

ENJOY THE EXTRAORDINARY LIFE
YOU WERE DESIGNED TO LIVE.

I am confident you will derive tremendous value from this masterful and eclectic compendium, *Wired for High-Level Wellness*. Author Susan Smith Jones reminds us that we were each created by God and have been blessed with a miraculous body. From head to toe, she shows us how to not only heal our body but also create robust health . . . at any age. We were not created to simply get by with an unrewarding, unfulfilling, and prosaic life. God wants each of us to flourish, thrive, and live our best life. It's difficult to do this if we are dealing with health issues—big or small.

As you put Susan's key principles and suggestions into action, you will quickly feel the difference and start glowing with vitality. Her easy-to-follow program is an indispensable and refreshing change from most health and self-improvement books that only focus on one particular aspect of health. Balance is the key, and Susan will keep you focused on the long-term results that come from choosing a healthy lifestyle.

No matter your reason for turning to this book—whether it's to find more happiness in life, look and feel better, find balance, discover how to eat healthier and be more positive, reinvigorate your body, boost your self-esteem, and/or live a more peaceful, hopeful, prosperous life with a heart full of faith and a strengthened relationship with God—this book will lead you in the right direction.

Get ready to feel wonderful in body, mind, and spirit—and enjoy the extraordinary life you were designed to live.

—Foreword Excerpt



For decades, Susan 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



Susan Smith Jones, PhD
Wired for High-Level Wellness

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Simple Ways to Rejuvenate,
Meditate & Prosper

SUSAN SMITH JONES, PHD
Foreword by David Craddock, MA