



Praise for... **A HUG IN A MUG** by Susan Smith Jones, PhD



“What if you could nurture your body and mind through holistic practices, natural remedies, and nature’s most nutritious foods? Are you searching for comprehensive guidance on high-level wellness — from wholesome remedies to achieving easy and sustained weight loss to reveling in vigor? Well, look no further. This is an empowering book that spells out how to enhance your God-given body and put you on the rapid-results path to assured success in your healthy living goals and in life generally. Written to motivate and inspire, this reader-friendly, beautifully designed, health-enriching book will provide you with the knowledge and practices necessary to create youthful vitality at any age and a faith-filled life of great adventure and vibrancy.”

~ Lee Fredrickson, PhD, Founder & President, 21st Century Press

“As the perfect duo set to go with her previous book, **UPLIFTED**, this groundbreaking volume on living better and longer challenges the conventional medical thinking on aging and reveals new approaches to preventing chronic disease and extending long-term health, written by a visionary leading healthy living and longevity expert. You’ll discover simple and practical strategies for eating and living holistically, with an emphasis on sustainable practices that promote well-being and balance. From understanding the importance of nutrition, to exploring natural remedies and alternative therapies, to developing a daily invigorating peace-enhancing practice — you will discover the tools to create a holistic lifestyle.”

~ Steven Crithfield, Master Hair Stylist, Claudio D’Italia, Los Angeles



“Susan’s upbeat, holistic health books have graced the shelves of my home library for decades. But this book, along with the companion book **UPLIFTED**, is now my favorite. It’s so much more than learning why we should include delicious herbal teas, fresh colorful juices, vibrant veggies, healing spices, and delectable soups in our health program. I have now reimagined mealtime by celebrating vegetables at the center of the plate and in salads and grain bowls. Intermittent fasting is now part of my healthy living routine. I know which foods help to assuage stress, lower blood pressure, relieve depression, boost energy, and support weight loss. It’s a cornucopia of countless healthy living tips with superfoods, meal preparation, and recipes (her *Easy-Breezy Veggie Broth* recipe is worth the price of the book) as well as the other essential lifestyle practices to heal your body and create youthful vitality. And the cherry on the cake are all of the immensely heartening, meaningful quotations sprinkled throughout the book along with her infectious sense of humor and positive perspective about life, which is so encouraging. Kudos!”

~ Eileen Hayden, Founder & CEO, Auction Event Solutions



“This comprehensive book, **A Hug in a Mug**, will open your mind to a new, more wholesome way of living. Susan understands that treating your body as a whole — not just your symptoms — is a powerful health strategy. From ancient wisdom to modern treatments, these trusted practices will help you in many ways such as to... Relax and recharge with herbal teas and fresh juices; Appreciate your miraculous human body; Release extra weight on your body; Embrace the healing power of cold therapy; Refuel your enthusiasm and keep yourself motivated; Find balance through whole-food meals and recipes; Claim victory over a stressful, anxious lifestyle; Cultivate an attitude of gratitude; Orchestrate a tranquil and calming home environment; Use the best culinary spices for what’s ailing you; Create the most youthful skin at any age (and Susan is a shining example of this); Be kind to yourself with a curated self-care routine. Covering a wide range of simple remedies, alternative therapies, and lifestyle practices, this thorough, practical book will help you to feel your best, renewing your vitality and restoring your bliss.”

~ Myran Thomas, LA Esthetique Wellness, West L.A.

Visit: SusanSmithJones.com — January 3rd, 2024 Release Date



"If you want to become the best version of yourself, you will love ***A Hug in a Mug***. It's like having your own personal health coach cheering you on, page after page, with great practical and spiritual advice that work! If you're tired of starting your diet over every Monday, if getting dressed stresses you out, if you are hesitant to look in the mirror because you don't like what you see, or if you are sick and tired of being sick and tired, this book will be your godsend. It will definitely put you on the fast-track to radiant health and provide you with all the tools you need to live fully and achieve vitality, confidence, happiness, and much-deserved success."

