

SUSAN SMITH JONES, PhD

FOREWORD BY DAVID CRADDOCK

---

INVEST IN YOURSELF  
*with*  
**EXERCISE**

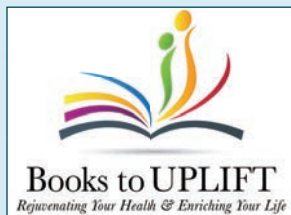


**Tactics to Build the  
Exercise Habit and  
Enrich & Energize  
Your Workouts**

# INVEST IN YOURSELF *with* **EXERCISE**

**Tactics to Build the Exercise Habit  
and Enrich & Energize Your Workouts**

**SUSAN SMITH JONES, PhD**  
FOREWORD BY DAVID CRADDOCK



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 is 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.

Cover and book design: Gary A. Rosenberg

Published by Books to UPLIFT  
Los Angeles, CA

ISBN: 978-0-9991492-0-1

Copyright © by Susan Smith Jones, PhD

All Rights Reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, or by any information storage and retrieval system, except for the purpose of brief excerpts for articles, books or reviews, without the written permission of the author.

For further information and permission approval, contact:  
Books to UPLIFT, PO Box 49215, Los Angeles, CA 90049,  
Attn. Manager

To order additional copies of this book,  
please visit: [SusanSmithJones.com](http://SusanSmithJones.com)

*This book is lovingly dedicated to everyone who wants to . . . create vibrant, robust health and fitness; lose weight and keep it off for good; attract wealth and prosperity; experience deeper levels of joy and happiness; establish more satisfying relationships; succeed with work and career; tap into the fountain of peace within; and live a more balanced and soul-satisfying life.*

*I know you can do it and I applaud your courage, perseverance and commitment.*





## QUOTES ABOUT HEALTH & EXERCISE FOR INSPIRATION & MOTIVATION

*Everyone's dream can come true  
if you just stick to it and work hard.*

—SERENA WILLIAMS

*Her pleasure in the walk must arise  
from the exercise and the day.*

—JANE AUSTEN

*The first wealth is health.*

—RALPH WALDO EMERSON

*Take care of your body.  
It's the only place you have to live.*

—JIM ROHN

*Physical fitness is not only one of  
the most important keys to a healthy  
body, it is the basis of dynamic and  
creative intellectual activity.*

—JOHN F. KENNEDY

# Contents

Foreword by David Craddock, xi

---

## **PART 1: Using Exercise as Medicine**

Staying Motivated to Exercise, 4

How to Use Exercise as Medicine  
and a Natural Healer, 7

More Reasons to Exercise  
for Health Enhancement, 9

Create a Well-Rounded Fitness Program, 14

**Humor Time, 16**

---

## **PART 2: Fighting Excess Fat by Mastering Your Metabolism**

Metabolism Tune-Up, 21

**10 Steps to Accelerate Fat Loss  
& Create a Healthy, Fit Body for Life**

1. Increase Your Muscle Mass, 24
2. Increase Your Aerobic Activity, 25
3. Add Higher Intensity Bursts  
to Your Exercise Plan, 27
4. Graze, 28

5. Drink Lots of Water Daily, 30
6. Start Your Day in a Positive Way, 31
7. Avoid Processed Carbohydrates and Fill In with Nutritional Supplements, 32
8. Chew Your Food Well and Eat Slowly, 34
9. Get Good Sleep, 35
10. Nourish Your Spirit, 36

### **Humor Time, 38**

---

## **PART 3: Set Up a Positive Magnetic Force**

- Turning Dreams Into Reality, 42
- Swimming with the Dolphins, 42
- Make a Choice, 45
- Your Words and Visions
- Set Up an Attractive Force, 48
- The Magic of Creative Visualization, 51
- My First Marathon Race Experience, 52

### **Humor Time, 55**

---

## **PART 4: Surefire Tips to Enjoy, Enrich & Energize Your Workouts**

1. Make a Commitment, 58
2. Be Consistent, 59
3. Clearly Define Your Fitness Goals, 61
4. Reaffirm Your Fitness Goals Daily, 62
5. Keep Track of Your Daily Progress, 62



