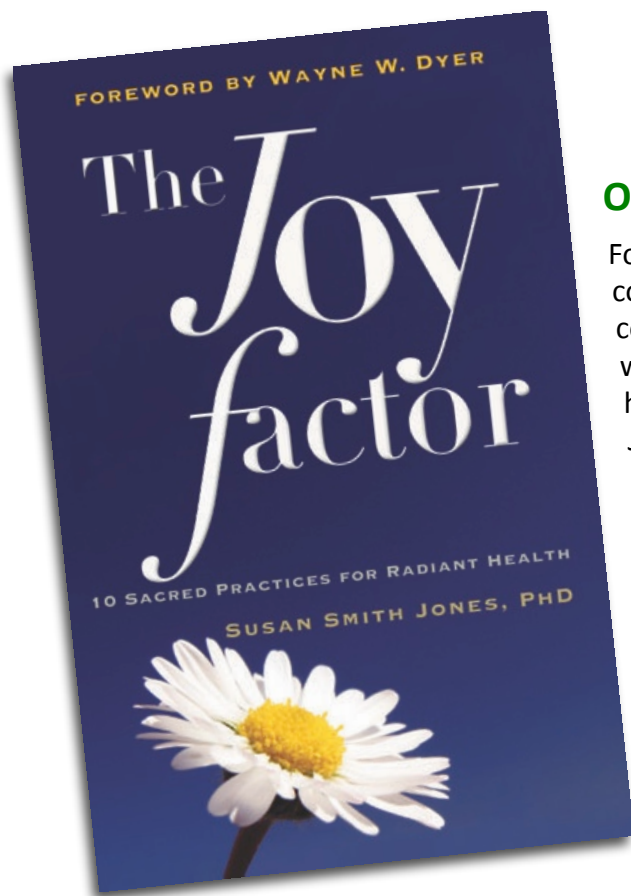




# THE JOY FACTOR by Susan Smith Jones, PhD



## THE JOY FACTOR

### 10 Sacred Practices for Radiant Health

Foreword by Dr. Wayne W. Dyer

#### One of the Keys to Lasting Health – JOY!

Food and health fads come and go, but some truths remain constant: health and fulfillment are multi-faceted jewels – a combination of what we eat (and don't), how (and how often) we move our bodies, and how we choose to look at what life hands us. In her 26<sup>th</sup> book, natural health pioneer Susan Smith Jones focuses on 10 practices to help liberate your joy – practices you will love to do that will keep you looking and feeling healthy, vibrant, and youthful, including:

- Finding peace in the midst of chaos
- Staying adventurous, childlike and naturally intuitive
- Eating the right foods to lose weight and look younger
- Finding hobbies you love – and making them enjoyable
- Benefitting from time spent alone in nature
- Allowing stress to fade away and joy to reign
- Listening to (and making!) music
- Taking every opportunity – large and small – to serve others and engage fully with the world, and

Through the pages of this celebrated book, along with the companion in this 2-book set, *Walking on Air*, Susan will become your personal life coach. She will help you get unstuck from the “spin-cycle” lifestyle, shed some pounds, champion high self-esteem, glow with health, look years younger, feel more confident and empowered, and learn how to celebrate life and live with gusto.

#### What People Are Saying About Susan’s Latest Book — THE JOY FACTOR

A treasure-trove of sage and sound information by an author who has devoted her life to living fully and celebrating life. This combination book/workbook is sure to be a welcome companion to anyone seeking to bring vitality and radiant health into their lives. Whether you are 18 or 88, or you live in the United States, Europe, Canada, Asia, Australia or the UK, this book is essential reading and will bring peace and high-level wellness to your life. I wholeheartedly recommend it to everyone! — **Neal Barnard, MD**, founder and president, Physicians Committee for Responsible Medicine; author of *Breaking the Food Seduction*

