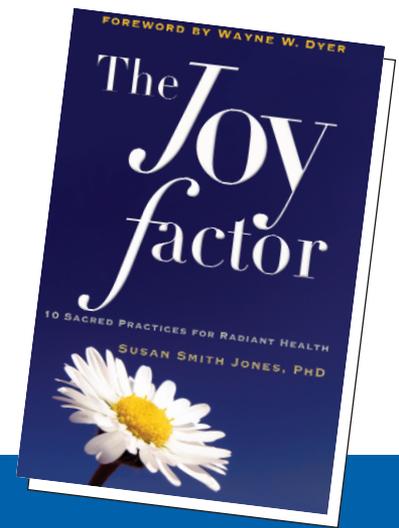


Reviewed by Mary Liro



## The Joy Factor

10 Sacred Practices for Radiant Health

Foreword by Dr. Wayne W. Dyer

by Susan Smith Jones, Ph.D.

It has been very easy for people to lose their sense of balance within the last several years. With a sagging economy, rising personal debt, pressure from all sides and never enough personal time, it is easy to understand why people feel stressed and overburdened with problems. Even the *New York Times* reported that one third of Americans are always in a state of rush. No one seems to remember the lessons our parents and grandparents tried to teach us: The simple pleasures are what make life worth living.

Susan Smith Jones, Ph.D., in her new book *The Joy Factor: 10 Sacred Practices for Radiant Health*, reminds us of that childhood lesson. Her goal is to guide her readers back to their true nature through ten simple practices that will help keep them looking and feeling healthy, vibrant and youthful for life, even in times of crisis. She offers strategies for proper diet, physical exercise, positive



thinking and simple living to help people unwind, relax and begin to return their health and outlook on life back to a positive track.

Susan will become your personal life coach. She will help you 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.

The book is divided into ten chapters so that Susan can adequately address each of the practices at length. A workbook is included at the end of the book which allows readers to more fully understand their own attitudes and beliefs for the purpose of closer examination.

If you are one of the many people feeling like life is pulling you down a road you do not wish to travel, or you wish to travel down a different road altogether, let Susan offer her guidance to you.

To order a copy of the book from the National Health Association, which will include a signed card from Susan, please see page 32.

### Here is what other notable authors are saying about Susan’s latest book — *The Joy Factor!*

“Susan has a gift for taking complex research, scientific studies and personal experiences and distilling them down to the most practical — and empowering — level. *The Joy Factor* contains all of the essential ingredients to live our very best lives —physically, mentally, emotionally and spiritually.”

**Victoria Moran, author of *Creating a Charmed Life***

“A treasure-trove of sage and sound information by an author who has devoted her life to living fully and celebrating life. This combination book/workbook is sure to be a welcome companion to anyone seeking vitality and radiant health into their lives. Whether you are 18 or 88, or you live in the US, Europe, Canada, Asia, Australia or the UK, this book is essential reading and will bring peace and high-level wellness to your life. I wholeheartedly recommend it to everyone!”

**Neal Barnard, M.D., founder and president of the Physicians Committee for Responsible Medicine in Washington, D.C., and author of *Breaking the Food Seduction***