6. Share Your Fitness Goals with a Friend, 63
  7. Be Realistic, 64
  8. Exercise with a Friend, 65
9. Listen to Music or Nature While Exercising, 65
  10. Keep Variety in Your Workouts, 66
  11. Visualize Your Fitness Goals, 67
12. Use Affirmations to Support Your Goals, 68
  13. Stay Positive and Present, 69
  14. Rest One Day Per Week, 70
  15. Exercise Outdoors, 70
  16. Reward Yourself, 72

### **Humor Time, 74**

---

## **PART 5: How Prayer-Walking & Prayer-Hiking Can Enrich Your Life— Physically, Emotionally, Mentally & Spiritually**

- Best Locations to Do Prayer-Walking, 79
- Prayer-Walking and Hiking for Life-Enriching  
Mental and Spiritual Discipline, 81
- 

### **AFTERWORD: More Inspirational Quotes for Encouragement**

Definition of Success, 85

Resources, 87

About Susan Smith Jones, PhD, 89

# Foreword

By David Craddock

*Each patient carries his own  
doctor inside him.*

—ALBERT SCHWEITZER

When Dr. Susan asked me if I would write the foreword for her book *Invest in Yourself with Exercise: Tactics to Build the Exercise Habit and Enrich & Energize Your Workouts*, I was delighted. For years she has been my holistic health guru and coach, teaching me how to create vibrant health and get fit and strong. As a result, I now feel about 30 years younger than I did just a few years ago, and people tell me that I look better than I have in decades. My work with Susan has given me the fountain of youth and vitality. But I'm getting ahead of myself. Let me start back at the beginning.

It was June 2009 when my health seemed to be at an all-time low. In England where I live, I focused much of my time on my career and didn't put time into my health needs. I had terrible allergies (they plagued

me for 30 years) and I definitely needed to lose lots of weight. I didn't know where to turn for the holistic help I desired.

There's a saying that . . . *When the student is ready, the teacher will appear.* One day I was talking to my mum (Marjorie) about my health issues. As always, in her positive approach to life, she said to me, "You will find the answers you seek." That same day, I got in the mail some information about a 3-Day Holistic Health Conference that would be held in London featuring many world-renowned health and human potential speakers. They were all experts in their fields from around the world, but the only one that truly caught my attention was the speaker Susan Smith Jones, PhD. She was giving three presentations on all aspects of healing and rejuvenating the body, mind and spirit, and I knew at that moment that I needed to attend.

Before I got this conference information, I had already known about Susan's work. Marjorie and I had been reading many of her articles in magazines in the UK and America, we had a couple of her many books, and I saw her on a TV talk show when I was in New York City. On a few occasions, we even heard her on BBC radio talk shows in the UK and saw her on some British TV talk shows. We always enjoyed her holistic, practical and positive approach to wellness, balanced living and creating our best lives.

Marjorie and I attended the conference together in London and were not disappointed. Susan's three presentations were life-changing for us. One was about

fitness and simple, practicable ways to create a strong, lean body and how to stay motivated to exercise for life. Another one of her talks was about nutrition and how to fuel the body with the healthiest foods and break unhealthy food habits. And her third presentation was all about the essential “healthy living extras,” as Susan would always refer to them—the other wellness components that can make a profound difference in how we look and feel, such a sleep, water hydration, stress reduction, meditation, positive relationships, an attitude of gratitude and more.





So when she asked me if I would write this foreword for her book, it was my great pleasure. In the pages of this informative and uplifting book, you'll learn from Susan the importance of exercise for overall high-level wellness; how to get the most from your workouts; ways to stay motivated to exercise; tips to prevent exercise boredom, burnout and injury; the best exercises to look younger, bolster energy and lose weight; how to fight excess fat by mastering your metabolism; how to incorporate prayer-walking to enhance mental and spiritual health; ways to turn dreams into reality; the power of choice; and much more.

“An investment in yourself and in your health,” as Susan repeated to me often in our training and teaching sessions, “is the best investment you can make.” This book will inspire, motivate and empower you, too.

