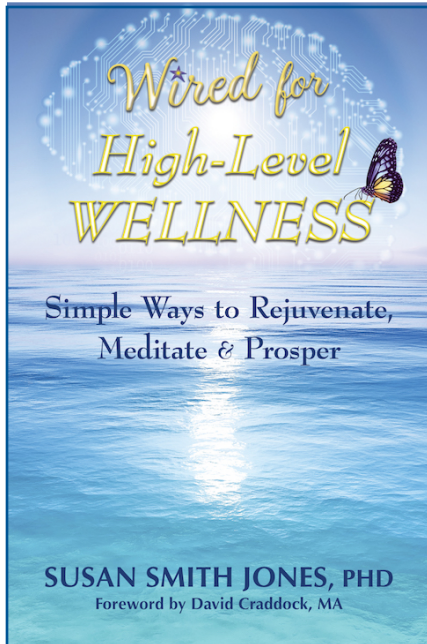


A HEALTH-ENRICHING, FAITH-BASED BOOK
WIRED FOR HIGH-LEVEL WELLNESS
BY SUSAN SMITH JONES, PHD



A Holistic Health & Lifestyle Book that Will Transform Your Life for the Better

For a woman with three of America's most ordinary names, Susan Smith Jones, PhD, has certainly made extraordinary contributions in the fields of holistic health, anti-aging, optimum nutrition, human potential, and balanced, peaceful living. But her road to success has been anything but easy. Susan's challenges and obstacles lay the foundation for this inspiring, motivating, and empowering book on how to create a vibrantly healthy and extraordinary life.

In this captivating compendium, you'll read never-before-told-stories on how her obstacles shaped her life and were actually life-enriching catalysts that supercharged her whole-body healing from health-destroying illnesses and enabled her to come out the other side feeling rich with gratitude for every experience and in charge of her own high-level wellness destiny.



In *Wired for High-Level Wellness: Simple Ways to Rejuvenate, Meditate & Prosper*, Jones is in a unique position to testify on the efficacy of her basic message that health is the result of the countless choices we make every day. When her back was fractured in a serious 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 months, there was no longer any pain or even evidence of the fracture. Soon, she fully regained her healthy, active lifestyle. She attributes her healing to her natural-foods diet, faith, determination, perseverance, balanced living and, most importantly, to her unshakable relationship with and deep connection to God.

This book is available in five different formats including hardcover and kindle via [Amazon.com](https://www.amazon.com) • For personally autographed copies by Dr. Susan, visit: [SusanSmithJones.com](https://www.SusanSmithJones.com) • Also available in bookstores • For book signings, talk show interview invitations & presentations with Susan, visit her website or contact David Craddock, Marketing Director, at +44 7831 572 615 in England.



Since the accident, she has been constantly active in spreading her faith-based message that anyone can choose to create a healthy, happy, peaceful, and balanced life. Her inspiring message and innovative techniques for achieving total health 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. Visit her website, SusanSmithJones.com, to read the foreword, endorsements, sampler, excerpts, and the chapter-by-chapter contents for *Wired for High-Level Wellness*.

With candid and thoughtful insight throughout the pages of *Wired for High-Level Wellness*, Jones provides an enthralling narrative and precise roadmap on how to be truly healthy — physically, mentally, emotionally, and spiritually. As the reader, you will feel like you are sitting across from Susan at her kitchen table, visiting over a cup of fresh juice or tea while she shares her most sacred and coveted secrets with you on how to transform your life and live your highest dreams for yourself. Susan tells us in many different ways in the book to always dream big and to let our imaginations soar — visualizing our goals. She shares this famous quote by Albert Einstein: “Imagination is everything. It is the preview to life’s coming attraction.” And she adds, “This reminds me of the Bible scripture, Hebrews 11:1, ‘Faith is the substance of things hoped for, the evidence of things not seen.’ God will seed your imagination with something that is special and just for you. Our mission, if we choose to accept it, is to believe wholeheartedly, imagine our goals as already achieved, assume the feeling of that wish fulfilled, keep the faith, live gratefully, and continue to move onward and upward.”

Susan’s heartfelt personal stories will have you on the edge of your seat; her humor will have you laughing so hard that you will receive a great abdominal workout; and her sound nutritional and holistic lifestyle guidance will have you feeling healthier, happier, and more hopeful before you’ve even finished Chapter 1.

Jones is highly appreciated by her discerning clients and Fortune 500 companies worldwide who benefit from her secrets on how to disease-proof your body, look and feel 10 years younger in 30 days, and live your best life — secrets she reveals in this beautifully designed book.

Some of the topics covered in this gem-of-a-book include . . .

