

Walking on Air

Your 30-Day Inside and Out Rejuvenation Makeover

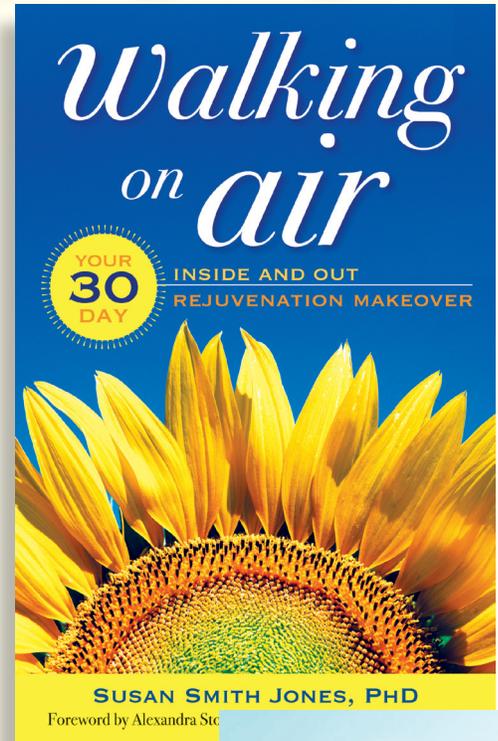


Walking on Air is Like Having an App for Everything Health-Related

Internationally acclaimed pioneer of the mind-body-spirit approach high-level wellness, **Susan Smith Jones, PhD**, teaches readers how to become healthier, happier and more successful in only 30 days. *Walking on Air's* one-month plan of action is short enough for anyone to complete, yet long enough to create significant changes in how each person feels. Each day's action step and affirmation builds on the day before, to help anyone feel vibrantly healthy, more confident, and ready to thrive. A personal growth coach extraordinaire, Susan tackles your most important healthy living topics with the greatest of ease in *Walking on Air*. This book will inspire, motivate, and empower you to create your ideal life now — without any more excuses or delays — and help you find your true purpose in life.

This acclaimed book is based on Susan's work helping 1,000s of clients and participants in her workshops, seminars, and retreats transform their health and happiness. An in-demand talk show guest and health consultant, Susan covers the following topics and more in *Walking on Air*:

- Reveling in life's simple pleasures
- Benefitting from time spent in nature
- Planning an unforgettable staycation
- Using 12 age-reversing foods, herbs and spices to lose weight
- Learning the 7 surefire stress busters that work for everyone
- Embracing the right type of daydreaming to plump up your wallet, enlarge your bank account, and enhance your confidence and self-esteem
- Initiating rituals to interrupt negative thinking and balance your day
- Becoming the CEO of your body and life
- Achieving goals and high-level success with grace and ease
- Mastering the art of self-discipline, patience, letting go, and forgiveness



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From the foreword by bestselling author Alexandra Stoddard:

“Susan’s inspiring book will help you to reconsider your priorities and reassess how you use your time and what you value in order to live a more fully realized life. It’s practical to read, delightfully pleasant to follow, and easy to use. If we commit ourselves to this 30-day plan and daily principles, we’ll find that in just one month’s time, we’ll feel stronger, healthier, and ready to soar.”

Even though she has three of America's most ordinary names, **Susan Smith Jones, MS, PhD**, has made extraordinary accomplishments in the fields of holistic health, optimal nutrition, anti-aging, and human potential. A prolific writer, Susan has authored over 1,800 magazine articles on healthy living and 27 books, including *The Joy Factor* and *Recipes for Health Bliss*. Susan travels internationally as a frequent guest on radio and TV talk shows and an in-demand motivational speaker to community, corporate, and spiritual groups. She resides in West Los Angeles.

Visit: www.SusanSmithJones.com



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