

# Susan Smith Jones, PhD

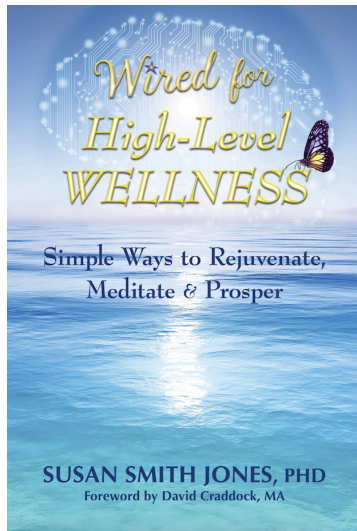
Interview Q's, BIO, INTRO & TALKING POINTS

## *Claim Victory Over Disease, Fatigue, Anxiety & Obesity: Surefire Tips to Be Healthy, Fit, Confident & Vibrant at Any Age!*

**Introduction & Bio for Susan:** 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 and balanced, joyful 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 human potential. As a renowned health and fitness educator, Susan travels internationally as a motivational speaker, and as a frequent radio/TV talk show guest. She's also the author of over 2,500 magazine articles and 33 books, including her latest celebrated two-book set: **WIRED FOR HIGH-LEVEL WELLNESS** and



**UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality.** Welcome to the show.



1. How did you get started in the fields of holistic health and human potential and who most influenced and inspired you along the way?
2. How important is commitment, self-discipline and visualization in achieving our goals and creating a healthy, fit, happy and positive life? In **Wired for High-Level Wellness**, you mentioned that self-discipline is the bridge between goals and accomplishments. I like that and I probably need to be more self-disciplined!
3. Susan, in your two books, you tell us to take time to nourish our body and soul.... how do we accomplish both?
4. You also encourage us to utilize natural remedies for our bodies and mind... give us some specific suggestions.
5. Tell us about some of the best nutrient-rich foods that will really help boost our moods, energy and brain power?
6. You say that regular exercise is part of a healthy living program? Talk about the best exercises, staying motivated, and how to exercise to reduce stress, lose extra weight/fat and strengthen the body.
7. As we get older, many of us have trouble sleeping. Why is sleep so important and do you have any advice or tips on how we can sleep like a baby nightly?

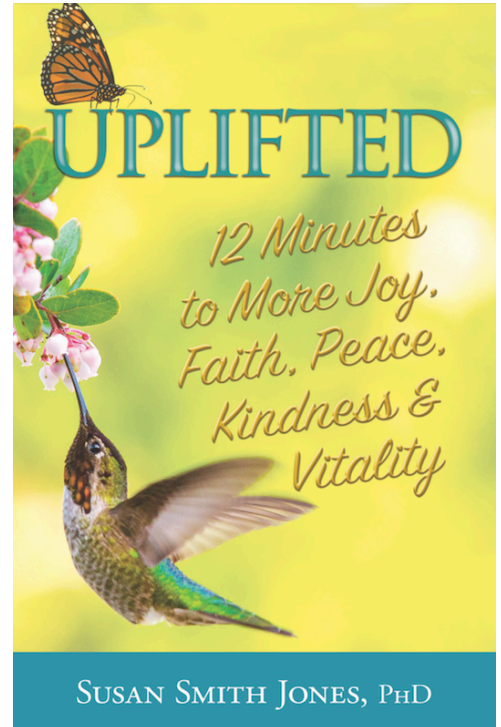


AMAZON Sells Both [UPLIFTED](#) & [WIRED FOR HIGH-LEVEL WELLNESS](#)

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8. One piece of advice from ***UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality***: Simplify your life and revel in life's joyful pleasures...is that easier said than done?
9. Live in the present and spend time in nature. What are the benefits? What is earthing?
10. Will people think I'm goofy if I encourage my inner child to come out to play and frolic more each day, as you say? What does that mean, exactly?
11. In ***Wired for High-Level Wellness***, you encourage us to begin each day on a positive note. Why is that important and how do we uplift our morning time upon awakening?
12. In ***UPLIFTED***, you advise us to lift our attitude UP and find opportunities to show kindness and be grateful. What suggestions do you have to do this? And how does meditation make us younger and more joyful, confident and peaceful?
13. Please share with us some of your favorite natural remedies — from herbal teas, to culinary spices, to fresh juices and more that you think everyone should enjoy, and in which of your books can we find more information.
14. What are your best tips to keep our bodies disease-free, immunity-strong, safe from Covid and in the pink?
15. What causes stress for most people? What kinds of health issues does too much stress lead to in the body? And what are your favorite stress-busters?
16. In both books, it's so inspiring how you write about your faith-based, God-centered lifestyle. Please tell us why it's important to you and how can we all strengthen our faith with some of your most practical tips.
17. Tell us why you wrote this inspiring two-book set about high-level wellness and living a positive, inspiring and successful life. What were your intentions and goals for these life-enriching books... and where can we get copies of each of these books? Is there a way to get autographed copies directly from you?



**TIME PERMITTING:** Susan can talk for hours and offer more tips to help your audience get unstuck from the “spin-cycle” lifestyle, shed some pounds, champion high self-esteem, glow with health, look years younger, feel more confident and empowered and learn how to celebrate life and live with gusto.

***She will inspire, motivate, empower and uplift everyone!***

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