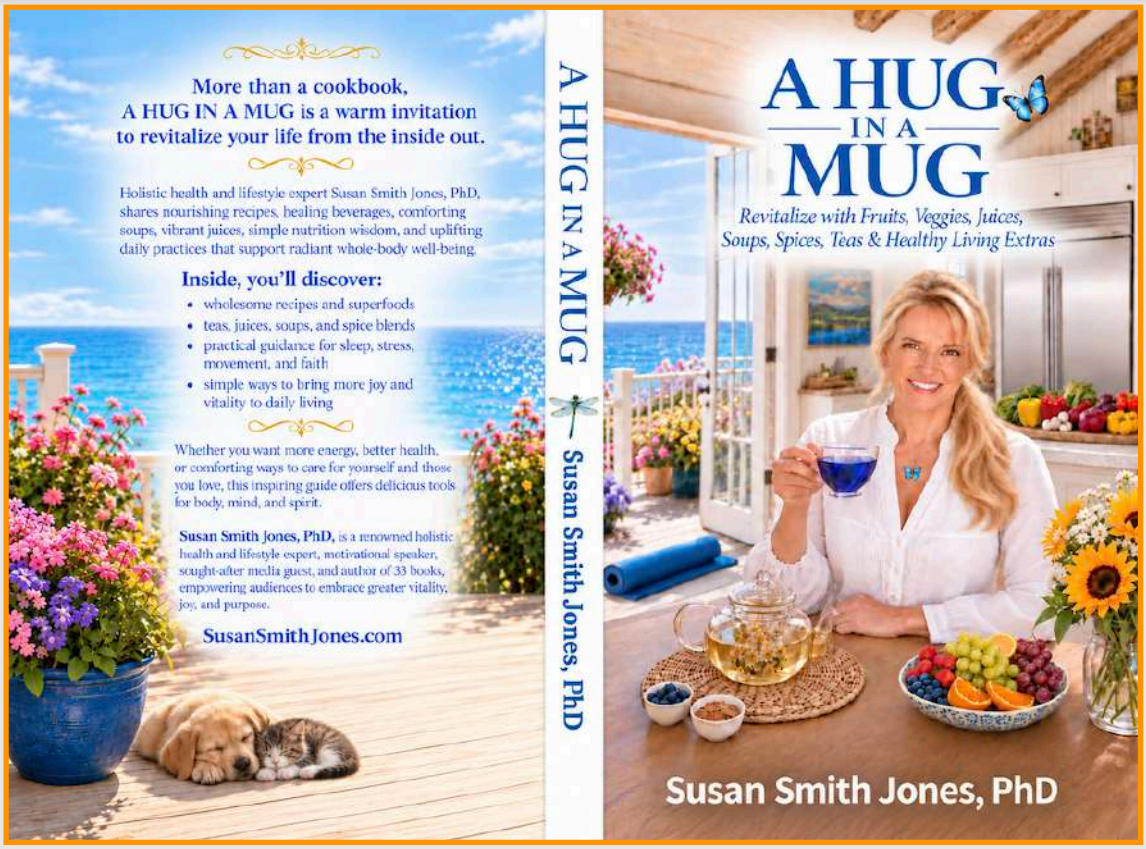
A HUG IN A MUG

BY SUSAN SMITH JONES, PHD - BOOK REVIEW



***A HUG IN A MUG* ...**

is available on Amazon in both Color & B/W versions! For personally autographed copies, which include a bookmark and handwritten notecard from Susan, refer to her website...

SusanSmithJones.com

Stephen Esser, MD
Foreword Excerpt

"This book offers a wealth of wholesome health info with ways to transform your eating habits, boost metabolism, sleep like a baby, turn on your body's key longevity switches, live more joyfully, supercharge your self-confidence, and more!"

BOOK REVIEW

"Do you crave a more natural, sustainable path to well-being? Are you tired of relying on pharmaceuticals? Would you prefer to seek natural, effective ways to improve your family's health? Are you frustrated with conventional treatments that only address symptoms rather than root causes? Do you feel disconnected from nature? Would you like to slim down and firm up your body and have the flexibility you had as a child? Are you often feeling tired and depressed and wish you had more zest for life? If you answered YES to any of these questions, then ***A HUG IN A MUG***, Susan's beautifully designed book, is perfect for you. It's the companion to her book ***UPLIFTED***.

"The color version was given to me as a gift and what a blessing it has become in my life. It's a comprehensive guide to using teas, spices, juices, herbs, and superfoods to heal and prevent most health conditions and ailments. But it's not just about cutting edge ways to enhance your diet. Susan adeptly covers various healthy living practices you can implement into your life like how to... use cold and heat therapy, reduce stress, stay calm in the midst of chaos, sleep like a baby, lose extra weight effortlessly, create a peaceful home environment, boost self-esteem, live with more faith and optimism, etc. She also included over 100 nutritious, delicious recipes that you and your family will love and use often.

"It's a practical everyday reference guide of holistic health tips and tools for your body and mind. If you are interested in unlocking your healing powers to conquer illness, extend life, and be uplifted daily, you'll want to get this inspiring book. I've purchased extra copies for gifts of both the **Color** & **B/W** versions."

~ Steven Crithfield, Master Hair Stylist, Studio 210 Brentwood, Los Angeles