- ~ *Hydrating superfoods*
- ~ *Tips for brain vitality*
- ~ *Ways to detoxify and reinvigorate*
- ~ *How to be a magnet for prosperity and blessings*
- ~ *Stressless, effortless meditation*
- ~ *Health benefits of oil pulling*
- ~ *How to bring about soaring self-esteem*
- ~ *Weight-loss-made-easy*
- ~ *How earthing/grounding revitalizes*
- ~ *Why gratitude is the best mood-lifter and stress-buster*
- ~ *Longevity practices that really work quickly*
- ~ *Ways to create more fulfilling relationships*
- ~ *The joys of living a faith- and God-centered life*





Foreword Excerpt by David Craddock, MA (Oxon)

*"I am confident you will also derive tremendous value from this eclectic compendium, **Wired for High-Level Wellness**. Susan reminds us that we were created by God and have been blessed with a miraculous body. She shows us how to not only heal the body but also create robust health at any age. 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. 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 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."*

Here's what a few other people have written about **Wired for High-Level Wellness**:

"Only a few people have the courage, vision, and love for humanity to be pioneers. Susan Smith Jones is one of them. Fortunately, where pioneers like her are willing to go, many people can follow more confidently. If your goals are health, happiness, balanced living, and a meaningful life, then *Wired for High-Level Wellness* is for you." ~ **Brian Boxer Wachler, MD, Boxer Wachler Vision Institute**

"This book is a storehouse of life-altering holistic health knowledge and comprehension. I have one word of warning for you. Once you read this empowering, uplifting, and motivating book, you'll be inspired to make some major lifestyle changes for the better. Your IQ will go up, too! So get yourself ready for a healthier and happier new you will emerge once you've met this glorious Renaissance lady through the pages of this electrifying book, and incorporate her generous guidance into your day-to-day lifestyle." ~ **Ric Bratton, Founder, Producer & Host, This Week in America**

"Regardless of where you have looked for better health and how much "dis-ease" you are experiencing now, you can begin to put it behind you by reading this book and placing yourself on a path to enjoy the life you deserve. In *Wired for High-Level Wellness*, Susan provides practical, yet powerful, techniques, tips, and delicious recipes to help manage stress, support brain health, bolster immunity, increase self-esteem, restore well-being, and live a more peaceful, happy, and balanced life." ~ **Angie Dunkling Averill, DMD & Gordon Averill, DMD, 26th Street Dental**

"Incredibly practical and uplifting, this book shows simple and proven ways out of an unhealthy, stressful lifestyle — from what you eat, how you exercise, and what you think and feel — to a balanced life abounding with joy, vitality, and self-confidence. I especially appreciate her personal stories and how she brings insight to life lessons we all need to learn in order to live our highest potential. Susan knows how to make her life and the lives of her clients and friends great adventures simply by making a commitment to live fully. You will learn how to do this in this book. *Wired for High-Level Wellness* is sure to be a welcome companion for anyone seeking to bring radiant health into their lives." ~ **Peter W. Brown, MD**

"In her book, Susan teaches us to see beauty and vitality in everyday living — even during stressful times, and to realize that age is just a number and we can choose to be youthful well into older age. If you simply want to enrich your experience of living, making your life a great adventure and celebration, then this esteemed book was written just for you. She even offers a couple of intermission breaks in the book with very humorous stories that had me laughing out loud. Not only does Susan provide a plethora of sound and practical health advice to help us all look and feel younger, boost energy, supercharge self-esteem, strengthen the brain, and cultivate an attitude of gratitude, but she also provides some delicious recipes that are easy and fast to get ready for busy people like myself who want to eat healthfully and have limited time for meal preparation. Her green smoothie, golden milk, and chia pudding recipes are now part of my high-level wellness program. I invite you to wake up to the fullness of life and all its potential, read *Wired for High-Level Wellness*, become informed and inspired, and live a healed life." ~ **Myran Thomas, LA Esthetique Wellness**

"Susan teaches us that being vibrantly healthy is more than eating the best diet and jogging around the block a few times a week. She shows us that all of the countless choices we make every day reflect our level of self-esteem. Boosting our self-esteem is a central theme throughout *Wired for High-Level Wellness*. As she writes in the book's Introduction, '*In my own life, I fortify self-esteem through living a God-centered life and always remembering that my body is God's temple and deserves to be treated lovingly—with respect and kindness.*' The quality of our health is an integral part of our happiness. Susan gives us the tools we need to build solid health and, consequently, strengthen homes and families by passing along traditions that promote happy, healthful, and joyful lives. This inspiring book will enhance your life and keep on giving for years to come." ~ **Olin Idol, ND, CNC, Vice President of Health, Hallelujah Diet**

Jones' faith-filled guidance in the pages of this highly esteemed book will help you successfully overcome any health issues and other challenges you may be experiencing, and put you on your desired and deserving path of being physically, mentally, and spiritually balanced—calm, focused, energized, and joyful—something she has been practicing and teaching worldwide for over 40 years.

"Getting back to the basics" is the foundation of this comprehensive book *Wired for High-Level Wellness*. 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. Jones believes in health by choice, not chance. Choose to read this book and you will see how easily and effortlessly your body, your health, and your life all change for the better. The transformation will astound you!

SUSAN SMITH JONES, PhD is an internationally renowned motivational speaker, holistic health consultant, and Pulitzer-nominated author. She taught health and fitness to students, staff, and faculty at UCLA for 30 years. The latest among her 33 book titles includes the celebrated *Choose to Thrive, Be the Change, Kitchen Gardening, and Invest in Yourself with Exercise*. She was selected as one of 10 "Healthy American Fitness Leaders" by the President's Council on Physical Fitness & Sports. Susan teaches that the body is designed to be self-repairing, self-renewing, and self-sustaining and that the power to live a radiantly healthy life is within everyone's grasp.

SusanSmithJones.com

