

A BESTSELLING BOOK CELEBRATED WORLDWIDE

WALKING ON AIR

Walking on Air ***Your 30-Day Inside & Out Rejuvenation Makeover*** **by Susan Smith Jones, PhD**

After much expectancy and anticipation, Susan's latest 27th book, ***Walking on Air*** (Conari Press, 2011) is now available. This acclaimed book is based on Susan's work helping thousands of clients and participants in her workshops, seminars, and retreats transform their health and happiness. Susan offers a program of 30 days of change that works on all levels: physical, emotional, mental, and spiritual. Be the person you were meant to be. Both men and women, any age from 12 to 102, can benefit from this reader-friendly, motivating, and empowering book which is changing lives worldwide.

"Our countless daily choices determine our level of health and how we feel" writes Susan in the book's introduction. "But, there are three choices over which we always have control: what we eat, how we move and exercise, and what we think. We have the power to change these at any time." ***Walking on Air*** is short enough for anyone to complete, yet long enough to create significant changes in how each person feels. Each day's action step and affirmation builds on the day before, to help anyone feel stronger, happier, healthier, more confident and energetic, and geared up to thrive. In just one month, every participant in her program can look and feel his or her very best, find one's true purpose in life, and be empowered to live successfully and to shine brightly!

From Alexandra Stoddard's Foreword: *"This book is practical to read, delightfully pleasant to follow, and easy to use. Susan's plan of action helps us to reconsider our priorities and reassess how we use our time and what we value in order to live a more fully realized life. The secret to creating these transforming changes is that they're made daily, incrementally, and they build on one another, so that nothing becomes a burden, but rather manageable steps onwards, until their cumulative effect carries us forward. In just one month's time, we'll feel stronger, happier, healthier, and ready to soar."*



To purchase *Walking on Air*, call: 1.800.423.7087 ET, M - F • 9 - 4 or visit:

www.SusanSmithJones.com