

# Susan Smith Jones, PhD

## BOOK REVIEW

### **UPLIFTED: 12 Minutes to More Joy** *Faith, Peace, Kindness & Vitality*

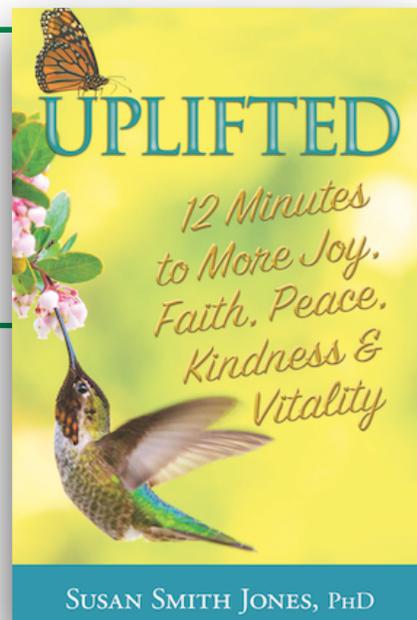
By Dhanashree Pokale, Online Book Club

**UPLIFTED** by Susan Smith Jones, PhD, is a book that has simple, yet impactful, lessons revealing its true meaning slowly as kindheartedly as the days go by since reading it. A few weeks after reading it, many of the ideas, tips and recommendations from Susan's book randomly surface in my thoughts while working on mundane tasks and bring a smile on my face when reminded of the short stories from the book. Due to the lucid style of writing, the author's effort to write in a way that makes the audience feel at home, along with the chapters filled with stories and humor sections, makes this an uplifting book as the name says. I found myself taking copious notes, learning many new words and laughing aloud at some of her personal stories.

**UPLIFTED** is full of Susan's 12-Minute-Action-Step exercises that are extremely powerful tools as I worked through them over the days and weeks. The book touches various dimensions of life where one may typically feel a need for a boost at some point in time during the course of life.

### Susan Smith Jones, PhD . . .

. . . is a motivational speaker, holistic health and lifestyle consultant, and Pulitzer-nominated author. For decades, Susan's motivational articles on healthy living have appeared in magazines worldwide. She taught students, staff and faculty at UCLA how to be healthy and fit for 30 years. **WIRED FOR HIGH-LEVEL WELLNESS** and **UPLIFTED** are the latest among her many popular books—designed as a 2-book set that contains her complete, whole-body rejuvenation program. The President's Council on Physical Fitness & Sports selected Susan as one of 10 *Healthy American Fitness Leaders*. A gifted teacher, she brings together modern research and ageless wisdom in all her work.



I learned well that small changes can bring major uplifting results when I identify the right set of questions and positive ways to address those questions. Susan has done a wonderful job in her book to identify those essential questions for us and beautifully articulated practical actions we can all take to bring a perpetual positive change. And Susan has gently and masterfully offered the key steps to the magical uplifted persona through its properly curated sequence of chapters and healthy lifestyle suggestions. At the same time, Susan has played with a plethora of stimulating, encouraging, inspiring and reviving set of words as she wrote this book, which has specifically given the book an uplifting sophistication, no matter what page or what paragraph you may start with in the book.

To summarize, I highly recommend **UPLIFTED**. Read it a few times; keep it on your bedside table. Your self-esteem and confidence will soar as a result of this upbeat book. Susan's delightful sense of humor is contagious and shines forth throughout each chapter. I encourage you to give copies as gifts to family and friends. This is a book for anyone wishing more daily empowerment and, perhaps, needing a little, or the utmost, guidance to get started on a healthier, happier, more successful and more soul-satisfying path of living. 🦋

**UPLIFTED**

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