

PRAISE FOR THE BOOK

WIRED FOR HIGH-LEVEL WELLNESS

BY SUSAN SMITH JONES, PHD

SIMPLE WAYS TO REJUVENATE, MEDITATE & PROSPER

What People Are Saying About This Book . . .

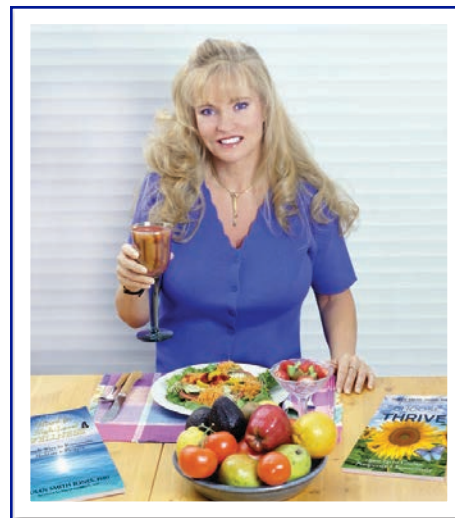
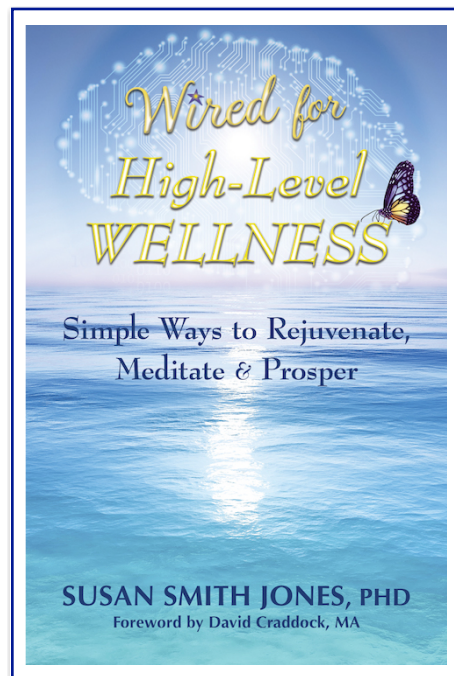
— “Only a few people have the courage, vision, and love for humanity to be pioneers. Susan Smith Jones is one of them. Fortunately, where pioneers like her are willing to go, many people can follow more confidently. If your goals are health, happiness, balanced living, and a meaningful life, then *Wired for High-Level Wellness* is for you.” —

Brian Boxer Wachler, MD, Boxer Wachler Vision Institute

— “Susan’s wonderful and upbeat book, *Wired for High-Level Wellness: Simple Ways to Rejuvenate, Meditate & Prosper* shows us how we can all choose to be vibrantly healthy, happy, balanced, successful, peaceful, and heart-centered. She has taught me about all aspects of well-being, clean living, and how to maintain a healthy body, mind, and spirit in an everyday stressful life. Confucius once said that ‘everything has beauty, but not everyone sees it.’ In her book, Susan teaches us to see beauty and vitality in everyday living—even during stressful times—and to realize that age is just a number and we can choose to be youthful well into older age. If you simply want to enrich your experience of living, making your life a great adventure and celebration, then this esteemed book was written just for you.

Susan even offers intermission breaks in the book with very humorous stories that had me laughing aloud. Not only does she provide a plethora of sound and practical health advice to help us all look and feel younger, boost energy, supercharge self-esteem, strengthen the brain, and cultivate an attitude of gratitude, but she also provides some delicious recipes that are easy and fast to get ready for busy people like me who want to eat healthfully and have limited time for meal preparation. Her green smoothie, golden milk, and chia pudding recipes are now part of my high-level wellness program. I invite you to wake up to the fullness of life, read *Wired for High-Level Wellness*, become inspired, and live a healed life.” —

Myran Thomas, LA Esthetique Wellness



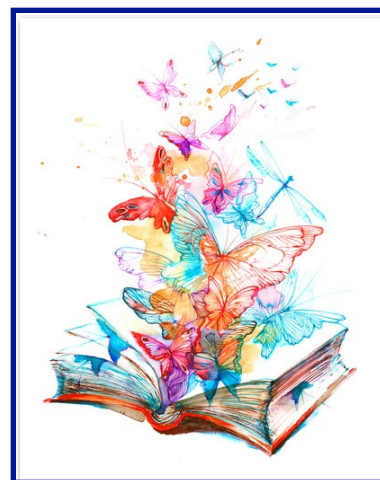
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— “Susan Smith Jones has been a favorite guest of mine on my health radio shows for over 15 years. Her enthusiasm, wealth of knowledge, and sense of humor shine through brightly in all of our radio discussions and my audiences always request her back soon. Even my production and recording team are delighted when she presents her healthy living topics. I first worked with Susan because of her wonderful books and work at UCLA as an expert in fitness and wellness. Susan is highly knowledgeable in holistic health and her books educate the public on how to achieve optimum health. In ***Wired for High-Level Wellness***, she offers a beautiful and inspiring guide to living a life that is rooted in hope, faith, vitality, joy, and God’s love. Reading about her Christian lifestyle and how her relationship with God is always at the center of her day-to-day activities will inspire and uplift you. When you read this book, you will feel like Susan is your friend, taking you by the hand, and guiding you on your path to high-level wellness.” — **Dr. Karla Calumet, Health Psychologist**

