



UPLIFTED

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



SUSAN SMITH JONES, PhD

PRAISE FOR UPLIFTED

All aglow in the work.

~ VIRGIL

Where is human nature so weak as in the bookstore?

~ HENRY WARD BEECHER



“I have 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 this one, *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.

“As a medical doctor, I appreciate her holistic approach to living more healthfully, which fosters vitality, no matter one’s age, not just physically but also mentally, emotionally, and spiritually. If you would like some practical, effective ways to feel more uplifted each day; if you desire to be healthier, kinder, or more peaceful; if you want some insightful guidance on how to live a more balanced, successful life; or if you simply want to enrich your experience of living, making your life a great adventure and celebration, then Susan’s empowering *Uplifted* book is just for you!”

—PETER W. BROWN, MD, LOS ALTOS, CA

“Books that I love become more than ink on paper; they become good friends. This powerful and life-transforming book, *Uplifted*, is sure to become one of my very best friends forever. Long after I read such books, even as they sit on the shelf, their vibrations continue to bless, heal, enrich, and nurture me.

“For decades I have been producing and hosting radio programs, and for fifteen 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 this wonderful book. She makes you wish you were her next-door neighbor so you could visit with her in person and go for walks or visit with her in her home over some tea or fresh juice. Susan has a way of living the principles she speaks and writes about in this book that causes others to follow her way of healthy living. In *Uplifted*, it feels as if an angel of light has been dropped into our midst to bless us, just when the world needs it the most, in ways that will last for a long time. If we all lived as Susan suggests, America and the world could close most of its hospitals and jails and become nations at peace with each other. *Uplifted* is a beautiful and outstanding guide to living a life that is rooted in physical, mental, emotional, and spiritual vitality, no matter one’s age. *Uplifted* is definitely essential reading.”

—RIC BRATTON, FOUNDER AND HOST OF
THIS WEEK IN AMERICA

“Every chapter in this book is uplifting to read; the writing style is engaging; and the message of the book is insightful and profound, yet easy to assimilate and understand. It is inspiring to think of all the possible ways to apply the myriad suggestions Susan offers to your life right away. She reminds us that it is often the little things, the small revelations, the simple random acts of kindness, that make a great deal of difference in handling life’s struggles, whether disappointment or frustration, sadness or loss, or any other struggle. I appreciate the beautiful way Susan phrases her thoughts, as well as the uplifting quotations, the illuminating stories, the powerful insights and Bible passages, and the many life-enriching recommendations that will stir you into action and help you regain a sense of balance and perspective in your life.

“‘Everything good and positive that broadens our appreciation and appetite for life,’ says Susan, ‘should be one of our lifetime goals.’ The reality of her faith-based lifestyle is truly inspiring and, in the Workbook, she encourages us to examine our life very carefully so that we can know ourselves better and aspire to a more rewarding and fulfilling life. There are over 100 easy-to-apply Action Steps in which we can all participate in only 12 or fewer minutes. Like favorite hymns, her many quotations will become familiar and comfortable, useful, timely, and uplifting. As you find yourself thinking, *Susan has written this just for me*, you will feel an extraordinary surge of energy, joy, and peace. *Uplifted* is sure to bring you inspiration, ideas, energy, unlimited possibilities, and motivation that will enrich the quality of your life.”

—OLIN IDOL, ND, CNC, VICE PRESIDENT OF HEALTH
AT THE HALLELUJAH DIET

“The human body is an amazing machine and requires attention, regular maintenance, and loving care to run as efficiently as possible. This wonderful book teaches us how to both honor our body and keep our mind uplifted and positive. But it’s so much more than what to eat (and not eat), how to exercise for best results, when to reinvigorate the body, and why to live by the Golden Rule. Susan enlightens us on how to believe in possibilities, be courageous in our daily lives, live in the now, move more toward love, remain calm in the midst of uncertainty, reduce daily stress and anxiety, create joy in the middle of chaos, dream big and achieve goals, become a magnet for blessings and miracles, use affirmations to uplift sadness, foster fulfilling relationships, brighten our day first thing in the morning, and much more.

“I have had the pleasure of knowing Susan for many years and I can say for certain that she is one of the most joyful, kind, faith-filled, loving, peaceful, and upbeat people I’ve ever met. She definitely walks her talk. Whenever we visit, I always feel uplifted afterward—the theme of this book. Her message is about the art of living fully and using beauty, grace, and inspiration to illuminate our lives. *Uplifted* shows us how we can nurture ourselves by what we feed our mind, and how we can all live with divine connection and timing as we endure, persevere, prevail, and thrive. Susan’s 12-Minute Action Steps are genius because we can all find this small chunk of time daily to uplift ourselves and others.

“Because of the healing and health wisdom permeating every page of this glorious book, my life has been greatly enriched. If you want to find warmth, affirmation, encouragement, and optimism, this is the book for you. If you need guidance on joy, love, courage, wholeness, grief, risk, loss, growth, and success, this book will be your godsend. If you simply want to read some of the most inspiring quotations ever written to guide you on your physical and spiritual journey, *Uplifted* will be your gift. With courage and confidence, Susan will take you on a delightful physical, mental, and spiritual journey, helping to restore you to serenity, grace, and positivity.”

—MYRAN THOMAS, LA ESTHETIQUE WELLNESS

UPLIFTED

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

SUSAN SMITH JONES, PhD



Books to UPLIFT
Rejuvenating Your Health & Enriching Your Life

Disclaimer: The health suggestions and recommendations in this book are based on the training, research, and personal experiences of the author. Because each person and each situation are unique, the author and publisher encourage the reader to check with his or her physician or other health professional before using any procedure outlined in this book. Neither the author nor the publisher is responsible for any adverse consequences resulting from any of the suggestions in this book.

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Hitch your wagon to a star.

~ RALPH WALDO EMERSON

*If you can keep your head when all about you
Are losing theirs and blaming it on you . . .
Yours is the Earth and everything that's in it.*

~ RUDYARD KIPLING

*Memories are everyone's second chance
at happiness.*

~ QUEEN ELIZABETH

*Each day comes bearing precious gifts for you
from God. Untie the ribbon.*

~ FRITZIE (SUSAN'S GRANDMOTHER)



Other Books by Susan Smith Jones, PhD

Nature always wears the color of spirit.

~ RALPH WALDO EMERSON

*Anything that's human is mentionable, and anything
that is mentionable can be more manageable.
When we can talk about our feelings, they become less
overwhelming, less upsetting, and less scary.*

~ FRED ROGERS



Wired for High-Level Wellness

Invest in Yourself with Exercise

A Hug in a Mug

Choose to Thrive

Be the Change

Kitchen Gardening

Living on the Lighter Side

The Curative Kitchen & Lifestyle

Body Temple Vitality

Healthy, Happy & Radiant . . . at Any Age

Please refer to **SusanSmithJones.com** to learn more about these books or to get autographed copies by the author, which include a notecard and bookmark.

