

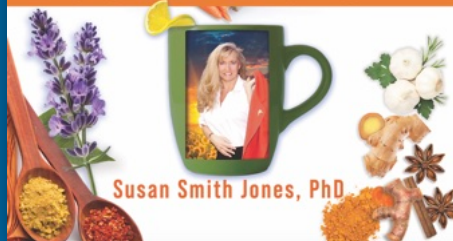
A HUG IN A MUG

Revitalize with Fruits, Veggies, Juices, Soups, Spices, Teas & Healthy Living Extras

by Susan Smith Jones, PhD



Revitalize with Fruits, Veggies, Juices, Soups, Spices, Teas & Healthy Living Extras



Susan Smith Jones, PhD

*This book is about...
Health by Choice, Not Chance*

Visit Susan's website to read book reviews, a sampler, the contents, Foreword and to sign up for her free monthly healthy living newsletters.



Who Is Susan?

She is a wellness consultant, frequent talk show guest on TV, radio and podcasts and an author of many holistic health and lifestyle books, including the companion to this celebrated book... **UPLIFTED.**

SusanSmithJones.com
X @SusanSmithJones

You have the keys to unlock your healing powers to conquer illness, extend life and be uplifted daily. ~ A Hug in a Mug

Learn How to Clean Up Your Diet & Life

“This comprehensive book, **A HUG IN A MUG**, will open your mind to a more wholesome way of living. Susan understands that treating your body as a whole—not just your symptoms—is a powerful strategy. From ancient wisdom to modern treatments, these trusted practices will help you in many ways such as to...

- ★ Quiet your mind and feel more peaceful;
- ★ Heal, relax and recharge with teas;
- ★ Appreciate your miraculous human body;
- ★ **Lose weight for life — easily and effortlessly;**
- ★ Embrace the healing power of cold therapy and living foods;
- ★ Refuel your enthusiasm and keep yourself motivated;
- ★ Claim victory over a stressful, anxious lifestyle;
- ★ Find balance through whole-food meals and recipes;
- ★ **Look and feel 10 years younger in 30 days;**
- ★ Use the best culinary spices for what's ailing you;
- ★ Create a disease-free body and youthful skin/hair at any age;
- ★ Be kind to yourself with a curated self-care routine.

“Covering a wide range of simple remedies, alternative therapies, and lifestyle practices, this thorough, practical book will help you to feel your best, renewing your vitality and restoring your bliss.”

~ **Myran Thomas, LA Esthetique Wellness, West LA**

“This inspiring book offers ways to transform your eating habits, create healthy meals your entire family will love, boost your metabolism, sleep like a baby, turn on your body's key longevity switches, supercharge your confidence and more. It's rare to find someone who is as knowledgeable and as passionate about health as Susan. It's loaded with educational tips/tools that can propel you to a more vital life... and will change the lives of those around you for generations to come.” ~ **Stephan Esser, MD, Foreword Excerpt**



A HUG IN A MUG is available on Amazon in 3 versions: **B/W (\$19.95)** ★ **Color (\$29.95)** ★ **Kindle**



Susan's book teaches that the body is designed to be self-renewing and self-sustaining and that the power to live a vibrantly healthy and happy life is within everyone's grasp.

You can also get personally autographed copies on her website.

★ **Makes a Great Gift for Any Occasion!** ★