David Craddock, MA (Oxon), BA (Hons)  
[www.DavidCraddock.com](http://www.DavidCraddock.com)  
[www.TimeForInvestment.com](http://www.TimeForInvestment.com)

*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



## PART 1

# Using Exercise as Medicine

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

—LEO BUSCAGLIA

*Hello Friend,*

IT IS WITH GREAT JOY THAT I AM WRITING THIS BOOK for you. My hope is that it will inspire, motivate and empower you to make regular exercise a part of your daily lifestyle. Exercise is the key to youthful vitality . . . at any age. It unlocks brainpower, physical stamina and mental clarity. It gives your skin a youthful glow and puts wings under your confidence. I'll go so far to say that nothing does more to make you vibrantly healthy than a regular fitness program. By the time you reach the end of this book, my wish is that you'll be so encouraged that you will immediately start exercising in

some way, and from that day forward, make exercise a non-negotiable part of your new, healthy and vigorous lifestyle.

We all know exercise is a key component of vibrant health. Yet statistics reveal that only about 25% of people in the USA and the UK make exercise a regular part of their lifestyle. My hope is that after reading this book, if you're not already a fitness enthusiast, you'll be helping to increase the percentage. Whether you have several children and are busy with them from morning to night, or are CEO of a Fortune 500 company or international conglomerate and put in 12–16 hours a day seven days a week at the job, or you are retired and not very active at all, you must find time to exercise.

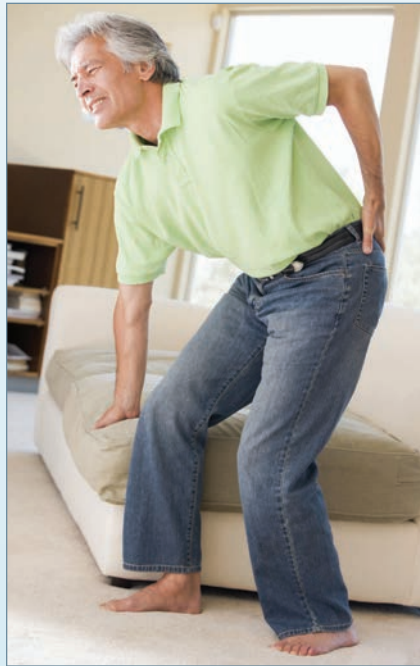




## How to Use Exercise as Medicine and a Natural Healer

Patterns of modern living have 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.

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 research and experience indicates that many cases, in fact about half of lower back pain can be traced to poor abdominal muscle tone and back inflexibility. Proper exercise can often prevent or correct lower back pain. Research also indicates that much of the degeneration



## Create a Well-Rounded Fitness Program

Most researchers point to the need for a combination of weight training and aerobic activity to produce truly beneficial psychological and biochemical changes. This is also true for cardiovascular improvements. This is why the emphasis is placed on weight training, jogging, brisk walking, swimming, cycling and other forms of aerobics. These vigorous, rhythmic activities appear to send messages to the brain as well as the endocrine system to shape up and feel good.

Of course, to any well-rounded program, you must also add in exercises that promote flexibility such as yoga, Pilates or just simple stretching. As a former fitness instructor to students, staff and faculty at the University of California, Los Angeles (UCLA) for 30 years, and the first fitness trainer in Los Angeles in the



Health is a complete package: physical, mental and spiritual. Show by your daily actions that health is a top priority for you. With a positive mindset, you can accomplish anything.

## HUMOR TIME

Between the parts of this book, I have created four Humor Time breaks with some funny jokes or phrases about exercise, weight loss and health in general. Everybody loves to laugh. In fact, did you know that laughter is very good for you? It was Norman Cousins who said: “Laughter is a form of internal jogging.” Humor and laughter have both been found to be important components of healing. It’s been reported that laughter aids digestion, stimulates the heart, strengthens muscles, activates the brain’s creative function and keeps you alert. Laughter also helps you to keep things in better perspective. So make up your mind to laugh and to be happy. When you laugh at yourself, you take yourself far less seriously. “Angels fly because they take themselves lightly,” says an old Scottish proverb. Isn’t that wonderful?

I simply love to laugh and am known to be a practical joker! My mother June called laughter “the body’s elixir” or natural rejuvenator. It is an essential ingredient to daily living and something I use to fuel my spirituality. Because of my positive, easygoing, “lighten up” approach to life, I have acquired the nickname “Sunny” because I am always reminding others to not take life so seriously.

