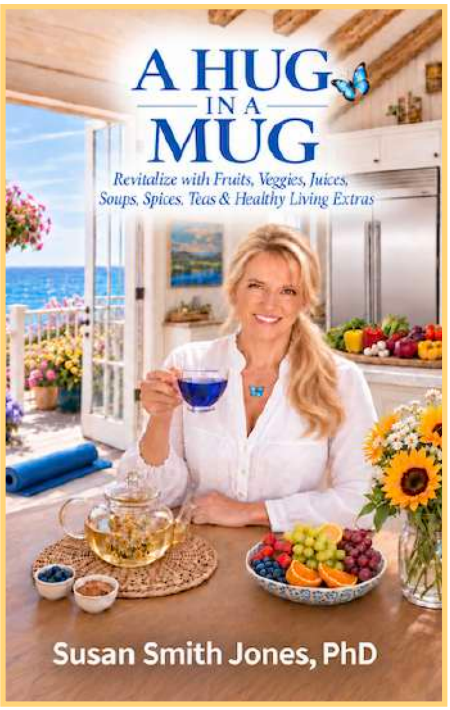
Praise for Susan Smith Jones, MS, PhD &
A HUG IN A MUG UPLIFTED





~ Steven Crithfield, Master Hair Stylist, Studio 210, Brentwood, Los Angeles: "As the perfect set to go with her previous book, ***UPLIFTED***, this new 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 leading, visionary healthy living and longevity expert. In ***A Hug in a Mug***, 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, positive lifestyle."

~ Myran Thomas, L.A. Esthetique Wellness: "***A Hug in a Mug*** is your easy, everyday reference guide for holistic healing remedies. Susan has given us a collection of alternative practices chosen to address common ailments of the body and mind. Its wide variety of wellness treatments will help to restore balance in your body and provide the relief you need. An overview of each common holistic health practice teaches you the basics, helping you choose what to integrate into your personal treatment plan. Throughout the pages of this uplifting book, Susan encourages us to choose a healthy lifestyle and helps us prevent future issues by improving our environment, immunity, sleep, nutrition, attitude, self-esteem, and more. Her delicious, nutritious soup, tea, veggie, and juice recipes are now part of my weekly meal plan. Be prepared to be dazzled and empowered in your healing journey with ***A Hug in a Mug***. This comprehensive book will open your mind to more wholesome ways of living. Susan understands that treating your body as a whole — not just your symptoms — is a powerful health strategy. Soothe away everyday stress with this beautifully presented collection of practical advice for achieving optimum well-being the natural way. Her "be kind to yourself curated self-care routine" is life-changing! This book will help you feel your best, renewing your vitality and restoring your bliss. I'm getting extra copies for gifts to go with her equally wonderful book ***UPLIFTED*** — the perfect holistic health duo set."

A HUG IN A MUG:

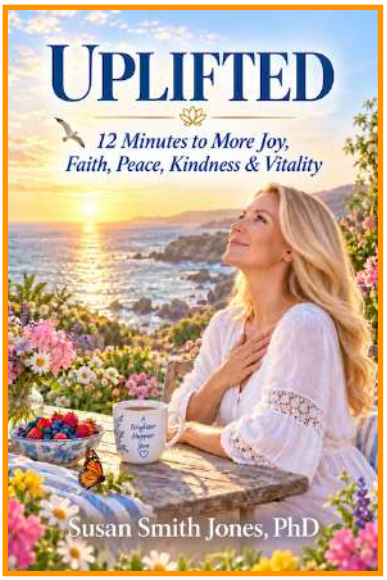
Revitalize with Fruits, Veggies, Juices, Soups, Spices, Teas & Healthy Living Extras

SUSAN SMITH JONES, PHD: For a woman with three of America's and the UK's most ordinary names, Susan Smith Jones has certainly made extraordinary contributions to the field of holistic health. With 30 years at UCLA teaching students, staff, and faculty how to be healthy and fit, Susan has established herself as one of the world's foremost experts on diet and nutrition, high-level wellness, natural remedies, and the importance of living a positive, balanced lifestyle. She is the author of dozens of books and over 2,500 magazine articles on healthy living topics. Selected as one of 10 "Healthy American Fitness Leaders" by the President's Council on Physical Fitness & Sports, Susan teaches that the body is designed to be self-repairing, self-renewing, and self-sustaining and that the power to live a vibrantly healthy life is within everyone's grasp.

Visit: SusanSmithJones.com **Both Books Available on Her Website & Amazon**

~ Mamiko Matsuda, PhD, Holistic Health Expert:

A Hug in a Mug has it all and includes scrumptious recipes and countless effective tips on how to lose weight, heal your body, use superfoods to revitalize and rebuild, 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. You will be greatly uplifted with Susan's many stories of how she overcame challenges in her life. She shows us how we can go from being a victim to being victorious in our lives, as she did at different stages in her life, and how she has guided many of her clients to victory worldwide. Living victoriously is a choice we can make, and Susan will motivate you to do just that! ***A Hug in a Mug*** and ***UPLIFTED: 12 Minutes to More Joy, Faith, Peace,Kindness & Vitality*** make the perfect holistic duo set."





~ Stephan Esser, MD — Forword Excerpt: "This inspiring book, ***A Hug in a Mug***, offers a wealth of wholesome health info with ways to transform your eating habits, create healthy meals the entire family will love, boost your metabolism, sleep like a baby, turn on your body's key longevity switches, live more joyfully, supercharge your confidence, and more. It's rare to find someone who is as knowledgeable and as passionate about health as Susan, so I am thrilled to contribute this Foreword. I am confident you will enjoy this book; it's loaded with inspiration and educational tips and tools that can propel you to a more vital life… and may just change the lives of those around you for generations to come."

~ David Craddock, MA (Oxon), British Economist, Author — Excerpt: "'An investment in yourself and your health,' writes Susan, 'is the best investment you can make.' This book will inspire and motivate you, too. I am now healthier and look younger, with energy to spare, than I've ever been in my life, thanks to ***A Hug in a Mug***. This empowering book makes a great gift."