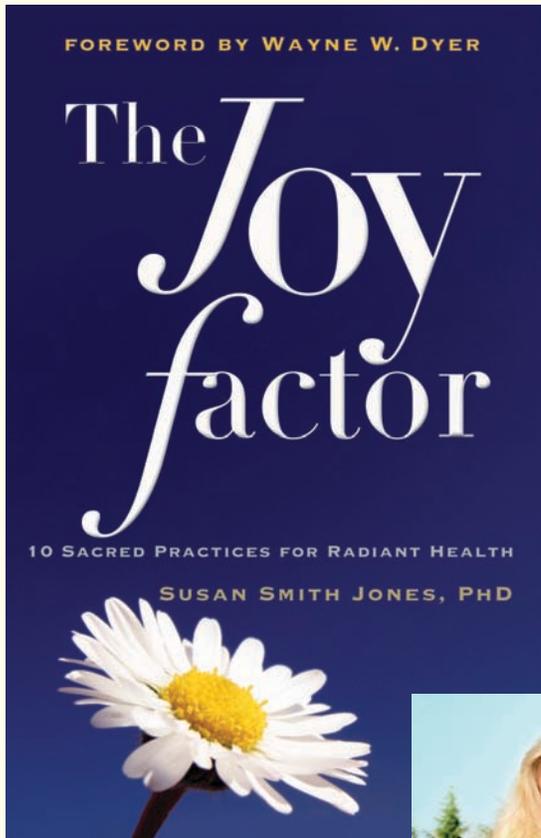


The Joy Factor

10 Sacred Practices for Radiant Health



978-1-57324-478-7, \$16.95

Susan Smith Jones, MS, PhD, even though she has three of America's most ordinary names, has made extraordinary accomplishments in the fields of high-level wellness, optimal nutrition, anti-aging, balanced living, and human potential. A prolific writer, Susan has authored over 1,500 magazine articles on holistic health and over 25 books, including *Recipes for Health Bliss*, *Be Healthy~Stay Balanced*, *Walking on Air*, and *The Healing Power of NatureFoods*. Susan travels internationally as a frequent guest on radio and TV talk shows and an in demand motivational speaker to community, corporate, and spiritual groups. She resides in West Los Angeles.



A pioneer of the mind-body-spirit approach to health and wellness, Susan Smith Jones, teaches readers 10 simple practices that will keep them looking and feeling healthy, vibrant, and youthful for life. These include cultivating kindness and gratitude; staying adventurous and childlike; making physical activity a part of everyday life (by finding activities that you love); eating natural foods, with an emphasis on raw and plant-based foods; engaging in breathwork, prayer practice, visualizations and affirmations, and so much more.

What sets *The Joy Factor* apart is its emphasis not only on the things we do for ourselves, but the things we do in community that make us feel most alive and at our peak. It's not all about me; it's about how "me" meets the world—the simple, everyday things we can do to glow with good health.

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"As you read through the pages of this powerful book, remind yourself that you are indeed divine enough to be answered. Think of a puzzle with one piece missing and realize that the entire picture is incomplete without that one piece. Then see yourself as one piece in this entire picture called humanity and that the whole thing is incomplete without you. That is how important you are. Your completeness makes us all whole, and Susan's outstanding book will help you not only to grasp this notion but also to take action, beginning now, to correct any limits you may have placed on yourself."

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