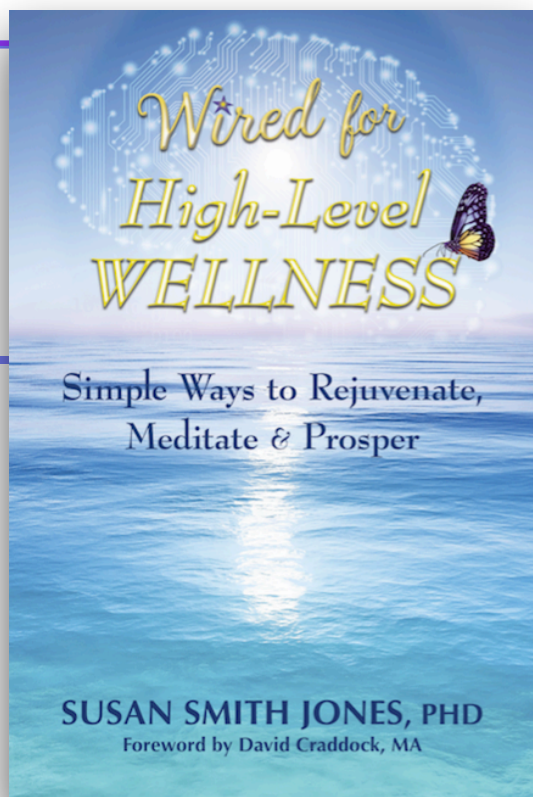


# Susan Smith Jones, PhD

## BOOK REVIEW

### WIRED FOR HIGH-LEVEL WELLNESS

*Simple Ways to Rejuvenate, Meditate & Prosper*



By Chris Don Nwaka,  
Online Book Club Reviewer

Superbly designed and very well-executed, **WIRED FOR HIGH-LEVEL WELLNESS** is a hugely well-written, motivating educational book in which the author, Susan Smith Jones, PhD, dishes out numerous tips for health and wellness. She makes it perfectly clear that being healthy is absolutely normal and that it is your divine birthright to be well. Susan shares a range of recommendations, including how to “eat healthfully,” “be in good shape,” “cultivate a positive attitude,” “enjoy the benefits of meditation,” and “benefit often from laughing,” all of which have a proven record to being medicinal. In this book, she teaches extensively on brain fog and brain support, and also on courage, writing in her words, “boldness has genius and magic in it.” When we face what scares us, she writes, we find that we are endowed with a level of courage we never knew existed.

There are many more such gems of wisdom on which she writes extensively. I would advise anyone to get a copy for themselves for the full dose of this amazing book and then also buy extra copies to give away as gifts for loved ones and friends.

The recipes in the book are also easy to prepare and deliciously healthy.

### 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 over 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.

### *Wired for High-Level Wellness*

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*Books to UPLIFT*

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SusanSmithJones.com

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As I read through this extremely informative text, I was totally engrossed and fascinated by the way the author put her whole heart into this book. She provides in-depth instruction on a variety of subjects related to health and wellness, often things that we forget to incorporate into our lifestyles. I learned about various practices in this book, like oil pulling, which could greatly benefit my health. Notably I became aware of what oil pulling includes and how successful it is at eradicating oral bacteria.

I am not sure if I can pick a favorite part of the book because every single chapter and element was really enlightening, empowering and instructive. The entire book is probably my favorite. I believe that this book offers everything you need to heal your body of illness and to guide and maintain your health and wellness.

Nothing in this book bothered me; every single topic, from history to benefits, was thoroughly explained. This book has taught me that it is possible to be in great health even as you get older. You need only the commitment and the discipline to follow through on the steps outlined in the book, and you will be pleasantly surprised by the results. I would like to thank the author for pouring her heart into this wonderful work.

I rate this book **five out of five stars** because it taught me that good health and wellness can be achieved even in our senior years. I recommend this illuminating book to anyone who wants to live a healthy lifestyle, but especially to those over the age of 40. They will, without doubt, find it helpful and appealing at a time in their lives when health and vitality are more of a greater concern and they wish to heal, detoxify, rejuvenate and prosper in all ways. It would also make a great gift for friends, family members and other loved ones. 🦋



**CHOOSE TO GET STRONG, HEALTHY  
& FIT. DON'T QUIT!** 🌸