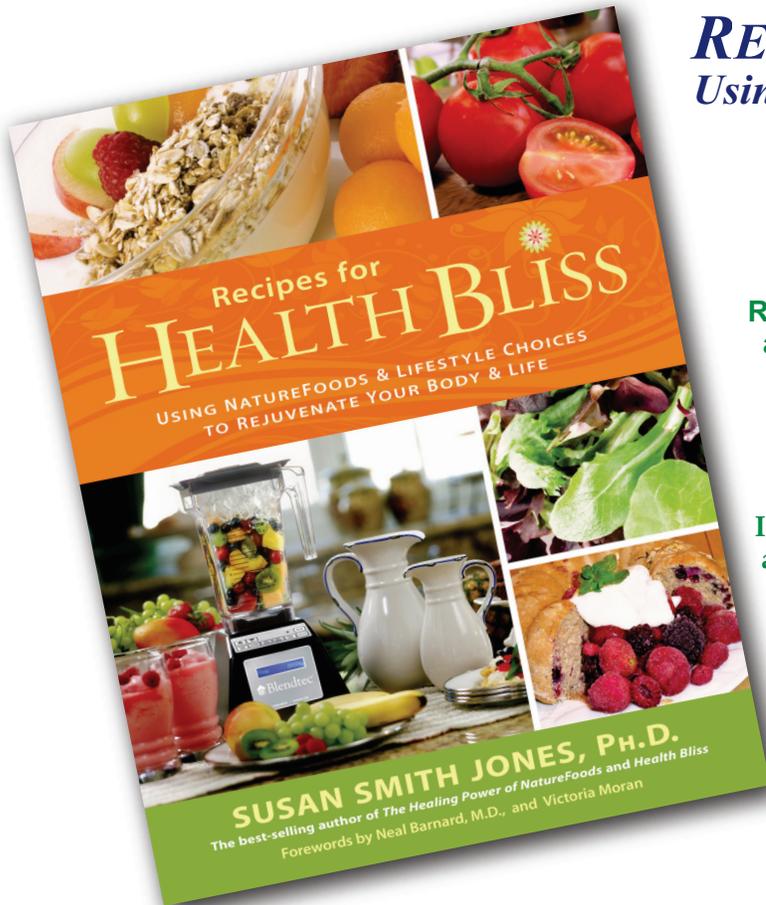




# BOOK REVIEW by Anita Finley



Enjoy Susan on **YouTube** — Type in **Susan Smith Jones, PhD**



## *RECIPES FOR HEALTH BLISS* *Using NatureFoods & Lifestyle Choices to Rejuvenate Your Body & Life*

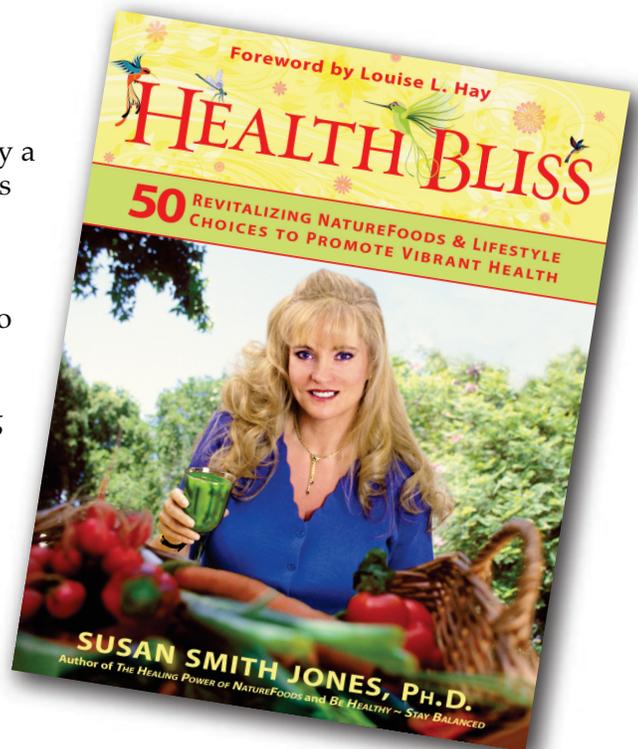
The perfect book is like the perfect meal: satisfying, delicious, and not too much. *RECIPES FOR HEALTH BLISS* is exactly that! Regarding Susan's new book, world renowned author and publisher, Louise L. Hay, says . . .

**"RECIPES FOR HEALTH BLISS is the most beautiful health book on the planet."**

Its simplicity and cogency will appeal to just about anyone who is searching for high-level wellness and quality of life. Whether you are young and in need of health advice; are young-looking and a baby boomer, like Dr. Susan Jones, and you want to stay that way; or you simply want to explore your options for turning back the clock, then her new, resplendent, full-color health book is your godsend.

The author of 25 popular holistic health books, Susan is clearly a shining example of vibrant health and youthful vitality. This is the best advice that I can give you: buy several copies of this empowering recipe and lifestyle book and give them away to your extended family, friends, and business associates as gifts for any occasion. And make sure to keep one with you daily to read often, savor, and enjoy!

