? Everything she says and does in her workshop will inspire, motivate, uplift and empower you to live with purpose and authenticity. Her message that everyday vitality and joyful, balanced living are well within your reach will ignite your passion and revolutionize your thinking about health independence. Whether you are 14 or 94, or anywhere in-between, *this is the perfect workshop to change your life from ordinary to extraordinary.*