

 **UPLIFTED**   
by Susan Smith Jones, PhD  
**BOOK REVIEW** by AnSy, Online Book Club

As soon as you delve into this book, there's a certain power and energy you feel surging up within your body. In her book **UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality**, Susan Smith Jones, PhD, with her knowledge of holistic living and her impactful words, weaves extraordinary magic inside you. Not only do you feel inspired to leave behind your unhealthy lifestyle, but also eager to begin a new one in which you're closer to nature and, most importantly, to yourself. The author shares her own personal experiences during her bleak years before she set her ways right when the loss of her father, and the subsequent grief, led her to develop unhealthy eating habits and an overall harmful lifestyle. This occurred before her grandmother, who was wise in the ways of nature and its medicinal powers, had introduced her to a holistic way of life and spiritual betterment.

This book includes the author's famous '12-Minute Action Steps', which are a series of spiritually fulfilling practices meant to help us establish a wholesome connection with our own minds and get closer to our bodies. In addition to this, included within is also the '21-Day' program devised by Susan which she promises will guide the reader towards achieving their personal goals by simply

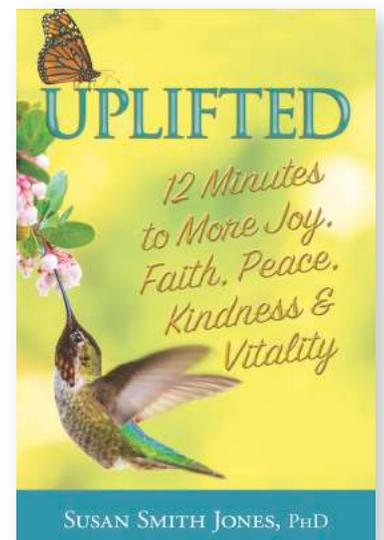
**Be Courageous** ★ **Live Fully**

adopting healthy new habits and dropping unhealthy bad habits, which may seem insignificant when being conducted by us but are, in fact, extremely significant in terms of the positive effect they have on the human mind and body. By the last page, as I felt, you are bound to feel refreshed and enthusiastic about living your life.

Throughout the book, Susan focuses on 'honoring our body' and its workings, something which can be a challenge at times. But this is not a challenge that we have to overcome in a single day, but through baby steps. For this very reason, the author has concocted this book full of affirmations, healing habits, meditation tips and all the do's and don'ts of living a better life. **UPLIFTED** will help you cope with your stress and keep your anxiety and depression at bay.



Published by  
★ **Books to UPLIFT** ★  
Available at Amazon  
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[SusanSmithJones.com](http://SusanSmithJones.com)  
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*Put wings under your confidence, faith in your heart and relish nature. Adopt her life-enriching secrets of flexibility, resiliency and patience.*  
~ Excerpt from **UPLIFTED**



I feel that more than ever this book is needed right now after the pandemic from which we are all collectively recovering. It was a dark time for the whole world during which we felt our energies being drained out of us but nothing to restore that reservoir of energy; a time that was mentally burdensome for us all. Keeping those negative experiences in mind, the words in **UPLIFTED** will definitely spark a new sense of life within you. Yes, a spark to step into life again!

Not only as an avid reader, but also someone who has been on the search for an 'uplifting' book for a while now, I would like to give **UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality** a smooth **5 out of 5 star rating**. I say this not only for the therapeutic effects this book had on me, but because of the well-structured content of the book, too. The arrangement of the content is similar to a perfectly organized chain of thoughts. Reading through the book was as if a tangled spool of thread (or Christmas lights) was being untangled, allowing the reader to be in a clear mental state and be able to set right the direction through which your life is going.

This gem-of-a-book is the most ideal and perfect recommendation for the ones out there wanting to disconnect from their modern-day hectic life and reconnect with their mind, body and spirit. **UPLIFTED** will be their beginner's guide as they embark upon a journey of physical, mental and spiritual healing. Moreover, this superb book will also make an excellent gift for your loved ones who you think need that little nudge to help them get through this rollercoaster of a ride that life can be. 🦋



### Some of Susan's Favorites . . .

**Walt Whitman** — *Keep your face always toward the sunshine, and shadows will fall behind you.*

**Henry David Thoreau** — *The world is but a canvas to your imagination.*

**Ralph Waldo Emerson** — *The whole course of things goes to teach us faith.*

**Gandhi** — *The pure loving kindness of one gentle soul can nullify the hatred of millions.*

**Pythagorus** — *Choose what is best. Habit will soon render it agreeable and easy.*

**Matthew 19:26** — *With God all things are possible.*