



# Susan Smith Jones, PhD

## BOOK REVIEW

### UPLIFTED



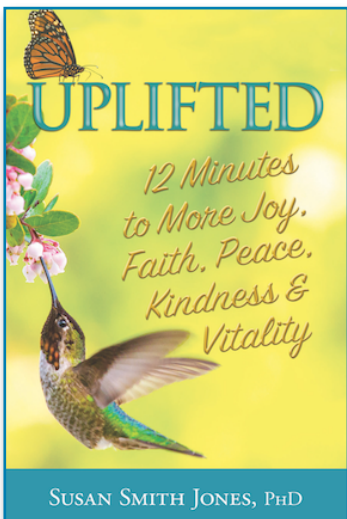
*12 Minutes to More Joy, Faith, Peace, Kindness & Vitality*

*What the Prestigious “Online Book Club”  
Says about Susan’s Popular Book  
UPLIFTED*

**By Verna Vi, Lead Online Book Club Reviewer**

**UPLIFTED** by Susan Smith Jones, PhD is a self-help book taught from a holistic and natural standpoint. This author writes books and teaches classes on achieving wellness by using healthy lifestyle choices such as exercise, a good diet, meditation, prayer, and living a simplistic life. These changes go along with stress-management tools that enable readers to find balance. Are we rushing through life when we could be applying steps that would benefit our health and overall well-being? To find out, you must read this book!

The cover of this book is beautiful. The focus on peace and simplicity is apparent in the design. The hummingbird and butterfly accompanied by light floral bouquets on a background of cheerful yellow are decidedly appropriate for the theme of this book.



**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 shares in detail in this celebrated, upbeat book.**

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This book is divided into three parts. Each section delivers knowledge on ways to improve health and lifestyle. At the end of each chapter, readers may implement an action step that takes no more than 12 minutes to complete.

The author’s stated goal in writing this book is to help readers get back to their true center and find those things in which happiness can be found once again. Regardless of circumstances such as stress or chaotic living situations, the author convinces one that peace can be achieved in daily life. Much of this book deals with stress and stress-related problems. The author

**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 30 years, she taught students, staff, and faculty at UCLA how to be healthy and fit. The latest among her many bestselling books includes *Wired for High-Level Wellness* and *UPLIFTED*. She was selected as one of 10 “Healthy American Fitness Leaders” by the President’s Council on Physical Fitness & Sports.



***UPLIFTED***  
Published by  
***Books to Uplift***  
**Available at Amazon**  
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**SusanSmithJones.com**



relates how she has encountered people who share the same condition of “hurry sickness.” The term refers to the state of constantly rushing through everything in life.

This book features lists of questions for readers to ask themselves. These questions aid in a type of self-diagnosis that will be helpful. It was significant how the author focused the teaching of this book toward balance. Most people try to eat a balanced diet to feed the body. We plan our education in a balanced way to feed the mind. This book shows ways of finding thoughts or focus points to balance incoming information to help feed the spirit. How people feel inside greatly impacts how they feel on the outside. This book offers simple, doable suggestions on how to improve one’s overall health. The simple actions of volunteering at a local library or surprising a friend with a phone call seem small, but as the author suggests, they can cause a positive effect that can continue.

I love how this author recommends carving out time for relaxing, spending time with loved ones, or going for a walk to enjoy the beauty of nature. The narrative is one of friendly advice that will appeal to readers. The many stories, lists of positive affirmations, and helpful ideas will have a good effect on readers. It was interesting to see that simple living is among the items the author considers essential for attaining health. I know that aspect will appeal to readers who live in, or wish to live in, moderation.

I was pleased by the unexpected character development in this work. As works of non-fiction, many self-help books can be a dry read. This author brings characters into the narrative that add zest and caring. They are profoundly touching at times and cause a reader to reflect on the deeper meaning of the scenes hours after putting the book down.

This book is exceptionally well-edited and without errors. I found nothing negative to list about it. It is well written and thoughtfully created. For these reasons, it has achieved a rating of **4 out of 4 stars**. I recommend it to readers who need a more positive focus in life. It will also appeal most to fans of books featuring a love of nature, positivity, and inner strength.

Some of this work is written from a Christian perspective, and inspiring and uplifting quotes from the Holy Bible are sprinkled throughout the book. The concepts introduced within the narrative are based upon decades of the author’s research into philosophies and practices from the East, as well as those of Western Medicine. The broad range of philosophies makes this book appropriate to those of any faith as well as those of no particular faith at all.

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**MEDIA REFERENCE:** "Dr. Susan has been a monthly guest on my international radio program for nearly 15 years. She is the only guest I've ever invited to participate monthly because she's a fount of healthy living brilliance and has zeal and heartfelt passion for every topic she discusses. As smart as a whip, Susan is also a gifted teacher who brings together modern research and ageless wisdom into all of her work and especially in her magnificent, life-enriching new book ***UPLIFTED***. Every page in this attractively designed book is a storehouse of life-altering holistic health knowledge. I bought many copies for gifts. I always take notes on what she talks about on our shows. Her enthusiasm, humor and aplomb are contagious." - **Ric Bratton, Founder & Host, *This Week in America***