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Foreword

Treat others the way you wish to be treated.

~ MATTHEW 7:12

*Give me health and a day, and I will make
the pomp of emperors ridiculous.*

~ RALPH WALDO EMERSON

The day Susan asked me to write the foreword for this book, I felt completely chuffed. As a resident of both England and West Los Angeles, I've had the pleasure of knowing Susan and spending time with this wonderfully compassionate, kind, funny, and smart lady for almost fifteen years, and we have even started a few businesses together.

One thing is for certain regarding this Los Angeles native, lover of nature, who's always tenderhearted and filled with enthusiasm: Susan is the real deal, by which I mean that she is a lady who definitely walks her talk. She is a living, breathing, and shining example of what living a healthy, joyful, faith-filled, God-centered lifestyle is all about. I've had countless opportunities to be inspired by her, either through her magnificent array of books, her highly informative website, her inspiring radio and TV interviews, her motivational talks, and her personal counseling and friendship that has helped me enormously. Truly, Susan never fails to leave me or others I know uplifted in her wake.

When she asked me to read the manuscript, there was no title on it, and she asked me to search my mind for the perfect title, the result of which is

the title you now see on the cover of this book. How gratifying this is to me to know that this timeless, heartwarming book features my suggested title with words describing what, in our heart of hearts, we all truly desire in our lives. This book has taught me so much about how to enrich my life with more love and kindness, faith and hope, positive thoughts, enhanced exercise program, improved nutrition, healthier foods, and so much more.

In a TV interview I saw Susan participate in recently, I heard her say that . . . *in our being, we hold the ability to have vibrant physical health and to create a gracious life intentionally filled with blessings.* That comment resonated deeply with me as do countless more insights she shares through the pages of this book.

Uplifted: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality offers us the keys to achieving our heartfelt goals through sound healthy living suggestions and motivation as well as the positive steps Susan calls the “12-Minute Action Steps” that will bring us closer to the ideal life we’ve always dreamed of having. It also offers Susan’s renowned 21-day favorable program to foster more positive habits and let go of self-sabotaging habits, foods that bolster and deflate mood, and a life-enriching Workbook as a way to get to know ourselves better and help us get on the fast track to a successful, peaceful, and joyful life.

Uplifted can mean so many things—floating along on a transparently golden summer day, an inner lightness that buoys us up through any mood, or a sense of being lifted along by a higher power in which we have complete trust. In this instructive manual, written from the heart and based on scientific research, Susan shows readers how to achieve this enlightened state of upliftment by attending to the whole-person trinity of mind, body, and spirit. Through diligently applying the principles set out in this magnificent book, the result gives us an indescribable feeling of buoyant inner power and confidence.

If we are honest, most of us want to continuously improve our lives; we want to learn the art of living and find our own unique path on a quest to live a more effective and enjoyable life as we seek deeper answers to problems we encounter and question large philosophical issues we wish to better understand. By drawing from the great minds of history, as well as a range

of literary, spiritual, and contemporary sources, Susan presents the reader with nuggets of wisdom to savor, first by opening every chapter with two intriguing quotations, and then by closing each chapter with more thoughtful insights.

This book isn't meant to just feed the mind and help you feel uplifted in some temporary fashion—it's a practical plan for daily action to create an enduring result in your life. In other words, the book is full of recommendations that are all created to leave you in a healthier, more vibrant state of mind, body, and spirit. By considering the foods you eat; by being kinder and more compassionate to all you meet; by watching the words you speak and write; by keeping your word with yourself and others; and by assessing your higher consciousness, while simplifying your life, and returning to a connection with nature, you will feel stronger, more relaxed, and eager to take on the challenges in your life. This book is supremely insightful in explaining the subtle wisdom that supports all these life changes and enrichments to bring you to peak living.

Busy lives inevitably create a hectic pace of life. Experiencing beauty, feeling wonder, and breathing in deeply of nature's blessings often fall to the bottom of our to-do lists. Susan's inspiring book helps us reconsider our objectives and priorities, our aspirations and ambitions, and our goals and dreams; it also helps us 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 one step at a time and in 12-minute practicable segments and 21-day commitments; they build on one another, so that nothing becomes a burden. They become manageable steps to take your life forward, until their cumulative effect manifests major changes of significance.

It's not easy to start a new life-changing program or to give up old habits. Fortunately, *Uplifted: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality* is a nurturing guide with wonderful stories from Susan's work with her clients worldwide and even two Humor Time Intermissions with really funny jokes and stories. Before you finish Chapter 1, you will be captivated by this book and won't want to put it down. Following Susan's advice reminds us of listening to an old friend reaching across the kitchen table to share both

common sense and uncommon wisdom. This book is practical to read and delightfully pleasant to follow. I am keeping a copy on my bedside table to read from before I go to sleep each night. If we commit ourselves to the wise guidance that Susan proffers us on each page of this book, we will find that in a short time we'll feel stronger, happier, healthier, more serene, restored, ready to soar, and totally uplifted!

David Craddock, MA (Oxon)
DavidCraddock.com
BooksToUplift.com
ChristianLifestyleMatters.com



*Health is the first muse and sleep
is the condition to produce it.*

~ RALPH WALDO EMERSON

*Always do right. This will gratify some
people and astonish the rest.*

~ MARK TWAIN



Introduction

*Every beauty which is seen here below by personae
of perception resembles more than anything else
that celestial source from which we all come.*

~ MICHELANGELO

*Of all the beautiful truths pertaining to the soul which have been
restored and brought to life in this age, none is more gladdening
or fruitful of divine promise and confidence than this—that
man is the master of thought, the molder of character, and the
maker and shaper of condition, environment, and destiny.*

~ JAMES ALLEN

Dear Reader,

Hello, and thank you for picking up this book and joining me through the pages on a life-enriching adventure that we'll take together. I hope you will feel like we are visiting over a cup of tea or fresh juice at my kitchen table. While I won't know much about your life, you will get to know me very well and I do know, since you are reading this book, that you are eager to create a healthy, happy, and rewarding life.

As I travel the country and the world giving motivational talks—whether in person or during radio and television talk shows (in person and virtual)—I meet countless people who all seem to be experiencing the same thing, what I refer to as a “busyness” or “hurry sickness,” as elaborated in the preface. Everyone seems to be rushing around—from the moment they

wake up until they go to bed at night—and it just seems to be getting worse. I read an article recently in the *New York Times* disclosing that one-third of all Americans are always in a state of rush. Where are we all going?

In one of my favorite books, *The Little Prince* by Antoine de Saint-Exupéry, there's a section where the little prince is in the railway station and asks where all these people are going back and forth all over the place. And someone replies, "Even the engineer doesn't know where he's going." Can you relate to this in your life, too?

