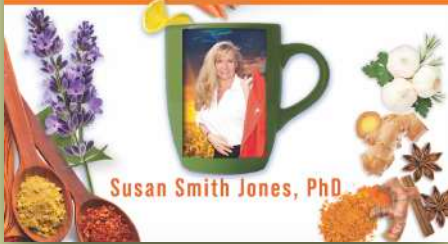




Revitalize with Fruits, Veggies, Juices,
Soups, Spices, Teas & Healthy Living Extras



Susan Smith Jones, PhD


A HUG IN A MUG

Revitalize with Fruits, Veggies, Juices,
Soups, Spices, Teas & Healthy Living Extras
by Susan Smith Jones, PhD

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

BOOK REVIEW by Grace Allyn

“If you've read and loved Susan Smith Jones’ bestselling books *Wired for High-Level Wellness* and *UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality*, you'll definitely want to pick up a copy of this companion book — *A HUG IN A MUG* — that expertly completes her healthy living trio book set. This beautifully designed COLOR version I refer to daily. The countless tips and tools from Susan to help apply her nutrition lessons and expertise to your own life and personalize them based on your own specific needs will have you reaching for this book every day as a reference guide, as I do. What better way to kick off your goals to look and feel your best in 30 days – *just one month!*”

“In this comprehensive book, she homes in on how to increase your healing, detox and rejuvenation capacities. You’ll also discover simple, effective ways to turn on your body’s longevity switches; techniques to lose extra weight in an easy and natural way; tips to beautify skin and hair that *really* work; foods and lifestyle practices to improve brain function; how to bolster your confidence and make success your constant companion; and she even offers over 100 delicious, nutritious food recipes that you and your family will love. What’s more, all of her many personal stories are captivating, especially the one where she unexpectedly met and then sang with Frank Sinatra at a men’s clothing store in Beverly Hills. It’s the perfect book for readers who wish to live overall healthier, more energetic and happier lives and want to feel totally motivated and inspired.” 

← “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**

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

Visit Susan’s website to read the book Sampler, Table of Contents, Foreword, for Video Interviews and to sign up for her free healthy living newsletters.



Who Is Susan?

She is a wellness consultant, frequent talk show guest on TV, radio, podcasts and an author of many holistic health, recipe & lifestyle books, including *UPLIFTED* and *A HUG IN A MUG* (in both Color & B/W versions; Color is the best!).

✕ @SusanSmithJones

Get Personally Autographed Copies Today!

This celebrated book is available in Color, B/W & Kindle versions on **AMAZON**. You can also get personally autographed COLOR copies (only) on Susan’s website, which include a personal notecard and a bookmark. This book makes a wonderful gift for any occasion for friends and family. Keep several on hands for special last minute gifts and for anyone who wants to upgrade their health and well-being.

♥ Visit: SusanSmithJones.com ♥