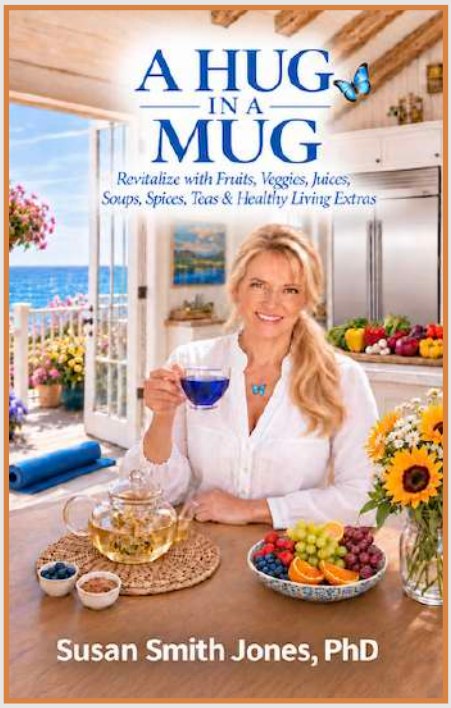
Praise for Susan Smith Jones' Celebrated Book

A HUG IN A MUG





BOOK REVIEW ON AMAZON: by Michelle Morin — (Color & B/W Versions)

"This beautifully designed COLOR edition of ***A HUG IN A MUG*** is a blessing in my life. As the author, Susan, says in the book, '*Cell care is self-care, and you need to take care of your body as a whole, which starts with feeding your trillions of cells with only the best, most natural foods, positive thoughts and other healthy living extras,'* as Susan refers to them and covers in detail. She taught me that no one knows your body better than you. If you want to improve your overall physical and mental health, it's time to turn off autopilot and listen to your body. Susan specifically tells us exactly how to do this and how to maintain the health of our body's cells so we don't compromise their functionality. *'When you realize your well-being is non-negotiable,'* as she writes, *'you can become more intentional about what yofu do every day.'* Susan teaches us how to identify key areas for sustainable results and impactful, life-enhancing transformation. She encourages us to improve how our body functions or rewire mindless habits.

"No matter your health concerns or end goals, ***A HUG IN A MUG*** provides the tools to design a lifestyle tailored to your specific needs based on ancient wisdom, mind-body science and actionable insight. In addition to all of the valuable info, inspiring quotes, heartwarming personal stories, humor and mood-elevating tips and practical alternative therapy treatments, Susan also gives us 100 delicious, nutritious, easy-to-prepare food recipes that you and your entire family will love. Along with her other companion holistic health book, ***UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality***, these two books are now indispensable in my healthy living home library. I will be ordering extra copies to keep on hand to give as gifts. As a result of following the guidance in both of these books, people are telling me that I am now looking about 10 years younger in only one month! and I haven't felt or looked this good in decades, thanks to the healing and vitality advice in both ***A HUG IN A MUG*** and ***UPLIFTED***. God bless the author of these two books. She is a godsend to anyone wishing to heal their body and create vibrant physical, mental and spiritual health."

Visit: SusanSmithJones.com **𝕏 @SusanSmithJones**

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.