The 3<sup>rd</sup> book in an illustrious 3-book healthy eating and living set (along with *HEALTH BLISS* and *THE HEALING POWER OF NATUREFOODS*), *RECIPES FOR HEALTH BLISS* has over 150 color photographs. Susan's scrumptious, inventive recipes are easy to prepare and promise boundless pleasures, whether for your everyday table or for elaborate entertaining. This gem-of-a-book is worth the price simply for the delicious photographs of colorful food throughout the pages and Susan's delightful, empowering, motivational, and humorous prose.



To order *RECIPES FOR HEALTH BLISS*, or Susan's complete 3-book set on healthy eating and living, please visit: [SusanSmithJones.com](http://SusanSmithJones.com) or call:

1.800.654.5126 PST





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A regular and popular guest on my radio talk shows, Susan’s approach is based on the premise that nature provides us with just about everything we need to be radiantly healthy and vibrantly youthful well into our 80s and 90s. She adeptly emphasizes the use of colorful, phytonutrient-rich foods and offers preparation techniques that enhance nutritional value and eliminate ingestion of chemicals and processed concoctions. With this invaluable information, the reader is able to take control of his/her health and open the door to a more energetic, disease-free lifestyle.

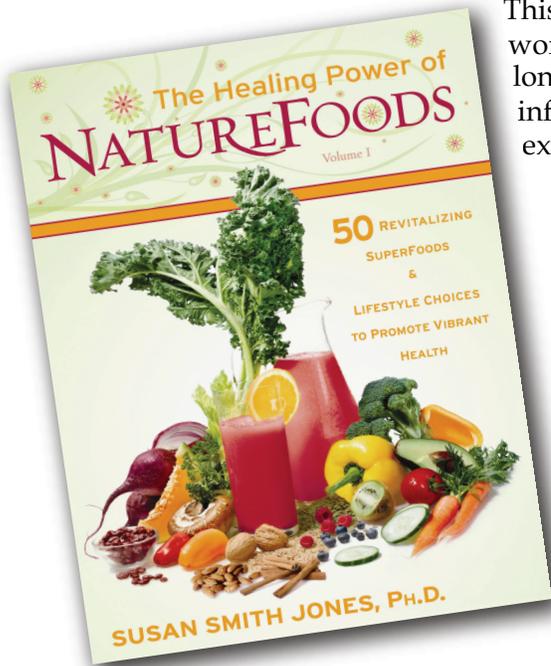
Neal Barnard, MD, founder and president of the *Physicians Committee for Responsible Medicine* in Washington, DC and author of *Dr. Neal Barnard’s Program for Reversing Diabetes*, says about Susan’s 3-book set:

**“A must-read for vegetarians, non-vegetarians, and anyone interested in vibrant health and great food, from an outstanding culinary instructor who writes from the heart.”**

And Susan’s heart and passion for health shine through on every page. In the past few decades, she has helped thousands of people become more aware of how food and lifestyle choices affect their physical, mental, emotional, and spiritual well-being. Now you, too, have all this splendid information at your fingertips—distilled to fit into today’s busy, stress-filled life.

In addition to learning about healthy foods, you will also garner valuable, life-changing information on how to sleep like a baby; minimize stress; balance your body’s pH and increase alkalinity; enjoy more raw foods; and detoxify and rejuvenate your body. You will also learn simple ways to cultivate a positive, grateful attitude; stay motivated to exercise; develop a healthy relationship with food; create nutrient-rich, delicious sprouts in your kitchen; live a more balanced, peaceful life; and look at least 10 years younger in 30-90 days.

*RECIPES FOR HEALTH BLISS* goes one step further by recommending specific kitchen tools, and other salubrious, must-have products, essential for healthy food preparation. Because Susan “walks the talk” and has worked as a nutrition counselor, culinary instructor, and a personal natural-foods private chef for over 30 years, she knows which items are the most useful and durable in the kitchen. The reader can be confident that whatever she suggests will be the best.



This best-selling 3-book set is quickly becoming popular around the world. No matter where you live, whether you’re 9 or 89, a beginner or a long-time health enthusiast, there is a wealth of uplifting and helpful, information in her set. You’ll transform your life from ordinary to extraordinary as you are entertained, educated, and empowered.

**Enjoy Susan on YouTube: Type in Susan Smith Jones, PhD**

If you would like to peruse the first 30 pages of *RECIPES FOR HEALTH BLISS* and see the beautiful design of the book, and also peruse the book’s two forewords, other excerpts and endorsements, please visit Susan’s website below, click on *New Books & Excerpts*, and scroll down to *RECIPES FOR HEALTH BLISS*. You’ll have access to many free recipes here, too.

While this new book, and her complete 3-book *Blissful Living* set is available at bookstores, to get a substantial discount on the set, (includes *RECIPES FOR HEALTH BLISS*, *THE HEALING POWER OF NATUREFOODS*, and *HEALTH BLISS*), please call Hay House: 1.800.654.5126 PT or visit Susan’s website.

—Anita Finley, Radio Talk Show Host & Publisher of *Boomer Times*



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