When you reach the end of your life, I guarantee that you will not be wishing you had led a more stressful, harried life and spent more time rushing around. My mom, June, and my grandmother, Fritzie, were always right; they often reminded me that it's the simple pleasures that make life worth living—being with your friends; laughing much and often; celebrating the sunrise and sunsets; enjoying your children, grandchildren, and pets; carving out time to stroll in nature and appreciate its bounty, and so on—these are what bring sweetness and pure joy to living. These are the things that you'll remember with great fondness and that will bring a smile to your face. This is what living a sacred life is all about. We all need to create space in our days to experience the true sacredness of life and feel the joy of living fully. This is what being uplifted is to me.

Ask yourself the following questions:

- 🌀 Am I feeling physically, emotionally, and spiritually off-kilter?
- 🌀 Have I lost some joy of living?
- 🌀 Have I lost faith in myself and my life?
- 🌀 Is chaos consuming me more these days than serenity?
- 🌀 Do I feel overwhelmed by life and too much daily stress?
- 🌀 Or, perhaps, have I ever experienced, or wish to experience, the true sacredness of life?

Because you are reading this book, I have a feeling that you've answered yes to many of these questions. Well, you've come to the right place because my goal in this book is to gently and lovingly guide you back to your true nature—your sacred heart center where each day and each moment can be

worth celebrating, even in the midst of stress and chaos. This door to your upliftment center, which by now might be rusted shut for lack of use, is simply waiting for you to open it. All it takes is your willingness to turn the knob and enter, surrendering to the gifts and miracles waiting for you. These gifts and miracles are already inside you, where they have always been. You can achieve this enlightened state by attending to the trinity of mind, body, and spirit, as I write about in the pages of this book. The result gives us an indescribable feeling of buoyant inner power and upliftment.

Accessing it is not, it should be noted, something you do just once, say on January 1 when you're all psyched up and motivated to make personal change. It's a process you can choose to engage in each and every day, preferably early morning as you awaken and greet the day.

Living an uplifted life involves a blending of body, mind, and spirit. Remember, the body reflects the mind, and the mind reflects the spirit. It doesn't matter whether you start with the body by choosing to upgrade your diet or exercise daily, or you start with your mind by choosing to think more positively, or if you simply focus on spirit and add in some special prayer or meditation time each day. All these endeavors will lead to the same place—your uplifted center and a life rich in joy, vibrant health, faith, peace, and soul-satisfaction. Prayer, as I see it, is the way we reconnect with our sacred essence, and this oneness with the Divine, with God, and our Christ Light is our lifeline to endless inspiration and vitality.

Hummingbirds are some of my favorite teachers and shining examples on how to live sacred lives. It's why I included this gem of nature, along with a butterfly, on the cover of this book. In a Papyrus card store on a greeting card, I read that “legends say that hummingbirds float free of time, carrying our hopes for love, joy, and celebration.” The hummingbird's delicate grace reminds us that life is rich, beauty is everywhere, every personal connection has meaning, and that laughter is life's sweetest creation. So, my hope for all of us is that we become like hummingbirds, savoring each moment as it passes, embracing all that life has to offer, and celebrating the joy of every day. That's true upliftment to me.

With each chapter in this book, your understanding will grow on how to live more fully and bring positive enrichment and balance back into your body and all areas of your life. This moment can be a fresh start for you—a new beginning and a whole new way to create your very best life.

*To see the world in a grain of sand
And heaven in a wildflower
Hold infinity in the palm of your hand
And eternity in an hour.*

~ WILLIAM BLAKE

*Live in the present. Do the things you know need to be done.
Do all the good you can each day. The future will unfold.*

~ PEACE PILGRIM



Today's Affirmation

I turn my attention from the challenges in my life and put my focus, instead, on my dreams and goals, and zero in on those things in my life for which I am grateful. I start with my miraculous body—the home where I live—and I choose to take loving care of myself and to be a shining example of vitality so I can inspire everyone in my life.



12-Minute Action Step

Take an important goal in your life, such as a desire to lose weight and get healthy and fit, and write down how your life would be different if this goal was already achieved, how you would feel with this success in hand, and how you would live differently if this goal were your current reality. End with thanking God and your angels for this success. Next, breathe slowly and deeply and see this goal in your mind's eye as already achieved and commit to doing what it takes to achieve this heartfelt goal. Writing down this goal as though it's already achieved and visualizing it as your achievement-come-true will help fast-track you to total success.

Chapter 1

Are We Too Busy to Be Kind?

Of course I love everyone I meet. How could I fail to do so? Within everyone is the spark of God. I am not concerned with racial or ethnic background or the color of one's skin; all people look to me like shining lights!

~ PEACE PILGRIM

To find your own way is to follow your own bliss. This involves analysis, watching yourself, and seeing where the real deep bliss is—not the quick little excitement, but the real, deep, life-filling bliss.

~ JOSEPH CAMPBELL

I could hear the frustration in her voice the moment I picked up the telephone. My friend Rose called me because she was on the verge of quitting her job, even though she loved her work. She needed some guidance.

Rose is a very talented window dresser for a popular store on Rodeo Drive in Beverly Hills. She loves what she does, but she had been having an extremely difficult time with her boss. During our telephone conversation, she told me how often she felt that some of her best work was rejected and unappreciated by her supervisor. Not only were most of his criticisms unjustified, she said, but she was convinced he was deliberately rude and unfair to her. Because I believe we always attract to ourselves the equivalent of what we think, feel, and believe, I lovingly suggested to my friend that maybe she, rather than her boss, was the one in need of an attitude

adjustment. Besides, she couldn't change him; the only one she could change was herself. Hardening of the attitudes we harbor—being inflexible in our thinking and seeing the world through judgmental eyes—can block our perspective on everything and foil discovering our bliss. I asked her how she felt about him.

Rose confessed that her mind was filled with criticism and unkindness toward this man and that she rarely felt positive in his presence because of the way he treated her. She even revealed to me that every morning as she walked to work, she would visualize the entire scenario of how badly he would act toward her that day. Rose confirmed my observation about the law of correspondence. I explained to her that he was merely bearing witness to her conception of him.

When Rose realized what she had been doing, she agreed to change her attitude and think of her boss only in a kind, loving way. I recommended that before drifting off to sleep at night, she visualized him congratulating her on her fine designs and creativity and that she sees herself, in turn, thanking him for his support and kindness. To her delight, after she had practiced her visualizations for only seven days, the behavior of her boss miraculously reversed itself. Rose proved the power of imagination and kindness. Her commitment to replace unkindness with love and openheartedness influenced his behavior as much as it did hers and reshaped his attitude toward her. And if he hadn't changed his behavior toward her, I know that Rose would have eventually found another job that utilized her creative gifts and talents in an environment where she was validated, appreciated, and cherished. We don't know we have this power until we try it, but it is always the same—as within, so without.

