



“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



A HUG IN A MUG

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



Learn How to Clean Up Your Diet & Life

“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...

- Quiet your mind and feel more peaceful;
- 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 and living foods;
- Refuel your enthusiasm and keep yourself motivated;
- Claim victory over a stressful, anxious lifestyle;
- Find balance through whole-food meals and recipes;
- Cultivate an attitude of gratitude;
- Use the best culinary spices for what’s ailing you;
- Create a disease-free body and youthful skin at any age;
- 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 Los Angeles

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Praise for... *A HUG IN A MUG*

by Susan Smith Jones, PhD



"Want to learn how to clean up your diet but don't know where or how to start? Wish you could lose the extra weight you have been carrying around for way too long? Concerned that healthy eating is boring or might not work for you? Bored with your current eating program and need some new, fresh ways to add nutrients, flavor, and spice into your diet and life? Eager to learn the best natural remedies for whatever is ailing you or look and feel 10 years younger in 30 days? If you answered yes to any of these questions, then this highly motivating book, *A Hug in a Mug*, will be perfect for you. It's filled with myriad tips and suggestions on ways to upgrade your diet, enjoy more nutrient-dense 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 happy to say that I am now healthier than I've ever been in my life, thanks to *A Hug in a Mug*. You'll want to get several copies to give as gifts to family and friends — a gift that will keep on giving for years to come."

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

"This inspiring book offers a wealth of wholesome health information with simple ways to transform your eating habits, create whole-food 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 more. Her countless healthy living tips and delicious, easy-to-prepare recipes will inspire you to take the high road to optimum health. With dozens of references, science-based strategies, and practical suggestions, *A Hug in a Mug* is a motivating and empowering guide to creating and sustaining health — for life."

~ **Stephan Esser, MD**

"This groundbreaking, inspiring book 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 wellness practitioner and 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 you need to create a holistic lifestyle that works for you."

~ **Steven Crithfield, Master Hair Stylist, Claudio D'Italia, Brentwood (L.A.)**

CREDENTIALS: **Susan Smith Jones, PhD**, is an internationally renowned motivational speaker, holistic health and lifestyle consultant, and frequent radio/TV talk show guest. For decades, she has helped thousands of people worldwide enhance their physical, mental, and spiritual well-being. For 30 years, she taught students, staff, and faculty at UCLA how to be healthy and fit and was selected as one of 10 "Healthy American Fitness Leaders" by the President's Council on Physical Fitness & Sports. Her latest book titles, in addition to *A Hug in a Mug*, include *Wired for High-Level Wellness*, *UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality*, and, for children, the celebrated trilogy *Joy & the Butterfly*.

Available Worldwide on AMAZON:

You can also get special autographed copies of *A Hug in a Mug* — includes a personal notecard from Susan and a bookmark. Ordering details are on her website under the book's page.

Excerpt from the Foreword: "An investment in yourself and in your health," writes Susan, "is the best investment you can make. *A Hug in a Mug* will inspire and motivate you, too. 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 sage, comprehensive health- and life-enriching information contained in this easy-to-understand, reader-friendly, beautifully designed, and highly empowering book." ~ **David Craddock, MA (Oxon)**

