

TALKING POINTS FOR SUSAN'S NEW BOOK SET

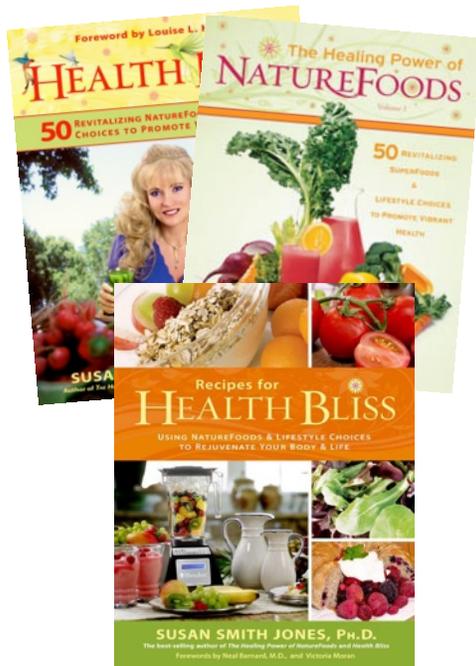
Internationally Acclaimed Mind, Body & Spirit Pioneer Reveals

21 Sensationally Simple Ways to Savor the 'Good Stuff' in Life & Live with Gusto



Are you living your life in a perpetual rush? At least one-third of Americans admit to doing exactly that and it's easy to see why. Our days are a frenzied dance of work projects and family obligations interspersed with obligatory e-mails to send, text messages to respond to and check-ins with friends on Facebook. Whatever happened to "me" time?

We all know that this rushed pace is not good for us; that we need to be doing more to improve the quality of our lives. But how do we find the time? **Susan Smith Jones** has the answers your audience desperately needs. They come straight from her new 3-book healthy eating and living *Blissful Living* set (Hay House) with the forewords by author and publisher, Louise Hay, and author and PBS lecturer Neal Barnard, MD.



Like Having an App for Everything Health-Related

This Expert Tackles Your Most Important Well-Being Topics with the Greatest of Ease

For a woman with three of America's most ordinary names, Susan Smith Jones, MS, PhD, has made extraordinary contributions in the fields of holistic health, high-level fitness, natural remedies, optimal nutrition, longevity, and human potential. Invite her to discuss . . .

- 7 surefire stress-busters and energy boosters.
- 10 secrets to looking years younger in 30 days.
- 7 secrets all successful and happy people know.
- 13 foods that boost your mood (and get you in the mood).
- 9 simple tips to give you the confidence of a winner.
- Discover the top 10 healing secrets in your spice rack.
- Back to basics advice your grandmother would have given you had you only listened including Susan's 12 favorite natural remedies . . . *that really work!*
- And so much more!

CREDENTIALS: Selected as one of ten "Healthy American Fitness Leaders" by the President's Council on Physical Fitness & Sports, Dr. Susan is an award-winning writer and advice columnist. She has authored over 1,500 magazine articles, numerous audio programs, and 25 books including her bestselling 3-book healthy living series by Hay House—*The Healing Power of NatureFoods*, *Health Bliss*, and *Recipes for Health Bliss*. Susan appears regularly in the pages of national and international publications and has been a guest on more than 2,000 radio and television talk shows worldwide. For 30 years, she taught students, staff, and faculty at UCLA how to be healthy and fit. On her frequent lecture/media tours, Susan discusses all aspects of living a vibrantly healthy life. **Visit:** www.SusanSmithJones.com

Dr. Susan's Popular Seasonal Shows

- Let colds and flu pass you by this winter
- Making every day Thanksgiving by developing an attitude of gratitude
- Beat holiday stress before it beats you
- Top 10 New Year's resolutions for a healthier, happier, more successful you
- Valentine's Day Secrets: What the world's best lovers know to keep passion alive and libido flowing
- Healthy and oh-so-good Halloween treats kids will refuse to give away
- Surefire tips for spring cleaning your mind, body, spirit and home
- Simple keys to a luxurious, inexpensive, and retreat-like summer staycation
- Natural allergy and hay fever remedies

"Having a cell phone, a high-speed computer, a GPS, and a Smartphone might make you feel plugged into the world of the future, but the only thing you might really be is wired. It's the people who are internally plugged in, the people who are deeply connected to their inner sacredness and spirituality, who will thrive." – Susan S. Jones

AVAILABILITY: Los Angeles, nationwide by arrangement and via telephone

CONTACT: To book Susan, please contact Hay House publicist Lindsay McGinty, (800) 654-5126, ext. 115 (PST), lmcginty@hayhouse.com.