~ **Karla Calumet, PhD, MHA, Health Psychology Consultant & Faculty Member, Talk Radio Host**



"***A Hug in a Mug*** is part whole-food, plant-based (WFPB) cookbook, part high-level wellness lifestyle book, and part engaging storytelling, chronicling the history of teas, herbs, spices, fruits, and vegetables throughout the world going back thousands of years. It is a page-turner. Susan learned about the healing benefits of plant-based foods and the importance of emphasizing uncooked (raw foods) when she was a teenager from her grandmother. In a few short months under grandma's mentorship, Susan gained a deep understanding on how to successfully treat her body from allergies, asthma, acne, arthritis, depression, extra weight, and more with some simple healthy living practices that she covers in detail in this enthralling book. This highly enjoyable holistic health and lifestyle book is sure to appeal to anyone who's serious about upgrading their diet, boosting energy, increasing confidence, releasing harmful food habits, slimming down, firming up, and taking years off both their looks and their outlook. You'll love this beautifully designed, book."

~ **Olin Idol, ND, CNC, VP at the Hallelujah Diet**



"***A Hug in a Mug*** is filled with myriad suggestions on ways to upgrade your diet, enjoy more veggies, make scrumptious soups, choose the best healing teas for whatever is ailing you, make fresh, healthful juices, detoxify and rejuvenate your body, and become a masterful chef of whole-food cuisine in your own kitchen. As a result of integrating her food and lifestyle tips into my daily living program, I am now healthier than I've ever been in my life, thanks to this book. Get several copies to give as gifts to family and friends — a gift that will keep on giving for years."

~ **Ric Bratton, Founder/Host, *This Week in America***

"Along with ***UPLIFTED***, this book is now my new favorite, and it is so much more than a comprehensive holistic health guide and recipe book. Yes, it's wonderful to know the best teas to drink for what ails you; or how to get back on track when life gets you down and you are stressed to the max; or how and when to use culinary spices to flavor your foods; or ways to add more veggies into your daily meals; or special ways to make soups to enjoy in mugs that are appealing year-round in both hot and cold weather; or how personal cryotherapy treatments can be done in the shower—cost-free. But this book goes further. Susan covers beautifully how to treat yourself with self-compassion and get in touch with your inner fountain of peace and joy and to live more in the present moment. It's difficult to do that if you are sick, tired, depressed, or frequently consume junk foods. After reading this book, you, too, will embrace the fact that your best years are ahead of you — a powerful way to live and be."

~ **Ginny Swabek, Wife, Mother & Grandmother**



"Whether your preference is to eat plant-based foods only, as I do, or you prefer a combination of plant-based and animal foods in your diet, or you just love trying new things, this book will not disappoint you. ***A Hug in a Mug: Revitalize with Fruits, Veggies, Juices, Soups, Spices, Teas & Healthy Living Extras*** has it all and includes scrumptious recipes and countless effective tips on how to lose weight, heal your body, use raw foods to revitalize, live disease-free, boost energy, build confidence, and more. Susan will become your personal health mentor and guide you step-by-step on how to create your healthiest life. The inspiring quotes throughout the book will empower you, too. I know you'll be uplifted with her many personal stories of how she overcame challenges in her life. She shows us how we can all go from being a victim to being victorious in all areas of our lives and create vibrant health at any age."

~ **Mamiko Matsuma, PhD, Author**



"This inspiring book offers a wealth of wholesome health info with ways to transform your eating habits, create whole-food, plant-based meals the entire family will love, boost your metabolism with exercise, sleep like a baby, turn on your body's key longevity switches, live more joyfully, supercharge your self-confidence, and so much more."

~ **Stephan Esser, MD, Esser Health**

Excerpt from the Foreword: "An investment in yourself and in your health," writes Susan, "is the best investment you can make." This book will inspire and motivate you, too, and I'll be giving copies of it as gifts to everyone in my community. My family, friends, employees, and business associates can all use the valuable, sage, comprehensive, health- and life-enriching info contained in this one easy-to-understand, reader-friendly, beautifully designed, and highly empowering and invigorating book. ~ **David Craddock, British Economist, Author, Holistic Health Enthusiast**