



Susan Smith Jones, PhD

Bestselling Author of the New Book

UPLIFTED

12 Minutes to More Joy, Faith, Peace, Kindness & Vitality



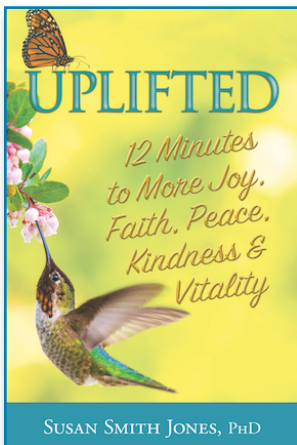
Susan is in high demand from discerning clients worldwide — individuals and businesses — to impart her secrets on how to disease-proof your body, look and feel 10 years younger in 30 days, and live your healthiest, best life—secrets she'll share with your audience for FREE.



With enthusiasm and aplomb, Susan can talk for 10 - 60 minutes about anything related to holistic health for body, mind and spirit, including this globally popular topic:

Claim Victory Over a Stressful, Anxious Lifestyle

- How love & kindness heal
- Tips for brain vitality
- Foods that affect mood
- Be a magnet for blessings
- Stressless breathing work
- The significance of the #12
- Benefits of gratitude
- Sound sleep remedies
- Weight-loss-made-easy
- Best longevity practices
- Bad habits begone quickly
- 21 days to your dream life
- How to create robust self-esteem and peace aplenty
- Simple ways to live a joyful, inspired spiritual life



It's About Health by Choice, Not Chance

Available: L.A./CA & Worldwide Interviews, Radio & TV, Virtual or In Person • Magazines & Newspapers

Contact: SSJ.IntlManagement@earthlink.net

What People Are Saying about Susan's Media Work, New Book & Uplifting Nature

*"Dr. Susan will not only light up your life with her enthusiasm and knowledge, she will also light up your phone lines. For 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. Her latest two books, **Wired for High-Level Wellness** and **Uplifted**, hugely enriched my life."* — Nick Lawrence, Talk Show Host, KXPM, PA

"Our phone lines always ring off the hook after her riveting, motivating interviews." — Vivian Porter, K-Earth 101, L.A.

"Dr. Susan is a walking, talking, living, breathing embodiment of what she beautifully teaches." — KATZ-TV's AMAZ

*"I've had the great pleasure of knowing Susan for decades—since she was a young child, barely walking—and I can tell you for certain that she is one of the most positive, humorous and kind people you could ever meet. I've read many of her books and I have to say that **Uplifted** is now my favorite. In her typical reader-friendly, motivating and inspiring writing style, Susan tells us how to be more hopeful, positive and vibrantly healthy, even when uncertainty and stress may be our constant daily companions."* — Peter W. Brown, MD

*"For 15 years, Susan has been a monthly guest on my radio show, **This Week in America**. She is the only person I've ever invited on my program monthly because she's that good, and my listeners around the world can't seem to get enough of her joyful, upbeat and bright personality. Her enthusiasm, experience and vast knowledge in the fields of holistic health, nutrition, fitness, human potential and mental well-being are great gifts to my listeners. Her wit, wisdom and humor blend to create a truly contagious field of joyous energy. These same characteristics about Susan's personality shine through on every page of **Uplifted**. It's a beautiful and outstanding guide to living a life that is rooted in physical, mental, emotional and spiritual vitality, no matter one's age."* — Ric Bratton, Founder, Producer & Host, **This Week in America**

CREDENTIALS: Susan Smith Jones, PhD, is an internationally renowned motivational speaker, award-winning columnist, much sought-after holistic health and lifestyle consultant and Pulitzer-nominated author who has appeared on many magazine covers. For decades, Susan has helped thousands of people around the world enhance physical, mental and spiritual well-being. For 30 years, she taught students, staff and faculty at UCLA how to be healthy and fit. The latest among her 33 other book titles includes the celebrated **Wired for High-Level Wellness** and **UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality**. She was selected one of 10 "Healthy American Fitness Leaders" by the President's Council on Physical Fitness & Sports.

♥ SusanSmithJones.com ♥