So let’s start with this first batch of jokes and funny phrases.

*In two decades I've lost a total of  
789 pounds. I should be hanging  
from a charm bracelet.*

—ERMA BOMBECK

*It is well documented that for every  
mile that you jog, you add one minute  
to your life. This enables you at 85 years  
old to spend an additional 5 months in  
a nursing home at \$5,000 per month.*

—UNKNOWN

*My grandmother started walking  
five miles a day when she was 60.  
She's 97 now and we don't know  
where the heck she is.*

—ELLEN DEGENERES

*I like long walks, especially when they  
are taken by people who annoy me.*

—SIR NOËL COWARD

*I don't exercise at all. If God meant  
us to touch our toes, he would have  
put them further up on our body.*

—UNKNOWN

what the experience had been like for me, but I found it very hard to put my feelings into words. Ineffable experiences that speak directly to the heart are often difficult to express clearly.

The others drifted away and I just sat there, enveloped in wonder at the experience of swimming with dolphins, and all I could do was cry—what had happened touched me so lovingly, so profoundly. What a beautiful lesson in living in the present and appreciating each moment. Because of that experience and so many others, I will never doubt the power of thought and belief to create any reality we choose.

## Make a Choice

It's time to make a choice. I am going to ask you the same question I mentioned above. Do you want to live life to the fullest, or are you content to just go along with the crowd and settle for whatever comes your way?



the reality for which it was programmed. Operating like a computer, the subconscious is constantly being fed new programming or data with every thought. Thus you create your own reality with your thoughts, and this reality can be either positive or negative depending on what you are thinking.

All that you have ever dreamed, thought or needed in your life has contributed to what you have at this very moment. So if things aren't just the way you would like them to be, and you want to change them, you must change your thoughts and the words you speak to express those thoughts. Start to reprogram yourself. Andrew Carnegie put it this way, "Any idea that is held in the mind that is either feared or revered will begin at once to clothe itself in the most convenient and appropriate physical forms available."



## Your Words and Visions Set Up an Attractive Force

The visions, words and images you hold in your marvelous mind instantly set up a magnetic or attractive force, which governs the experiences in your life. If your image is constantly fluctuating, you will continually be growing into something different, and that sets in motion a most chaotic process. Unfortunately, those individuals who are unaware of these very exact and precise laws are planting images of health, fitness or prosperity in their minds one minute, and then images of the opposite the next. It's very difficult to attract the good in your life when you continually switch from positive to negative thoughts. Strive to keep focused on only those positive things you want to be part of your life.



Take a typical day. When you wake up, are you excited and enthusiastic about the new day? Or are you reluctant, preoccupied with the discordant alarm clock, the hurry and traffic on the way to work, job dissatisfaction and dissatisfaction with yourself in general? Those negative thoughts can persist all during the day. And if you think these thoughts don't add up, you'd better think again.

people getting ready. I was wishing I knew someone so I wouldn't have to run alone. The gun went off and so did several thousand runners. For the first three miles, I was alone and felt great—confident, relaxed and energetic. Around the fourth mile, a young man who looked to be in his mid-twenties ran up next to me and we began talking. Before we knew it, we were at mile ten, then fifteen, then twenty. It's amazing the things you'll tell someone you've never met when you're running together. I think it has something to do with the release of certain chemicals in the body and a change in the electrical activity of the brain during aerobic activity. We talked about our lives, families, interests, dreams and goals. I was feeling extremely grateful to him because our conversation made the miles sail by.





