

5 Motivating & Empowering Holistic Health & Lifestyle Books for Adults & Children

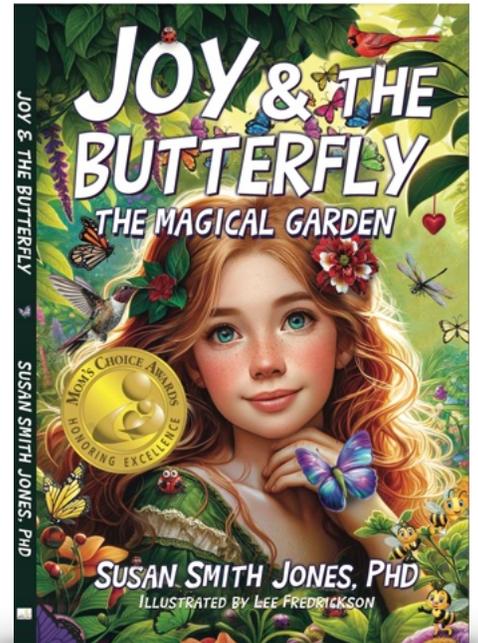
by Susan Smith Jones, PhD

★ SusanSmithJones.com ★

1. [JOY & THE BUTTERFLY: The Magical Garden](#)
(For children of all ages and young-at-heart adults who want to be inspired by an uplifting story. Gold Medal winner from the organization *Mom's Choice Awards* for best Family-Friendly Book & Inspiring Story.)

A heartwarming novelette about a spirited young girl, Joy, who reminds us in all 18 chapters of the power of optimism and the importance of spreading kindness. She has characteristics of Pollyanna & Anne of Green Gables.

While exploring her family's farmland with her horse, Champ, 10-year-old Joy, who recently moved to the countryside with her parents and five siblings to escape the hustle and bustle of city life, rescues a caterpillar from harm. This act of kindness leads her into an extraordinary bond with a dazzling butterfly that later in the story emerges from its chrysalis. Joy embarks on delightful adventures alongside the magical butterfly, her family and friends, and beloved pets all while discovering valuable life lessons.



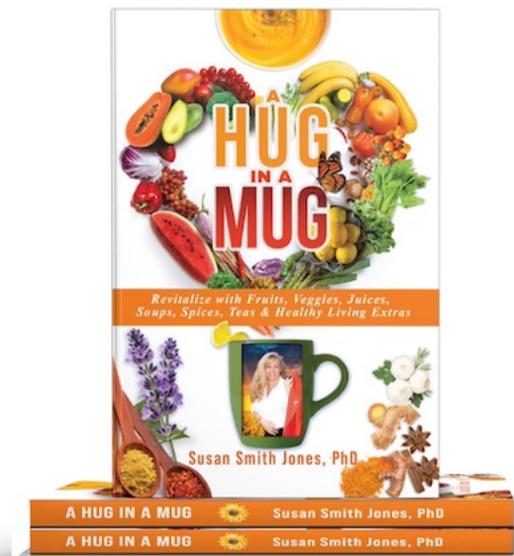
Most importantly, in *JOY & THE BUTTERFLY: The Magical Garden*, Joy learns that each day presents us with blessed opportunities to learn, grow, live more fully, and optimize our well-being and happiness provided we pay attention to the whispers of our hearts. This full-color book introduces readers to the magic of nature and a world filled with simple pleasures and blessings everywhere.

While reading skills vary, children age seven and above can read it independently or aloud to others; children ages five to seven can read alongside an adult, while children two to five can be read to. Those under three can look at the riveting illustrations while the adult points out images of interest and tells the story.

In other words, this book works for the young ones who can't read yet, for children who are gifted at reading, and even adults who wish to be inspired by a very positive story. And at the end of the book, there are **100+ Fun Study Questions & Inquiries for Adults** (and teachers) to help engage everyone fully and learn all kinds of essential life skills.

2. **A HUG IN A MUG: Revitalize with Fruits, Veggies, Juices, Soups, Spices, Teas & Healthy Living Extras**