Humans are powerful spiritual beings who can create good on the earth. This good isn't usually accomplished in bold actions but in modest acts of kindness and love between people. The little things do count because they are more spontaneous and show who we truly are. Whatever amount of love and good feelings we feel at the end of our life is equal to the love and good feelings we put out during our life. It's that simple. "What a splendid way to move through the world," writes Jack Kornfield in *A Path with Heart*, "to bring our blessings to all that we touch. To honor, to bless, to welcome with

◇◇◇ *Humans are powerful*
◇◇◇ *spiritual beings*
◇◇◇ *who can create*
◇◇◇ *good on the earth.*

of peace and understanding and strength that is our individual self. And then to reach out to others with love and acceptance and patient guidance in the hope of what we may become together.”

*A single act of kindness throws out roots in all directions,
and the roots spring up and make new trees.*

~ AMELIA EARHART

SHOWING KINDNESS DAY TO DAY

Practice makes us better at recognizing those daily opportunities to show kindness toward ourselves and others. If you're looking for new ideas, here are some to add to your list and some of these will take only **12 minutes or fewer**, such as picking up trash as you stroll down the sidewalk or giving another person your parking spot at the grocery store:

- 🌀 Go to your local shelter and adopt a pet.
- 🌀 Offer a ride to a friend who can't get around.
- 🌀 Volunteer at your local library.
- 🌀 Pick up some trash as you walk down the sidewalk.
- 🌀 Ask your friends and coworkers to tell you their stories of simple acts of kindness. Have a party just for that purpose.
- 🌀 Give another person your parking spot, or let another driver get in front of you if they want. Wave and smile at them, too!
- 🌀 Surprise a forgotten friend or relative with a phone call.
- 🌀 Give a present to an underprivileged boy or girl, or to someone you know, for no reason at all.
- 🌀 Take the clothes you haven't worn in a year to a homeless shelter. Organize neighbors on your block to do the same.
- 🌀 Wave hello to pedestrians when you're in your car, even if you don't know them. It will lift their spirits, as well as yours.

- ☞ If you see someone who appears stressed or unhappy, visualize them surrounded by light and love.
- ☞ Be loving and kind to yourself every day, knowing you deserve to live a happy, joy-filled, wonderful life.



Spread your love everywhere you go.

~ MOTHER TERESA

*It isn't enough to talk about peace. One must believe in it.
And it isn't enough to believe in it. One must work at it.*

~ ELEANOR ROOSEVELT



Today's Affirmation

Peacefully and gently, I relax and feel the love in my heart. I let go of any thoughts of unkindness or unforgiveness toward myself and others. In everything I think, feel, say, and do, I let my gentleness and my kindness shine through.



12-Minute Action Step

One of the easiest ways to show kindness is by being present, physically and mentally. Put your phone away, and give people your full attention when you're with them. Be intentional about eye contact, and share the gift of a smile. Other things I like to do include the following: Check in with a friend or family member you haven't heard from to make sure they're doing well. Write an encouraging note with sidewalk chalk outside to brighten the day of people who see it. And/or compliment a loved one in the morning to make their day bright as it starts.

Chapter 4

Unleash Your Inner Compassion

In wilderness I sense the miracle of life, and behind it our scientific accomplishments fade to trivia.

~ CHARLES LINDBERGH

I think that I cannot preserve my health and spirits unless I spend four hours a day at least—and it is commonly more than that—sauntering through the woods and over the hills and fields, absolutely free from all worldly engagements.

~ HENRY DAVID THOREAU

Are people really getting meaner or is it just your imagination? From the halls of Congress to the main streets of small-town America and big cities everywhere, it seems like no one is capable of civilly listening to others whose viewpoints are different.

I believe that we are in the midst of an epidemic in which few people have the time to be kind. This rampant form of business is nothing short of a sickness—a form of self-centeredness brought about by people rushing around trying to make ends meet and cope with mounting stress and numerous health issues.

Do you feel overwhelmed in your life and less compassionate than you did years ago? As I counsel people around the country, and even worldwide, it's been my experience that most people are burning the candle at both ends—daily, most people are experiencing severe sleep debt, most people have no time to call their own, and most folks are living in what I refer to as a spin-cycle lifestyle. Can you relate to any of this?

Chapter 5

The Path to Forgiveness & Courage

One kind word can warm three winter months.

~ JAPANESE SAYING

When you hold resentment against anyone, you are bound to that person by a cosmic link, a real tough mental chain. You are tied by a cosmic tie to the thing that you hate. The one person, perhaps in the whole world, whom you most dislike, is the very one to whom you are attracting yourself, by a hook that is stronger than steel.

~ EMMET FOX

Forgiveness changes lives. Choosing to forgive unlocks the gate to healing and health, prosperity and abundance, joy and happiness, and inner peace. As we learned in previous chapters, patience can be essential to this process, but with faith, you can always come to a place of new understanding and forgiveness. Jesus said, “Father, forgive them for they know not what they do” (Luke 23:34). He also told His disciples, “Whenever you stand praying, forgive, if you have anything against anyone, so that your Father who also is in heaven may forgive you your trespasses” (Mark 11:24–25). The Master always reinforced the need for forgiveness.

Forgiveness is the central teaching of many of the world’s religions. Forgiveness can heal our minds, dispel our pain, and ultimately awaken us from the confines of time and space. It’s the vehicle that helps us to release fear and the past. To forgive is to let go. Forgiveness lightens our hearts and reunites them with the Divine. Through forgiveness miracles occur.

24 Things to Always Remember . . . and One Thing to Never Forget

*Your presence is a present to the world.
You're unique and one of a kind.
Your life can be what you want it to be.
Take the days just one at a time.
Count your blessings, not your troubles.
You'll make it through whatever comes along.
Within you are so many answers.
Understand, have courage, be strong.
Don't put limits on yourself.
So many dreams are waiting to be realized.
Decisions are too important to leave to chance.
Reach for your peak, your goal, your prize.
Nothing wastes more energy than worrying.
The longer one carries a problem, the heavier it gets.
Don't take things too seriously.
Live a life of serenity, not a life of regrets.
Remember that a little love goes a long way.
Remember that a lot . . . goes forever.
Remember that friendship is a wise investment.
Life's treasures are people . . . together.
Realize that it's never too late.
Do ordinary things in an extraordinary way.
Have health and hope and happiness.
Take the time to wish upon a star.
**And don't ever forget . . .
for even a day . . . how very SPECIAL you are.***



12-Minute Action Step

Take 12 minutes today to pay attention to your inner guidance system—your intuition. Sit quietly with your eyes closed and breathe deeply. See if you get a hunch about something, and, if you do, make sure act on it. The more you act on your hunches, the more intuitive whisperings you will get. Be quiet enough to listen to and honor your inner whisperings. Think intuitively today.

PERSEVERANCE & DETERMINATION

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

~ THOMAS EDISON

The road to success is dotted with many tempting parking spaces.