*A feeble body weakens the mind.*

—JEAN-JACQUES ROUSSEAU



HUMOR  TIME

*I'm opening a gym called "Resolutions."  
It will have exercise equipment for  
the first two weeks and then turn  
into a bar for the rest of the year!*

—UNKNOWN

*I was wondering today why brain cells  
die, skin cells die, and hair follicles  
die, but fat cells live FOREVER!*

—UNKNOWN

*One of the hardest meals for me  
to limit myself is the one from  
Halloween till New Years.*

—UNKNOWN

*If you think a minute goes by really  
fast, you've never been on a treadmill.*

—UNKNOWN

## PART 4

# Surefire Tips to Enjoy, Enrich & Energize Your Workouts

*I think exercise tests us in so many ways, our skills, our hearts, our ability to bounce back after setbacks. This is the inner beauty of sports and competition, and it can serve us all well as adult athletes.*

—PEGGY FLEMING

THERE'S NO DOUBT ABOUT IT. EVERY PERSON WHO exercises regularly, whether an athlete or not, will have to cope with lack of enthusiasm at one time or another. So how can you stay motivated to workout? “Just do it” was one of Nike’s rallying slogans of the late ‘90s. But sometimes it can be tough to live up to. In fact, every person who decides to exercise will face—sooner or later—a lack of motivation, boredom, or burnout with a fitness program.

So at this point in the book, my wish is that you are now ready to embark on a regular fitness program and

give it your all. Here are a few of my best tips to help you stay motivated, prevent injury and preclude burnout and boredom. You will find more comprehensive information on how to stay motivated, lose weight, feel happy, attract unlimited abundance, disease-proof your body and create your best life in my books and on my website—[www.SusanSmithJones.com](http://www.SusanSmithJones.com).

**1 Make a commitment.** To succeed in anything in life, especially in your exercise goals, you must be committed. I often hear people tell me they're really committed to their exercise program, but they can't exercise for a week or two because they're too busy.



When you're committed to something, you don't let your excuses get in the way. And if you are ready for commitment, you will be committed; you'll immediately arrange your personal circumstances so that your lifestyle totally supports your commitment. You will do the things you need to do to order your life,

eliminate non-essentials, and focus on what is important. If you have a difficult time sticking with your exercise program, keep in mind that you should be working out because you want to do it for you and not because you are doing it to please someone else. Others can provide some incentive, but the prime reason must come

from your own desire. Practice being disciplined. I see *discipline as the ability to carry out a resolution long after the mood and enthusiasm have left you.*

You will be successful. Believe in yourself and stick with your commitment. It was Will Rogers who said this: “If you want to be successful, it’s just this simple. Know what you are doing. Love what you are doing. And believe in what you are doing.”

**2 Be consistent.** Repetition is the key to mastery—lack of it is the road to failure. Behavioral scientists have discovered that it takes at least 21 days for your mind and body to create a new habit and to stop resisting. Until then, you can expect to have to listen to that incessant voice in the back of your mind. I call that voice “Babbler,” because it never shuts up. You



## PART 5

# How Prayer-Walking & Prayer-Hiking Can Enrich Your Life— Physically, Emotionally, Mentally & Spiritually

*Obviously, your family life is the priority, but there's still other stuff you have to get done in a day. I think the way I make it work is by taking care of myself, and that includes fitness and eating right and all those things, but also being very organized and punctual.*

—CINDY CRAWFORD

I'VE BEEN DOING PRAYER-WALKS AND PRAYER-HIKES for three decades. I find it a winning combination that improves my health and well-being and nourishes my mind and soul at the same time. For those of you who are into multitasking and making good use of your

oh-so-limited time, this concept of combining walking and prayer should be most appealing.

Most of us are busy talking all day long. Just 20 minutes of walking in silent contemplation can slow down the mind, relax the body and feed the soul. Besides, it's a practical and efficient way to preclude overloading the daily schedule!

When I teach this kind of walking, I tell beginners to start with 20 minutes at least three times a week. Make sure to walk fast enough to elevate your heart rate so that you will get a workout. Of course, if you're not a beginner, you can walk longer for more benefits. On days when, for whatever reason, you don't feel like walking fast, it's all right to go at a more leisurely pace.



# Resources

Please refer to [www.SusanSmithJones.com](http://www.SusanSmithJones.com) to learn more about, or to purchase, these books. You will find the full list of Susan's titles on her website.