— “Dr. Susan has been a monthly guest on my radio program, *This Week in America*, for over 12 years. She is the only guest I’ve ever invited to participate monthly because she’s a font of healthy living brilliance and has enthusiasm for every topic she discusses. In fact, Susan is one of the most amazing people I’ve ever known—a perfectly balanced person of inner strength, kindness, humor, and equanimity, and she’s as smart as a whip. Susan is a gifted teacher who brings together modern research and ageless wisdom in all of her work and especially in her book ***Wired for High-Level Wellness***. I’ve read many of Susan’s books and this one is my favorite because it’s a storehouse of life-altering holistic health knowledge and comprehension. I have one word of warning for you. Once you read this empowering, uplifting, and motivating book, you’ll be inspired to make some major lifestyle changes for the better. Your IQ will go up, too! So get yourself ready for a healthier and happier new you will emerge once you’ve met this glorious Renaissance lady through the pages of this electrifying book, ***Wired for High-Level Wellness***, and incorporate her generous guidance into your day-to-day lifestyle.” — **Ric Bratton, Founder, Producer & Host, This Week in America**

— “At Hallelujah Diet, we believe that food is medicine and that choosing to consume foods as close to the way God created them, is the best diet to empower the self-healing God placed within each of us. When we follow His pattern set forth in Genesis 1:29, we most often regain and sustain the level of health He designed us to enjoy. This means a whole-foods, plant-based diet rich in fresh vegetables and fruits. In ***Wired for High-Level Wellness***, Susan shows us how these health-enriching foods can detoxify the body, support and improve brain function, keep us fit and trim, slow down the aging process, supercharge the immune system, and help us to look and feel our best well into older age. But this book is so much more than just sound nutritional advice and delicious, easy-to-prepare recipes such as Almond Milk, Golden Milk and scrumptious green smoothies. Susan also writes about her relationship with God and why it’s the center of her life. She candidly reveals many personal challenges she has faced throughout her life and how she came out on the other side with more hope and faith, always determined to ‘let go and let God’ as she encourages us to do in the book.

“Boosting our self-esteem is a central theme throughout ***Wired for High-Level Wellness***. As she writes in the book's Introduction, ‘In my own life, I fortify self-esteem through the principles of filling my life with vim and vigor, living a God-centered life, never letting anyone or anything cause me to doubt my ability to achieve my goals, staying committed to a healthy lifestyle, and always remembering that my body is God’s temple and deserves to be treated lovingly—with respect and kindness.’ Susan gives us the tools we need to build solid health and, consequently, strengthen homes and families by passing along traditions that promote happy, healthful, and joyful lives. This inspiring book will enhance your life and keep on giving for years to come. Outstanding!” — **Olin Idol, ND, CNC, Vice President of Health, Hallelujah Diet**



Excerpt from the Book's Foreword by David Craddock

"I am confident you will also derive tremendous value from this masterful and eclectic compendium, *Wired for High-Level Wellness*. Susan reminds us that we were created by God and have been blessed with a miraculous body. From head to toe, she shows us how to not only heal the body but also create robust health . . . at any age. We were not created to simply get by with an unrewarding, unfulfilling, and prosaic life. God wants each of us to flourish, thrive, and live our best life. It's difficult to do this if we are dealing with health issues. As you put Susan's key principles and suggestions into action, you will quickly feel the difference and start glowing with vitality. Her easy-to-follow program is an indispensable and refreshing change from most health and self-improvement books that only focus on one particular aspect of health. Balance is the key, and Susan will keep you focused on the long-term results that come from choosing a healthy lifestyle. No matter your reason for turning to this book—whether it's to find more happiness in life, look and feel better, find balance, discover how to eat healthier and be more positive, reinvigorate your body, boost your self-esteem, and live a more peaceful, hopeful, prosperous life with a heart full of faith and a strengthened relationship with God—this book will lead you in the right direction. Get ready to feel wonderful in body, mind, and spirit and enjoy the extraordinary life you were designed to live."

