

# Susan Smith Jones, PhD

## BOOK REVIEW

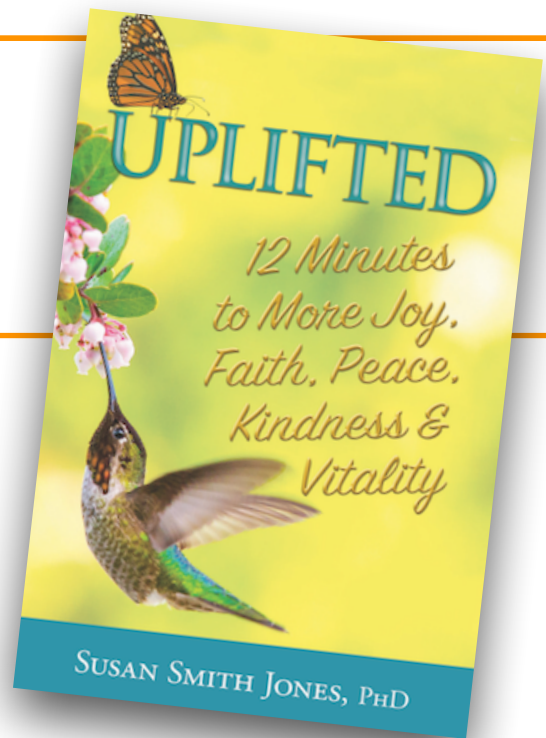
### *UPLIFTED: 12 Minutes to More Joy Faith, Peace, Kindness & Vitality*

By Christina Prescott, The Book Commentary

**UPLIFTED** by Susan Smith Jones, PhD begins with a disturbing truth, one that will resonate with almost every contemporary reader: "Stress is a major problem in modern life. Technological advances have increased the pressure to keep busy, even during leisure hours. We talk on the telephone and text while we drive, watch TV while we read, and conduct business while we listen to the radio." This book offers tools to navigate life, connect more deeply with one's self and with one's purpose, and experience the fullness of life and the joy of living while building faith. **UPLIFTED** will bring surprising answers to readers who feel emotionally, physically, and spiritually off-kilter, who have lost the joy of living, and who are overburdened by stress or a feeling of hopelessness. The author provides 12-minute actions steps that will help readers live a luminous, munificent life, glowing with self-esteem and verve and radiating strength.

#### **Susan Smith Jones, PhD . . .**

. . . is a motivational speaker, award-winning columnist, holistic health and lifestyle consultant, and Pulitzer-nominated author. For decades, Susan's motivational articles on healthy living have appeared in magazines worldwide. She taught students, staff, and faculty at UCLA how to be healthy and fit for 30 years. **WIRED FOR HIGH-LEVEL WELLNESS** and **UPLIFTED** are the latest among her many popular books—designed as a 2-book set that contains her complete, whole-body rejuvenation program. The President's Council on Physical Fitness & Sports selected Susan as one of 10 *Healthy American Fitness Leaders*. A gifted teacher, she brings together modern research and ageless wisdom in all her work.



In this book, you'll find affirmations that will help you refocus your gaze on what really matters, as well as meditations that will help you to plunge deeper into the inner recesses of your heart to unlock the wellsprings of joy waiting to burst forth. In a tone that is clear and a voice that brims with compassion, Susan gently guides readers to find balance in life, to find space for kindness in the busyness of contemporary life, to walk the path of compassion and courage, and to build confidence while embracing self-discipline. The author shows readers how to embrace a positive attitude and allow it to transform them, uncovering the power of mindfulness and building meaningful relationships with others and all life. The message in this book is bold, timely, and resonant. **UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality** will help you become a better person in only 12 minutes every day. It is a gift of love that should be read and passed on.



#### **UPLIFTED**

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