*Kitchen Gardening*

*Be the Change*

*The Curative Kitchen & Lifestyle*

*Living on the Lighter Side*

*Healthy, Happy & Radiant . . . at Any Age*

*Wired to Meditate* (Audio Book)

*Choose to Live Peacefully* (Audio Book)

*Vegetable Soup/The Fruit Bowl*

(Co-authored with Dianne Warren for children ages 1–8)

*Body Temple Vitality*

*Affirming God's Love*

*God-Centered Health*

*Invest in Yourself with Exercise*

*Choose to Thrive*



If you'd like to receive Susan's free monthly *Healthy Living Newsletters* filled with uplifting, empowering and high-powered information, go to her website's Search Bar and type in the words *Subscribe & Win!* It takes only 15 seconds to sign-up and you will also receive several gifts from Susan.



# About Susan Smith Jones, PhD

*Any idea that is held in the mind that is either feared or revered will begin at once to clothe itself in the most convenient and appropriate physical forms available.*

—ANDREW CARNEGIE

For a woman with three of America's and the UK's most ordinary names, **Dr. Susan Smith Jones** 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 30 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/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 30 books,



including—*The Curative Kitchen & Lifestyle; Living on the Lighter Side; Healthy, Happy & Radiant . . . at Any Age; Be the Change; Kitchen Gardening; Choose to Thrive; Body Temple Vitality* and *Affirming God's Love*.

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, the power of Spirit, faith, 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 of her work. When she's not traveling the world, she resides in both West Los Angeles and England.

For more details on Susan and her work, please visit: [www.SusanSmithJones.com](http://www.SusanSmithJones.com). Susan's books and website are like having a “**holistic health app**” for anything health-related. Her website is a cornucopia of articles, photos and the latest information you won't want to be without on superfoods, optimal nutrition, easy weight loss, high-level fitness, longevity, rejuvenation, detoxification, meditation, spiritual health, natural remedies and balanced living.





*Not every athlete who goes into training and competes in the games is disciplined and exercises self-control in all things. They do it to win a crown that withers, but we do it to receive an imperishable crown that cannot wither.*

—1 CORINTHIANS 9:25 (AMP)

### **My interpretation:**

As I've written in this book, self-discipline is imperative for success in both your fitness program and also in your spiritual life. Consider keeping a journal to chart your progress. Use one section to log your exercise goals and accomplishments, as I write about on page 61, and another to record your spiritual aspirations and successes.

For more information on achieving spiritual aspirations and creating a soul-satisfying life, please refer to my book ***Choose to Thrive***.

Modern living has channeled the average person in the USA and the UK 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.

Yes, what we put into our bodies with nutrition is of utmost importance, but how we move our bodies is equally as important. If you do exercise regularly, you may have to cope with lack of enthusiasm at one time or another. How can you stay motivated to workout? “Just do it” was one of Nike’s rallying slogans of the late '90s, but sometimes it can be tough to live up to. Sooner or later, a lack of motivation, boredom or burnout will enter the picture.

*Invest in Yourself with Exercise* is the perfect book if you want to make transformative changes in your level of fitness, reshape your body, say good-bye to excess fat, make your workouts enjoyable and rewarding and see results quickly. Susan’s well-designed physical fitness program can add years of fulfillment, vibrant health and peace of mind to your life.

“In the pages of this informative and uplifting book, you’ll learn from Susan:

- *the importance of exercise for overall high-level wellness*
- *how to get the most from your workouts and stay motivated to exercise*
- *tips to prevent exercise boredom, burnout and injury*
- *the best exercises to look younger, bolster energy and lose weight*
- *surefire ways to fight excess fat by mastering your metabolism*
- *why prayer-walking enhances mental and spiritual health*
- *how to turn dreams into reality—the power of choice and commitment*

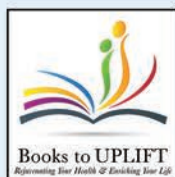
Plus so much more. As Susan told me often in our training sessions, ‘An investment in yourself and in your health is the best investment you can make.’ This book will inspire, motivate and empower you, too.”

—DAVID CRADDOCK, MA, BA



For more than 35 years, **Susan Smith Jones, PhD**, has been one of the world’s most recognizable names and faces in the fields of holistic health and fitness, human potential and balanced living. She travels worldwide as a motivational speaker and consultant, and is the author of many health-related books.

*To learn more about Susan and her work, please visit:*  
**SusanSmithJones.com.**



Health & Fitness/  
Exercise  
\$16.95