~ WILL ROGERS

One of the many life lessons given to me by my loving grandfather, Benny, was this: “The solution to a challenge always appears when your determination and faith don’t disappear.” He also reminded me often to focus on the present moment and told me, “If you spend too much time thinking about the past or the future, the present will slip through your fingers.” Benny taught me that the present moment is a gift to each of us; in other words, he would say, “Each day you are given a present from God when you wake up in the morning, and this present is the present moment all day long.” As I look back and remember his pearls of wisdom, I am so thankful; his guidance in my life has always meant the world to me.

Sometimes the answer to a challenge or the guidance we seek seems just beyond our reach. This is the time to “keep on keeping on.” You can win the race no matter how far behind you are when you start. Perseverance and determination will see you through. Keep your goal clearly in sight, and

Chapter 8

Choose to Be Self-Disciplined

To act magnanimously, to maintain high standards, to be honorable, requires commitment to yourself. Make it.

~ ALEXANDRA STODDARD

Character isn't inherited. One builds it daily by the way one thinks and acts, thought by thought, action by action.

~ HELEN GAHAGAN DOUGLAS

Discipline is a choice. If we are to live our highest potential, the way we were all created to be, we must practice self-discipline in every aspect of our lives. It's the only way to live on higher ground. The mountain of soul-achievement and fulfillment cannot be scaled by anyone who lacks control of body, mind, and emotions.

Discipline of the mind leads to discipline of the body. And from a disciplined body comes an exhilarated mind.

Discipline, to me, means the ability to carry out a resolution long after the mood and enthusiasm has left you. It also means doing what you say you're going to do.

Discipline brings freedom and peace to your life. A disciplined person is not at the whim or mercy of external circumstances, but is in control of what he or she thinks, feels, says, and does. An undisciplined person is lazy, undirected, and usually unhappy. Discipline of the mind leads to discipline of the body. And from a disciplined body comes an exhilarated mind.

Living well means putting a big emphasis on having some fun.

~ ALEXANDRA STODDARD

Bless the good-natured, for they bless everybody else.

~ THOMAS CARLYLE



Today's Affirmation

I let my inner child out today to help me orchestrate my day. I look for ways to have more fun, to frolic, and to be a little silly. Even though I am an adult, I can still act with a lightness in my heart and a bounce in my step. I am walking on air and let everyone with whom I come in contact today see my smile and feel my inner joy.



12-Minute Action Step

At some point, do something today that brings out your inner child and helps you to cultivate a sense of humor. For example, if you drive by a children's playground, stop and swing on the swing set. Or fly a kite, throw a Frisbee, or skip during your daily walk. As you're doing this out-of-the-ordinary activity, feel your inner child coming out to play. Be more childlike and sillier today.

LIVING WITH FAITH

*We could never learn to be brave and patient
if there were only joy in the world.*

~ HELEN KELLER

*Seeds of faith are always within us; sometimes it takes
a crisis to nourish and encourage their growth.*

~ SUSAN TAYLOR

Chapter 10

Act, Speak & Write in a Positive Light

A longing fulfilled is sweet to the soul.

~ PROVERBS 13:19

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

~ ALBERT EINSTEIN

100 AFFIRMATIONS

The following is a sampling of one hundred affirmations, divided into four categories: Health, Prosperity, Spirituality, and Self-Esteem & Lifestyle. Use any or all of them as is—or change them to fit your own desires and goals, adding new ones to the list as you go.

Consider writing your favorites on small cards to place around your home or office so you can see and use them often. When you say, write, or think an affirmation, you are “acting as if” it is true. Choose affirmations you can repeat until you feel them as true. At that point, they become a part of your subconscious self-definition.

Health

1. I am grateful for nature’s abundance of delicious, nutritious foods.
2. I am the picture of health; I radiate verve and vitality.
3. My body is healing and rejuvenating itself moment by moment.

Chapter 11

Turning Your Dream into Reality

If A is a success in life, then A equals X plus Y plus Z. X is work, Y is play, and Z is keeping your mouth shut.

~ ALBERT EINSTEIN

The way for you to be happy and successful, to get more of the things you really want in life, is to get the combinations to the locks. Instead of spinning the dials of life hoping for a lucky break, as if you were playing a slot machine, you must instead study and emulate those who already have done what you want to do and achieved the results you want to achieve.

~ BRIAN TRACY

People often say we create our own reality. In fact, I've been suggesting it throughout this book. But what does that really mean? A few years ago, I had an amazing experience that showed me.

I was accustomed to going to the beach for an invigorating swim a few times each week, very early, and this was a splendid morning just before sunrise. After some stretching exercises and a short jog, I was ready for my swim. Because it was the end of summer, the water was still comfortably warm. But this morning there was something in the air that I couldn't quite identify. I felt it deep inside me—a shiver of anticipation, a faint knowing that today would be different, that this day would be one I would remember the rest of my life. I went out into the ocean, rode a few waves, and then swam past the swells.

When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal.

~ NAPOLEON HILL

Hope is one of the best ways to shed light on the process of unfolding miracles—and it's part of the ongoing miracle itself.

~ THOMAS KINKADE



Today's Affirmation

I am consciously aware of the spirit of Love, of God, within as my source, supply, and support. I deserve to prosper. The more I give of my money or myself, the more I prosper. I am connected to an unlimited source of abundance. My prosperity is coming to me now, and I give thanks.



12-Minute Action Step

Tithe your money today to a worthy person or organization. Do it with a loving heart. You might also prefer to put some money in an envelope and leave it at the door of someone you know who's going through a tough time. All you need to say is: "From someone who cares about you and appreciates you." Think prosperous thoughts today.

Chapter 12

Mindful & Present Moment Living

The ability to be in the present moment is a major component of mental wellness.

~ ABRAHAM MASLOW

Every situation—no, every moment—is of infinite worth; for it is the representative of a whole eternity.

~ JOHANN WOLFGANG VON GOETHE

Living *in* the moment is different from living *for* the moment. Children seem to be the masters of living in the moment, of being able to be totally engrossed in whatever they are doing. When they eat, they just eat; when they play, they just play; when they talk, they just talk. They throw themselves wholeheartedly into every activity.

I look back on my early childhood and remember not having any sense of time. My family frequently took long trips in the car. Usually within ten minutes of leaving, I would ask, “Are we there yet?” My only sense of time was now. It was sheer joy to have my family all together in the car taking trips to wonderful destinations. Seneca said, “True happiness is to . . . enjoy the present, without anxious dependence upon the future.” As a child, I instinctively knew this, especially when I was with my family.

Carpe diem. That’s Latin for “seize the day.” Each day offers us an opportunity to look at the world anew and to celebrate being alive. You’ll never have an opportunity to live this precious day again. Moment by moment, choose to be aware of everything around you. Notice the flowers, the air,

Chapter 14

Establish Healthy Habits with Exercise & Superfoods

I still get wildly enthusiastic about little things . . . I play with leaves. I skip down the street, and run against the wind.

~ LEO BUSCAGLIA

Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look at them to see their beauty, believe in them, and try to follow where they lead.

