

UPLIFTED

by Susan Smith Jones, PhD



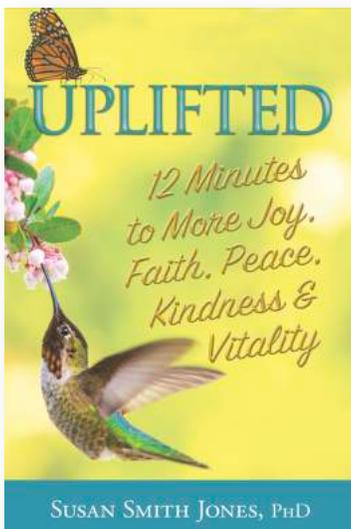
BOOK REVIEW
by Sidney Ash
Online Book Club

UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality is the ultimate guide to achieving a life of positivity and vitality. The author, Susan Smith Jones, PhD, has written this book to show that there is a different way to think and live our lives — a way that will keep our bodies healthy and our minds positive, regardless of the negative factors surrounding us. This beautifully designed book presents the reader with thought-provoking questions meant to inspire us to make a change in the way we are living. Susan analyzes the problem of stress, and how it is sabotaging our ability to relax and focus on our relationships. She also discusses how the fast-paced world in which we live is forcing bad habits and unnecessary mood changes. The author brings to light the many self-sabotaging habits that people are faced with and then provides in-depth, practical solutions to them. One of the highlights throughout the book is her compendium of more than 100 renowned 12-Minute Action Steps to implement daily for immediate, positive results.

I personally found ***UPLIFTED*** to be an exceptional book with so much value. Susan provides many simple and easy ways for readers to improve their lives from within — and very quickly, too.

Susan also provides many practical and realistic ways for the readers to better themselves. She does not include overly complex topics that do not make sense. All of her teachings and concepts make total sense. Susan also touches on a wide variety of healthy living practices in this book. The reader can learn a vast array of modalities that go into overall health and well-being. Gratefully, I learned plenty about my body and mind through the pages of this delightful book and all of the many healing benefits of gratitude and kindness. I love how easy it was to understand the concepts featured in the pages as well. Susan has a way of distilling complex ideas and information, and making it easy to understand and incorporate into our lives to get the best results.

There is nothing to dislike about this life-enriching book. Susan has done a great job keeping me engaged throughout the entire book. I never found myself getting bored or confused at any time while reading its pages.



Published by
★ ***Books to UPLIFT*** ★
[Available at Amazon](#)
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*Every day comes bearing
precious gifts for us from
God. We need to untie the
ribbon and choose to
live thankfully.*

~ Excerpt from **UPLIFTED**



She made the book the perfect length, too. It is just long enough to include all of the necessary details to get her message across.

Overall, this is an unbelievable book filled with tons of learning opportunities. Susan provides valuable teachings and ways for readers to improve their all-around lives. I can truly say that I have gained a wealth of knowledge and help from reading this book. She also did a great job in keeping the book clear and organized. She conveys her points across perfectly and wraps her message up exceptionally well. I found no grammatical errors, contrary to what are often found in most other books. For all of these reasons stated, I would rate this book a solid **5 stars out of 5**. If it were out of 100 stars, I would give her a 100.

I highly recommend **UPLIFTED** to anyone looking to improve their health and overall quality of life. Give copies away as gifts, too. It offers readers simple changes that they can make to their lives, changes that will make a positive and health-enhancing difference! 🦋

Some of Susan's Favorites . . .

~ **Winston Churchill** — *Gratitude is not only the greatest of virtues, but the parent of all the others.*

~ **Helen Keller** — *So much has been given to me; I have no time to ponder over that which has been denied.*

~ **Aesop** — *Gratitude is the sign of noble souls.*

~ **Excerpt from UPLIFTED** — *Gratitude places us nearer to God making it easier to receive greater blessings and to become a magnet for miracles.*