— "*Wired for High-Level Wellness* is an important book for two reasons. First, it tells you that wellness is a choice. Secondly, it gives excellent advice on how to attain superb wellness once you've made the choice. Reading it will enable you to add to the vitality of the world." — **Finley W. Brown, Jr., MD**

— "Regardless of where you have looked for better health and how much "dis-ease" you are experiencing now, you can begin to put it behind you by reading this book. . . and placing yourself on a path to enjoy the life you deserve. In *Wired for High-Level Wellness*, Susan provides practical yet powerful techniques, tips, and delicious recipes to help manage stress, support brain health, bolster immunity, increase self-esteem, restore well-being, and live a more peaceful, happy, and balanced life." — **Angie Dunkling Averill, DMD and Gordon Averill, DMD, 26th Street Dental**

— "Susan is the real thing. She practices what she teaches and, for me, she's the premier authority on all things related to holistic health. For almost 30 years, Susan has been a regular guest on my many interview talk shows and has even filled in for me as host when I have been away. She always lights up the phone lines with her knowledge, enthusiasm, and humor, and I know that she will also light up your life with her healthy living books. All of her beautifully designed books are filled with holistic health-enhancing information, and I've been captivated by all of them. But if I had to pick my favorite one, it would be *Wired for High-Level Wellness* because it has made such a profound difference in my life. As a result of her wisdom and guidance in this book, I have lost all of my extra weight, upgraded my exercise program, healed my body, prospered in my life, feel more joyful, and am healthier and more energetic than ever. She has a unique ability to inspire and motivate in a way that makes you feel empowered and know that your wellness destiny is under your control. My advice: get a copy of this book for yourself and then get several more copies to give as gifts to all your family and friends. Everyone will love it!" — **Nick Lawrence, Radio & TV Talk Show Host/Producer**

— "*Wired for High-Level Wellness* is a beautiful, uplifting book. A guide to living healthfully, joyfully, and peacefully, it is also a fine example of the God- and faith-centeredness that bring grace to life. As Susan writes about in her preface, the Bible is her favorite book that she consults every day for its wisdom, and she features many of her favorite Bible quotes throughout the pages of this life-enriching book. If you are ready to improve your diet, reduce stress, exercise your way to vibrant health, increase your self-esteem, achieve your heartfelt goals, feel more hopeful, and develop a closer relationship with God, *Wired for High-Level Wellness* is the book for you; it's loaded with secrets to improve the quality of your life." — **Pastor Brittan Bowman**

— “Incredibly practical and uplifting, this book shows simple and proven ways out of an unhealthy, stressful lifestyle—from what you eat, how you exercise, and what you think and feel—to a balanced life abounding with joy, vitality, and self-confidence. I especially appreciate Susan’s personal stories and how she brings insight to life lessons we all need to learn in order to live our highest potential. Susan knows how to make her life and the lives of her clients and friends great adventures simply by making a commitment to live fully. You will learn how to do this in the pages of this book. ***Wired for High-Level Wellness*** is sure to be a welcome companion for anyone seeking to bring radiant health into their lives.” — **Peter W. Brown, MD**

— “I think everyone wants to be all they can be and live an inspired life. In her upbeat book, ***Wired for High-Level Wellness***, Susan gives us some valuable choices and easy-to-follow guidelines that can be used as building blocks in our lives that will allow us to be the best we can be. Creating a healthy, happy, peaceful, and balanced life is now well within our grasp thanks to this empowering book.” — **Nancy S. Schort, DDS**

About Dr. Susan

CREATE YOUR BEST LIFE: Susan gets paid very well from discerning clients and Fortune 500 companies worldwide 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 life — secrets she shares in every chapter of this critically-acclaimed book ***Wired for High-Level Wellness***.

SUSAN SMITH JONES, PhD is an internationally renowned motivational speaker, holistic health consultant, lifestyle expert and Pulitzer-nominated author. She taught health and fitness to students, staff, and faculty at UCLA for 30 years. The latest among her 33 book titles includes the celebrated ***Wired for High-Level Wellness, Choose to Thrive, Be the Change, The Curative Kitchen & Lifestyle, Living on the Lighter Side, Kitchen Gardening,*** and ***Invest in Yourself with Exercise***. She was selected as one of 10 “*Healthy American Fitness Leaders*” by the President’s Council on Physical Fitness & Sports. Susan teaches that the body is designed to be self-repairing, self-renewing, and self-sustaining and that the power to live a radiantly healthy life is within everyone’s grasp.

Please visit: SusanSmithJones.com