~ LOUISA MAY ALCOTT

Modern living has channeled the average American into an increasingly sedentary existence. We human beings, however, were designed and built for movement, and our bodies have not adapted well to this reduced level of activity. As we've learned, what we put into our bodies is of utmost importance, but how we use and move them is just as integral.

For many adults with sedentary occupations, physical activity provides an outlet for job-related tensions or mental fatigue. In addition to reducing tension in the body, exercise can boost spirits and help us feel good about ourselves. Exercise has also been found to aid in weight control or reduction, to improve posture, and to increase energy. Further, my experience indicates that many cases, in fact about half, of lower back pain can be traced to poor muscle tone and inflexibility. Proper exercise can often prevent or correct lower back pain. Research also indicates that much of the degeneration of bodily function and structure associated with premature aging seems to be reduced by a program of vigorous, regular exercise.

Regular exercise is necessary to develop and maintain not only an optimal

WHOLE-BODY VIBRATION EXERCISE

Before I end this section on exercise, I want to share with you one of my favorite ways to get exercise in my home. It's with whole-body vibration exercise. If you visit my website, SusanSmithJones.com, you can read my detailed article, which includes a clinical study I did, about how this easy exercise can help to support brain health, improve mood, strengthen bones, boost circulation, support balance, and so much more. With great versatility, you can simply stand on the machine and let your body vibrate as you get healthier with each session, or you can carry out what I do, which is to couple the vibration exercise with using resistant bands, dumbbells, and more. I even do squats, planks, and ab work on my device.

The vibration device I use is by RockSolidWholesale.com—model RS2200. If you use the promo code LiveFit, you'll receive free shipping in addition to a free resistance band package, as well as a substantial 90 percent discount on this machine. To order, visit their website or contact their team of experts at: 888-476-9995. Celebrate the miracle of your body with exercise.



*Continuous effort—not strength or intelligence—
is the key to unlocking our potential.*

~ WINSTON CHURCHILL

*Shake yourself awake. Develop a hobby. Let the winds of
enthusiasm sweep through you. Live today with gusto.*

~ DALE CARNEGIE

Chapter 16

21 Days to Build Positive, Life-Affirming Habits

*No man can sincerely help another
without also helping himself.*

~ RALPH WALDO EMERSON

*This is the one true joy in life: to being used for a
purpose recognized by yourself as a mighty one.*

~ GEORGE BERNARD SHAW

One of the greatest truths of life is that it flows from the inside out. We're affected by what happens inside—our feelings and our thoughts—which, in turn, affect our emotions, the words we speak, and the actions we choose to take. What you feel or experience at any point in time is up to you. Change your thoughts, and you change your life. If you want to scale the mountain of life with gusto and reach the acme of human potential on the highest peak, then take charge of your thoughts and become the CEO of your life.

Easier said than done, right? While I touched on this subject of 21-day agreements earlier in the book, this chapter goes into more detail on how to change bad habits, foster health- and life-enhancing habits, and to make “favorable” 21-day agreements to enrich your life and follow through on what you say you want to do or accomplish. And to help you stay committed to your 21-day agreements, print out the 21-day agreement page that you can fill out, which can be found on my website, SusanSmithJones.com.

Chapter 17

Cultivate Your Very Best Life

*Though we travel the world over to find the beautiful,
we must carry it with us or we find it not.*

~ RALPH WALDO EMERSON

*The purpose of life, after all, is to live it, to taste
experience to the utmost, to reach out eagerly and
without fear for newer and richer experience.*

~ ELEANOR ROOSEVELT

Since our changing, complex civilization entered the twenty-first century, the need for a harmonious approach to living is emerging as an absolute necessity. We must view the world from the top of the mountain rather than from deep in the valley. “Think Globally, Act Locally,” as they say. We can all make a difference on this planet by how we choose to live our lives. As Carl Jung wrote, “It all depends on how we look at things, and not on how they are in themselves.”

My mom used to tell me that I must stand out in my life in a big way and don’t play it safe or live without courage. She would say, “You don’t want to be an extra in the movie of your life.” What she was saying is that by how I live my life—from what I think, how I feel, what I say, and the actions I take—I can make a positive difference in the quality of life on this spaceship Earth and, in a small way, bring more harmony to this planet, or I can do the opposite. What I express will ripple out and add to the consciousness of this living planet. So, the choices I make day in, day out need to be harmonizing, uplifting, and positive.

Chapter 18

12-Minute Action Steps to More Joy, Faith, Peace, Love, Kindness & Vitality

Self-trust is the first secret of success.

~ RALPH WALDO EMERSON

No one can make you feel inferior without your consent.

~ ELEANOR ROOSEVELT

Throughout this book I have offered myriad 12-Minute Action Steps you can take to enrich your life physically, mentally, emotionally, and spiritually. The sky is the limit with what you can do in 12 minutes or fewer. Why 12 minutes?

Well, first of all it's an amount of time that's doable for most people. In other words, I'm not suggesting you take an action step for a weekend or day, or three hours or even 30 minutes. Most busy people can find a way to carve out a block of 1 to 12 minutes to take an action step to enrich their lives or the life of someone else. Moreover, the number 12 is one of my three favorite numbers in addition to the numbers 21 and 3. The numbers 12 or 21 themselves reduce down through the composite of their component numbers as an addition to 3 ($1 + 2 = 3$). Also, the number 12 has so much significance in sacred writings and elsewhere, as you'll read about next.

And, by the way, many of these questions are great ones to ask someone you're dating and might think they will make a great lifetime partner. Hearing how they respond or answer these questions will help you get to know this person better and to ascertain if you two are compatible.

HOW WILL I CELEBRATE MYSELF?

Self-Discovery Questions

1. What does it mean to me to be healthy? How would I feel if I were in perfect health?
2. Have I received value from being unwell in the past? Would someone pay more attention to me, for example?
3. In the past, whom have I blamed, or what situations have I blamed, for my failures?
4. How do people treat me? Assuming that I've taught them how to treat me by the way I treat myself, what changes can I make in myself and my behavior that will support my newfound magnificence?
5. Have I ever felt limited in what I could be or do because of what others have said about me? As I let go of limiting opinions and beliefs and tune in to my own inner signals, what new possibilities become exciting and available to me?

Action Choices

1. Following is a list of at least five things I love about myself:
2. These are a few things I can do to increase my self-confidence and self-image:
3. Because I must take myself with me everywhere I go, I now choose to start loving myself unconditionally and consistently. Following is a description of myself as the radiant being I am:
4. Here are some of the reasons why I deserve to be optimally healthy and fully functioning:

Chapter 20

Uplift & Empower Your Life with Books

Out of clutter, find simplicity. From discord, find harmony. In the middle of difficulty, lies opportunity

~ ALBERT EINSTEIN

Is not birth, beauty, good shape, discourse, Manhood, learning, gentleness, virtue, youth, liberality, and such like, the spice and salt that season a man?