“The perfect blend of modern research and ageless wisdom – this book will help everyone awaken to a new understanding of what living fully, celebrating life, and creating vibrant health are all about.” — **Alexandra Stoddard**, author of *You Are Your Choices*

“A light that can lead us out of the morass of ill health ... and a well-conceived blueprint for creating a life filled with health, happiness, joy, and peace. A superb book.” — **Gabriel Cousens, MD**, author of *There is a Cure for Diabetes*

To purchase copies of *The Joy Factor*, please contact  
800.423.7087 ★ 978.465.0504 ★ [SusanSmithJones.com](http://SusanSmithJones.com)

## *THE JOY FACTOR* by Susan Smith Jones, PhD

“Susan has a gift for taking complex research, scientific studies, and personal experiences and distilling them down to the most practical – and empowering – level. *The Joy Factor* contains all of the essential ingredients to live our very best lives--physically, mentally, emotionally, and spiritually.” — **Victoria Moran**, author of *Creating a Charmed Life*

“What a magnificent book! Be sure to check out the Workbook at the end of the book, which invites us to look within ourselves to examine and understand more fully our beliefs, attitudes, heart-feelings, needs, desires and our highest vision for ourselves and the world. This section made a profound difference in my life and will, doubtless, change your life for the better, too. If you want to reduce stress and bring more balance into your life; if you want to lose weight easily and effortlessly and create a fit, toned body; if you want to experience more prosperity and abundance; if you would like Susan’s surefire secrets to bring your best dreams to fruition in record-breaking time; or if you simply desire to tap into your inherent joy, peace and faith, then *The Joy Factor* is the perfect book for you. I am recommending it to all of my friends and family, and on my radio shows.” — **Nick Lawrence**, radio/TV talk show host

“You will want to add this glorious, delightful book to your home library, keep it front and center, and refer to it often. As you savor every page, it will feel like Susan is your new best friend and cares about how you feel and look — because she does. She is the most popular guest on my radio shows and columnist in my magazine. Sunny, as I refer to her, has a way of taking complex ideas and research and refining it all down into a prose that we can all understand — wisdom that will touch your heart and incite you to make positive changes in your life. You will thank your lucky stars that you have this book as your guide to creating optimal wellness, living fully, and celebrating life. Keep several copies on hand because you will want to give them as gifts for any occasion. Kudos to Susan!” — **Anita Finley**, radio talk show host and publisher of *Boomer Times*

**About SUSAN SMITH JONES, PHD:** For a woman with three of America’s most ordinary names, Dr. Susan Smith Jones has certainly made extraordinary contributions in the fields of holistic health, anti-aging, optimum nutrition and balanced, joyful living. For starters, she taught students, staff and faculty at UCLA how to be healthy and fit for 30 years! Susan is the founder and president of Health Unlimited, a Los Angeles-based consulting firm dedicated to optimal wellness, health education and human potential. As a renowned author and orator, Susan travels internationally as a frequent radio and TV talk show guest and motivational speaker; she’s also the author of over 1,500 magazine articles (with her picture on many covers) and over 25 books, including her new release *The Joy Factor*.

Susan is in a unique position to testify on the efficacy of her basic message that health is the result of choice. When her back was fractured in an automobile accident, her physician told her that she would never be able to carry “anything heavier than a small purse.” Susan chose not to accept this verdict; within six months, there was no longer any pain or evidence of the fracture. Soon, she fully regained her health and active lifestyle. Susan attributes her healing to her natural-foods diet, the power of Spirit, faith, determination, living a balanced life, and a deep commitment to expressing her highest potential. Since that time, she has been constantly active in spreading the message that anyone can choose radiant health and rejuvenation. Her inspiring message and innovative techniques for achieving total health in body, mind and spirit have won her a grateful and enthusiastic following and have put her in constant demand internationally as a health and fitness consultant, speaker and educator. A gifted teacher, Susan brings together modern research and ageless wisdom in all of her work.



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