



Susan Smith Jones, PhD

BOOK REVIEW

UPLIFTED



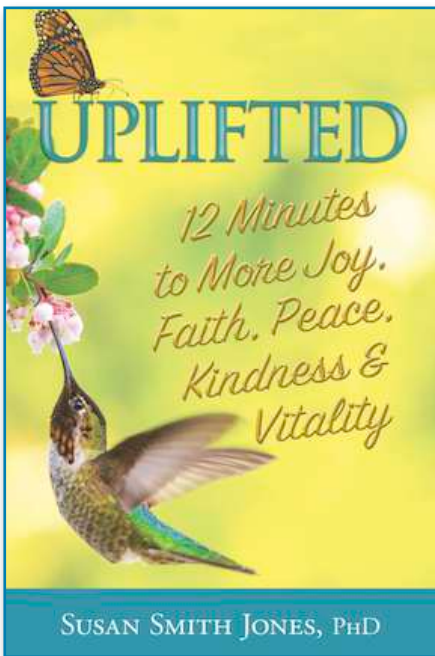
12 Minutes to More Joy, Faith, Peace, Kindness & Vitality

What the Prestigious “Online Book Club” Says about Susan’s Popular Book UPLIFTED

By Verna Vi, Lead Online Book Club Reviewer

UPLIFTED by Susan Smith Jones, PhD is a faith-based book taught from a holistic and natural standpoint. This author writes books and educates people worldwide on simple ways to achieve high-level wellness by using healthy lifestyle choices like exercise, a wholesome diet, time in nature, prayer, and living a simplistic life. These changes go along with stress-management tools that enable readers to find balance. Are we rushing through life when we could be applying practical steps that would benefit our health and overall well-being? To find out, you must read this book!

The cover of this book is beautiful. The focus on peace and simplicity is apparent in the design. The lovely hummingbird and butterfly accompanied by light floral bouquets on a background of cheerful yellow are decidedly appropriate for the theme of this book.



Susan is in high demand from Christian TV and radio talk shows, churches, businesses, and individuals—to impart her secrets on how to disease-proof your body, look and feel 10 years younger in 30 days, and live your healthiest, best, joy-filled, faith-based life—secrets she shares in detail in this celebrated, upbeat, life-enriching book.

Available on AMAZON: You can also get special autographed copies of **UPLIFTED**—includes a personal notecard to you from Susan and a bookmark. Ordering details are on her website under the **UPLIFTED** page.



This book is divided into three parts. Each section delivers knowledge on ways to improve health and lifestyle. At the end of each chapter, readers can choose to implement an action step that takes no more than 12 minutes to complete.

The author’s stated goal in writing this book is to help readers get back to their true God-center and find those things in which happiness and peace can be found once again. Regardless of circumstances such as stress or chaotic living situations, the author convinces one that peace can be achieved in daily life. Part of this book deals with stress and stress-related problems.

CREDENTIALS: Susan is a renowned motivational speaker, holistic health and lifestyle consultant, and Pulitzer-nominated author. For 30 years, she taught students, staff, and faculty at UCLA how to be healthy and fit. The latest among her many bestselling books includes the celebrated two-book companion set of **UPLIFTED** and **Wired for High-Level Wellness**. She was selected as one of 10 “Healthy American Fitness Leaders” by the President’s Council on Physical Fitness & Sports.

♥ SusanSmithJones.com ♥



UPLIFTED
Available on Amazon
Autographed Copies at
SusanSmithJones.com



**Sign Up for Susan's monthly,
FREE *Healthy Living*
Newsletters on her website.**

The author relates how she has encountered people who share the same condition of "hurry sickness." This term, she coined, refers to the state of constantly rushing through everything in life.

This book features questions for readers to ask themselves, which aid in a type of self-exploration that will be helpful. It was significant how the author focused the teaching toward balance. Most people try to eat a balanced diet to feed the body. We plan our education in a balanced way to feed the mind. This book shows ways of finding thoughts or focus points to balance incoming information to help feed the spirit and build faith. How people feel inside greatly impacts how they feel on the outside. I was impressed with her inspiring chapters on the healing power of kindness and gratitude and how both can be a blessing to our health and in our lives. The simple actions of smiling at others, opening the door for someone, or surprising a friend with a phone call seem small, but as the author suggests, they can cause a positive effect that ripples outward.

I love how this author recommends carving out time for relaxing, deep breathing, enjoying your dog or cat, spending time with loved ones, enjoying time in nature, or finding ways to live a more faith-based, God-centered life, as Susan does daily and shares how in this book. The narrative is one of friendly advice that will appeal to readers. The many stories, positive practices, and helpful ideas will have a great effect on readers. It was interesting to see that simple living is among the items the author considers essential for attaining whole-body physical and mental health and vitality, boosting confidence, and achieving heartfelt goals.

Also, I was pleased by the unexpected character development in this work. As works of non-fiction, many self-help books can be a dry read. This author brings characters (her experiences working with her clients worldwide and from her own life) into the narrative that add zest and caring. They are profoundly touching at times and cause a reader to reflect on the deeper meaning of the scenes hours after putting the book down. I am rating it **4 out of 4 stars**. I recommend it to readers who need a more positive focus, faith, joy, vigor, and balance in life. It will definitely appeal to fans of books featuring a love of nature, positivity, and inner strength.

Some of this work is written from a Christian perspective, and inspiring and uplifting quotes from the Holy Bible are sprinkled throughout this book. Susan prays and reads the Bible daily and loves sharing her favorite verses. She inspires and motivates us to do the same in our lives. The concepts introduced are based upon decades of the author's research, working with clients around the world and her personal experiences. The broad range of philosophies makes this book appropriate for Christians, like Susan, and those of any faith.



MEDIA & BOOK REFERENCES: "Dr. Susan has been a monthly guest on my international radio program for nearly 15 years. She is the only guest I've ever invited to participate monthly because she's a fount of healthy living and faith-based brilliance and has zeal and heartfelt passion for every topic she discusses. As smart as a whip, Susan is also a gifted teacher who brings together modern research and ageless Biblical wisdom into all of her work and especially in her beautifully designed, reader-friendly, and upbeat book ***UPLIFTED***. Every page in this faith-based book is a storehouse of life-altering, holistic health knowledge. I bought many copies to give out for gifts. Her enthusiasm, humor, and compassion are contagious and shine through on every page. Both ***UPLIFTED*** and ***Wired for High-Level Wellness*** have enhanced my health and life immensely." ~ **Ric Bratton, Founder & Host, *This Week in America***

"As Susan writes in her wonderful, life-enriching book ***UPLIFTED***, 'Everything good and positive that broadens our appreciation and appetite for life should be one of our lifetime goals.' Her faith-based lifestyle, described in the book, is truly inspiring and she encourages us to examine our life very carefully so that we can know ourselves better and aspire to a more rewarding, soul-satisfying, and fulfilling life. There are over **100 easy-to-apply Action Steps in which we can all participate in only 12 or fewer minutes**. Like favorite hymns, her many Biblical quotations will become familiar and comfortable, useful, timely, and uplifting. As you find yourself thinking, Susan has written this just for me, you will feel an extraordinary surge of energy, joy, and peace. ***UPLIFTED*** is sure to bring you inspiration, ideas, energy, unlimited possibilities, and motivation that will enrich the quality of your life." ~ **Olin Idol, ND, CNC, Vice President of Health at the Hallelujah Diet**