~ WILLIAM SHAKESPEARE

Since I was a little girl, I've been passionate about reading books (and now writing books, too). I strive to read two to three books each week and always carry one with me wherever I go. You will never find me without a book to read anytime, anywhere.

When was the last time you read a good book just for the fun of it, besides this book you are reading now? If it's been a while, you are definitely missing out. Literature and books afford countless rewards to you—the reader. Some of the countless benefits include stress reduction, vocabulary expansion, improved focus and concentration, enhanced writing skills, serenity and calmness, knowledge, mental stimulation, memory improvement, and free entertainment. In fact, research shows that just 30 minutes of reading a day (including this book!) can allow you to physically reset, lowering your blood pressure, heart rate, and stress level. In other words, books are more than words on a page. You, the reader, bring the words to life. Apply what you read and look for ways to experience more peace, faith, confidence, and vigor in your life than ever before.

*Either write something worth reading or
do something worth writing.*

~ BENJAMIN FRANKLIN

*In reading the lives of great men, I found that the
first victory they won was over themselves . . .
self-discipline with all of them came first.*

~ HARRY S. TRUMAN

*Leave all the afternoon for exercise and recreation,
which are as necessary as reading. I will rather say more
necessary because health is worth more than learning.*

~ THOMAS JEFFERSON

*What counts, in the long run, is not what you read; it is what
you sift through your own mind; it is the ideas and impressions
that are aroused in you by your reading. It is the ideas stirred
in your own mind, the ideas which are a reflection of your
own thinking, which make you an interesting person.*

~ ELEANOR ROOSEVELT

He that loves reading has everything within his reach.

~ WILLIAM GODWIN

*There are worse crimes than burning books.
One of them is not reading them.*

~ RAY BRADBURY

*My alma mater was books, a good library . . . I could spend
the rest of my life reading, just satisfying my curiosity.*

~ MALCOLM X

Chapter 21

Uplift Your Life with *Wired for High-Level Wellness* and *A Hug in a Mug*

Bring out the best of what is in you.

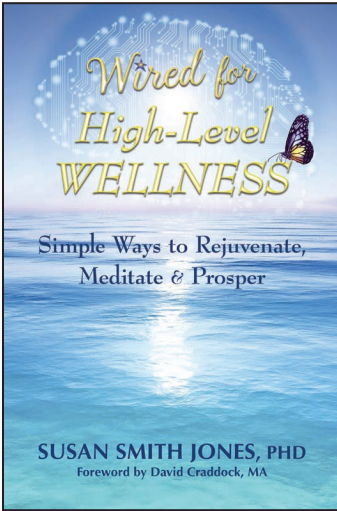
~ ALEXANDRA STODDARD

*Better to remain silent and be thought a fool
that to speak out and remove all doubt.*

~ ABRAHAM LINCOLN

We are now on the last chapter and I am so delighted that you took this special, sacred journey with me to enrich your body and life physically, mentally, emotionally, and spiritually. Thank you for reading *Uplifted*. It feels like you are now part of my extended family. If you enjoyed this book, you may also enjoy and discover many more facets of holistic health in two of my other health- and life-enhancing books *Wired for High Level Wellness* and *A Hug in a Mug*.

To introduce you to these books, here's some information that might interest you. For additional, personally autographed copies of this book *Uplifted*, or for either of these two other books, please visit my website, SusanSmithJones.com, and select NEW BOOK in the navigation bar and click on the titles. There you will find the particulars on how to get autographed copies for you or sent to any of your family and friends anywhere in the world. These special autographed copies include a personal notecard from me along with a bookmark.



***WIRED FOR HIGH-LEVEL WELLNESS:
Simple Ways to Rejuvenate,
Meditate & Prosper***

**A Holistic Health & Lifestyle Book
That Will Transform Your Life for
the Better. . . No Matter Your Age**

In this captivating compendium, you'll read never-before-told-stories on how Susan's obstacles and challenging lessons shaped her life and were actually life-enriching catalysts that supercharged her whole-body healing from health-destroying illnesses and enabled her to come out the other side feeling rich with gratitude for every experience and in charge of her own high-level wellness destiny.

With candid and thoughtful insight throughout the pages of *Wired for High-Level Wellness*, Susan provides an enthralling narrative and precise roadmap on how to be truly healthy—physically, mentally, emotionally, and spiritually. As the reader, you will feel like you are sitting across from Susan at her kitchen table, visiting over a cup of fresh juice or tea while she shares her most sacred and coveted secrets with you on how to transform your life and live your highest dreams for yourself.

Susan's heartfelt personal stories will have you on the edge of your seat; her humor will have you laughing so hard that you will receive a great abdominal workout; and her sound nutritional and holistic lifestyle guidance will have you feeling healthier, happier, and more hopeful before you've even finished Chapter 1.

Some of the topics covered in this gem of a book include:

- 🌀 Hydrating superfoods
- 🌀 Tips for brain vitality ~ ways to keep your brain sharp at any age
- 🌀 Ways to detoxify and reinvigorate
- 🌀 How to be a magnet for prosperity and blessings



*A HUG IN A MUG: Using Herbal Teas,
Culinary Spices & Fresh Juices as
Medicine*

*Tea to the English is really
a picnic indoors.*

~ ALICE WALKER

*There are few hours in life more
agreeable than the hour dedicated to
the ceremony known as afternoon tea.*

~ HENRY JAMES

Herbal teas, culinary spices, and fresh juices are fashionable these days worldwide and for good reason. In most larger cities, you can find countless juicing and tea shops, and in most grocery stores, you can find all kinds of fresh and dried culinary herbs and spices. But did you know that many teas, spices, and juices are imbued with nature's healing components to keep your body vibrantly healthy? When I was a teenager, my grandmother started teaching me about the health benefits of nature's foods, including the health benefits of fresh juices, culinary spices, and herbal teas.

In *A Hug in a Mug*, I share my decades of knowledge and research on the best teas and juices to drink, along with the most salubrious spices to add to your diet on a regular basis such as turmeric, basil, oregano, cinnamon, cayenne pepper, ginger, and garlic. I offer fascinating stories about the history of these "naturefoods" and my secret tips to get the most out of the beverages or spices. As well, I have even included some of my favorite fresh juicing recipes and tea blend recipes (such as Blue Butterfly Pea tea combined with golden chamomile and bright hibiscus teas) that you can make in your home, along with the easiest and best ways to make and drink tea that you may have never considered.

There's a British tradition for afternoon tea using a variety of different teas and you'll learn about the history of this most enjoyable habit. I also cover in detail the history of tea-drinking around the world. You'll want to cozy up with a warm cup of herbal tea or freshly made juice while reading



Worry ends when faith begins.

~ 2 CORINTHIANS 5:7



The earth laughs in flowers.

Adopt the pace of nature: her secret is patience.

