

UPLIFT your life in just 12 minutes!

Busy lives inevitably create a hectic pace of life. Experiencing beauty, feeling wonder, and breathing in deeply of nature's blessings often fall to the bottom of our to-do lists. Susan's inspiring book helps us reconsider our objectives and aspirations and reassess how we use our time and what we value in order to live a more fully realized life.

The secret to creating transformation is to make changes one step at a time in 12-minute practicable segments and in 21-day commitments. Over time, their cumulative effect manifests significant changes in one's life. Because it's not easy to start a new life-changing program or to give up old habits, *UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality* gently guides the way.

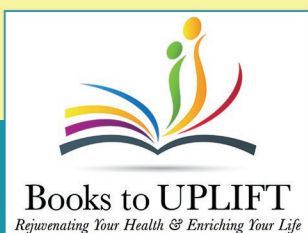
If we commit ourselves to the wise guidance Susan proffers us on each page of *Uplifted*, we will find that, in a short time, we will feel stronger, happier, healthier, more serene, restored, ready to soar, and totally uplifted!

~Excerpt from the Foreword by David Craddock



For decades, **Susan Smith Jones** has been a renowned leader in the fields of holistic health, fitness, human potential, and balanced living. She travels worldwide as a motivational speaker, consultant, and talk show guest, and is the author of many health-related books.

To learn more about Susan's inspiring work, please visit: SusanSmithJones.com

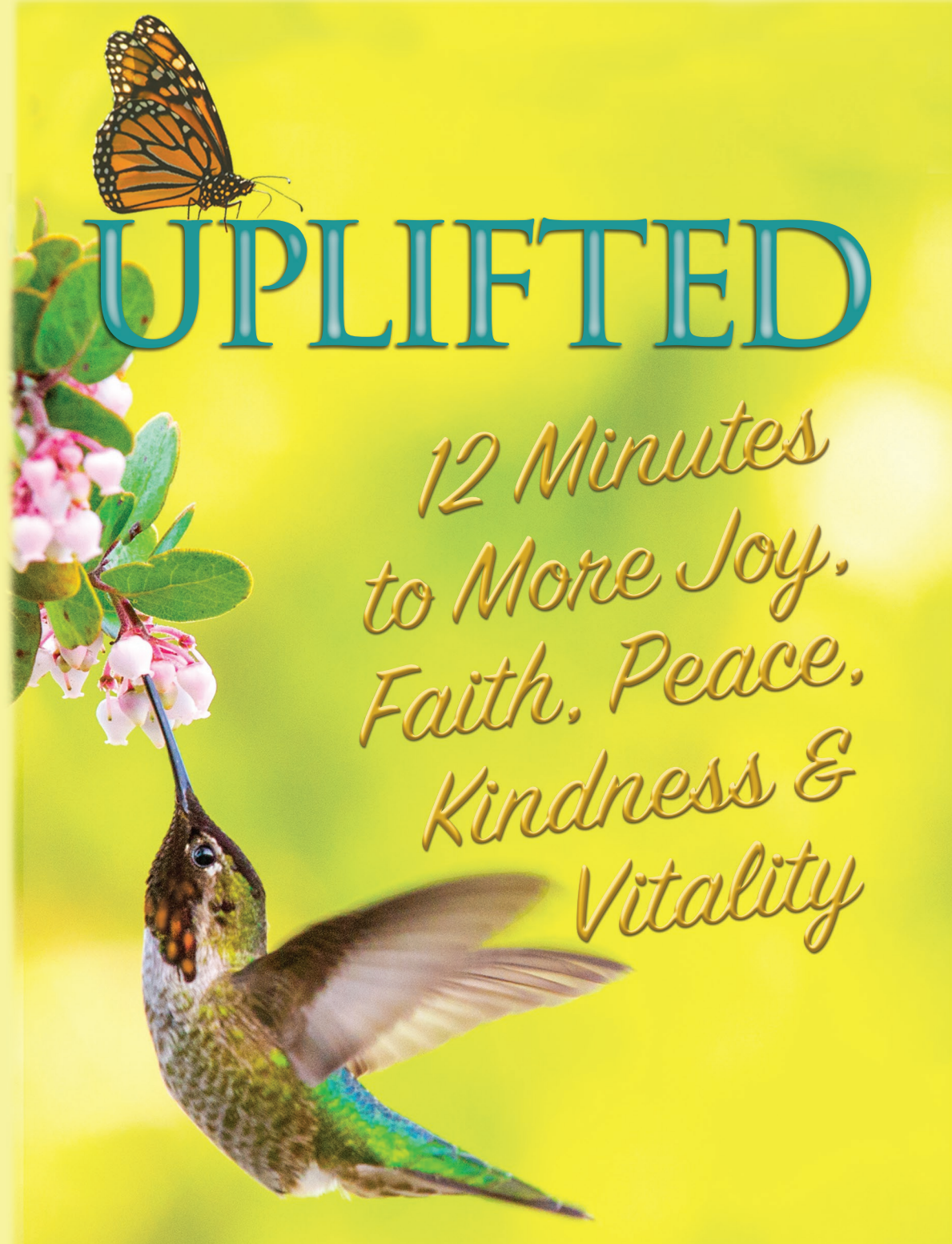


SUSAN SMITH JONES, PhD

UPLIFTED

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to More Joy,
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