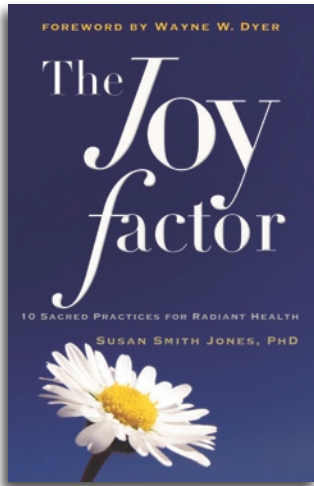
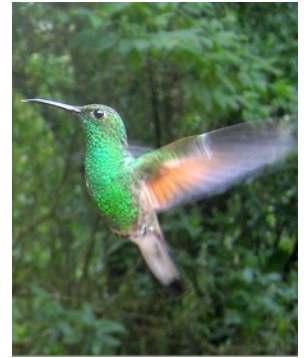


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One of the Keys to Lasting Health – JOY!

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 26th book, designed to be part of a 2-book set with her other celebrated book *Walking on Air*, 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
- Using meditation to reduce stress, achieve goals, and master your life
- Benefitting from time spent alone in nature
- Allowing stress to fade away and creating high-level success and leadership skills
- Listening to (and making!) music
- Taking every opportunity – large and small – to serve others and engage fully with the world, and
- So much more!

Through the pages of this celebrated book, 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.

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About SUSAN SMITH JONES, PHD: For a woman with three of America’s most ordinary names, 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 health and fitness educator, Susan travels internationally as a frequent radio and TV talk show guest and motivational speaker; she’s also the author of over 1,800 magazine articles and 27 books, including the celebrated 2-book set *Walking on Air* and *The Joy Factor*.



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