Make the most of yourself for that is all there is of you.

~ RALPH WALDO EMERSON



Whatsoever things are true,

Whatsoever things are honest,

Whatsoever things are just,

Whatsoever things are pure,

Whatsoever things are lovely,

Whatsoever things are of good report:

*If there be any virtue,
and if there be any praise,*

Think on these things.

~ PHILIPPIANS 4:8



Afterword

If you can learn to love yourself and all the flaws, you can love other people so much better. And that makes you so happy.

~ KRISTIN CHENOWETH

*Love each other with genuine affection,
and take delight in honoring each other.*

~ ROMANS 12:10

Never forget that one of the greatest miracles on Earth, and a gift from God, is the human body. From head to toe, it was perfectly designed to function optimally well into your “goldenite” years, and it is stronger and wiser than you may realize. Your body was created to be self-healing, self-renewing, and self-rejuvenating. But to spark this natural restorative power of the mind and spirit to heal the physical body, you must first believe in your innate ability to self-heal.

Next, you must provide your body with the right nutriments, a positive attitude, and other self-repairing mental and physical tools and practices, and, at the same time, remove negative obstacles and interferences . . . and then your body will begin to heal and thrive physically, mentally, and spiritually. It may be a tall order, but it is so worth it. What’s more, I know you can do it! You have the key to unlock your healing powers today so you can conquer illness, extend life, and be *uplifted* day in, day out.

Always remember that every day you have a choice to revitalize your body with positive energy and emotional success—and experience true vitality . . . or not. You can be filled with happiness, optimism, and hope. Demonstrate love by giving it to yourself daily. Falling in love with yourself first doesn’t make you selfish or vain; it makes you indestructible. Remember: as you

follow the guidance in this book and use my daily 12-Minute Action Steps and Affirmations, honor the gratitude and kindness practices, complete the Workbook, and more, you will be loving yourself completely and bringing an irresistible power of real joy and upliftment into your daily living experiences. *When you commit to living in joy, faith, peace, kindness, and vitality, then light and positivity will ripple out from you in every direction and make you a magnet for blessings and miracles.*

If you will now choose to take care of your miraculous body every day in the practical and surefire ways I have described in this book, it will reward you a thousand times over—improving your odds against disease, supporting mental health, giving you the courage of a lion, and putting wings under your self-esteem and confidence. You have the power to be and stay healthy, physically and mentally, because healing truly comes from within. Don't you think it's time to unlock your self-healing powers today?

Blessings and Godspeed,

Susan



Each day you must speak only lovingly and positively to yourself.

When you love yourself internally, you will glow externally.

~ SUSAN SMITH JONES

*Know your own happiness. You want nothing but patience—
or give it a more fascinating name, call it hope.*

~ JANE AUSTEN

*Grownups never understand anything for themselves,
and it is tiresome for children to be always and
forever explaining things to them.*

~ ANTOINE DE SAINT-EXUPÉRY

About the Author

*The more you love, and the more you're love,
the lovelier you are.*

~ JUNE B. SMITH (SUSAN'S MOM)

*A cheerful heart is good medicine, but a
broken spirit saps a person's strength.*

~ PROVERBS 17:22



For a woman with three of America's and the UK's most ordinary names, **Susan Smith Jones, PhD**, has certainly made extraordinary contributions in the fields of holistic health, longevity, optimum nutrition, high-level fitness, and balanced, peaceful living. For starters, she taught students, staff, and faculty at UCLA how to be healthy and fit for thirty years!


Susan is the founder and president of Health Unlimited, a Los Angeles-based consulting firm dedicated to optimal wellness and holistic health education. As a renowned motivational speaker, Susan travels internationally as a frequent radio and TV talk show guest and motivational speaker (seminars, workshops, lectures, and keynote address); she's also the author of more than 2,500 magazine articles and over 33 books, including *Invest in Yourself with Exercise*; *A Hug in a Mug*; *Choose to Thrive*; *Be the Change*; *Kitchen Gardening*; and *Wired for High-Level Wellness: Simple Ways to Rejuvenate, Meditate & Prosper*.

Susan is in a unique position to testify on the efficacy of her basic message that health is the result of choice. When her back was fractured in an automobile accident, her physician told her that she would never be able to carry "anything heavier than a small purse." Susan chose not to accept this verdict; within six months, there was no longer any pain or evidence of the fracture. Soon, she fully regained her health and active lifestyle.

Susan attributes her healing to her natural-foods diet, a daily well-rounded fitness program, a strong God- and faith-centered life, along with the power of determination, balanced living, and a deep commitment to expressing her highest potential. Since that time, she has been constantly active in spreading the message that anyone can choose radiant health and rejuvenation. Her inspiring message and innovative techniques for achieving total health in body, mind, and spirit have won her a grateful and enthusiastic following and have put her in constant demand internationally as a health and fitness consultant and educator.

A gifted teacher, Susan brings together modern research and ageless wisdom in all her work. When she's not traveling the world, she resides in both West Los Angeles and England.

If you enjoyed this book, please visit: **SusanSmithJones.com**, **ChristianLifestyleMatters.com**, and **BooksToUplift.com** for more details on Susan and her work. Her books and websites are like having a "holistic health app" for anything related to holistic health and living a faith- and God-centered life.



If you'd like to receive Susan's free monthly *Healthy Living* Newsletters filled with uplifting, empowering, and motivating information, please go to **SusanSmithJones.com** and sign up on the page **Subscribe & Win!** It takes only 10 seconds, and you will also receive several gifts from Susan.



*We make a living by what we get.
We make a life by what we give.*

~ WINSTON CHURCHILL

*Imagination is more important than knowledge. For
knowledge is limited to all we now know and understand,
while imagination embraces the entire world, and
all there ever will be to know and understand.*

~ ALBERT EINSTEIN

UPLIFT your life in just 12 minutes!

Busy lives inevitably create a hectic pace of life. Experiencing beauty, feeling wonder, and breathing in deeply of nature's blessings often fall to the bottom of our to-do lists. Susan's inspiring book helps us reconsider our objectives and aspirations and reassess how we use our time and what we value in order to live a more fully realized life.

The secret to creating transformation is to make changes one step at a time in 12-minute practicable segments and in 21-day commitments. Over time, their cumulative effect manifests significant changes in one's life. Because it's not easy to start a new life-changing program or to give up old habits, *UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality* gently guides the way.

If we commit ourselves to the wise guidance Susan proffers us on each page of *Uplifted*, we will find that, in a short time, we will feel stronger, happier, healthier, more serene, restored, ready to soar, and totally uplifted!

~Excerpt from the Foreword by David Craddock



For decades, **Susan Smith Jones** has been a renowned leader in the fields of holistic health, fitness, human potential, and balanced living. She travels worldwide as a motivational speaker, consultant, and talk show guest, and is the author of many health-related books.

*To learn more about Susan's inspiring work, please visit: **SusanSmithJones.com***