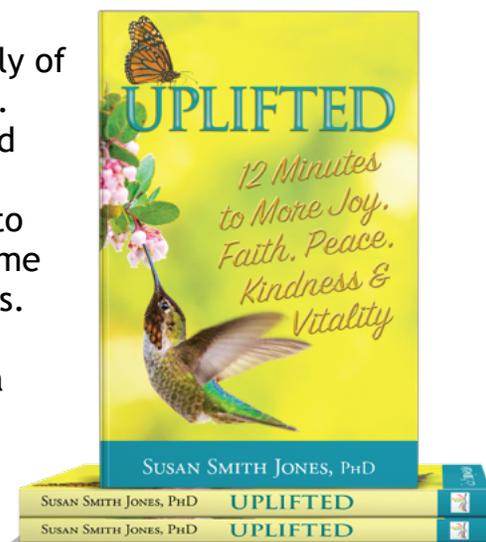
The title, **A HUG IN A MUG**, has two meanings. First, yes of course, it refers to some delicious, wholesome foods and beverages you can enjoy in a mug like healing teas, rejuvenating juices, and scrumptious soups. These are all discussed in this book, which also includes over 100 easy-to-prepare, nutritious recipes. Second, it also refers to looking at your body as a magnificent MUG, a miraculous vessel given to us by God, to take care of throughout our lives. We need to give our body many hugs each day in the forms of wholesome nutrition, daily exercise, ample sleep, time in nature, stress management practices, positive social connections, an attitude of gratitude, uplifting faith, and more. Healthcare starts with self-care and it's our responsibility to honor our glorious physical, mental, and spiritual mug-vessel; it's all interconnected and working as one.



3. **UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality**

This next book in Susan's Healthy Living & Whole-Body Vitality Program trilogy sits between **A HUG IN A MUG** and **WIRED FOR HIGH-LEVEL WELLNESS**. Susan shows you how to uplift your life in just 12 or fewer minutes each day! You'll discover a natural path to overcome anxiety and depression by building strong foundations all detailed superbly in **UPLIFTED**.

Busy lives inevitably create a hectic pace of life. Experiencing beauty, feeling wonder, and breathing in deeply of nature's blessings often fall to the bottom of our to-do lists. Susan's inspiring book helps us reconsider our objectives and aspirations and reassess how we use our time and what we value in order to live a more fully realized life. The secret to creating transformation is to make changes one step at a time in 12-minute practical segments and in 21-day commitments. Over time, the cumulative effect will manifest significant changes in one's life. Because it's not always easy to start a new life-changing program or give up old habits, **UPLIFTED** gently guides the way. Put simply, the guidelines in this book will lead you to lasting mental well-being & a joyful, contented life.



4. **VEGETABLE SOUP/THE FRUIT BOWL** (Created for children ages 1-10)

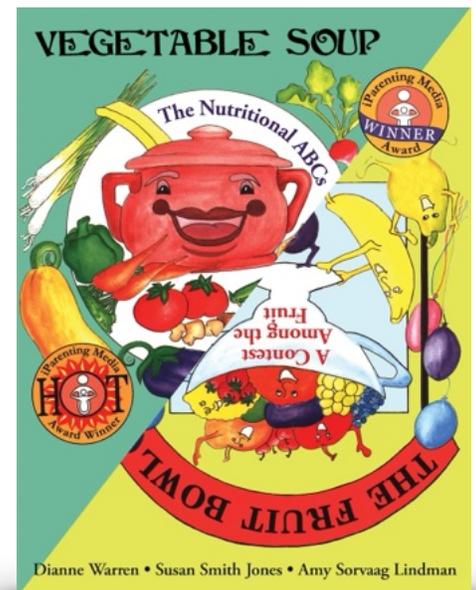
Selected as the winner of the *Disney iParenting Media Award*, this entrancing children's book, co-authored with Dianne Warren, **VEGETABLE SOUP: The**

Nutritional ABCs & THE FRUIT BOWL: A Contest Among the Fruit is cleverly designed as two books in one. It features vegetables from the front to the middle, and fruits from the middle to the end. Beautiful four-color illustrations and rhyming verses introduce children to the connections between what they eat and how they look, feel, and perform. You will discover exciting new ways to help your children eat right – beginning today. It’s perfect for kids ages 1-10.

Each illustration in the book has been carefully chosen to prompt interaction between the child and the reader, or between the child and the picture itself, if he or she is already reading. The entertaining text not only teaches about fresh, delicious whole foods, but also helps develop math and reading skills as the children take an active part in reading it. This “we are what we eat” book is the ideal way to lay the groundwork for lifelong healthy eating habits.

Both Susan and Dianne have Lifetime Teaching Credentials and extensive experience teaching nutrition to children around the world. Their desire to encourage awareness of and appreciation for nutritionally sound foods is expressed in a delightfully entertaining way.

Because even the youngest children can participate in the reading process, learning about these colorful fresh fruits and veggies is fun and will promote healthy self-esteem and a positive attitude about learning. Children everywhere will love and deserve this unique volume. After all, what better gift can you give them as they grow than the gift of vitality and radiant health? Enjoy **VEGETABLE SOUP/THE FRUIT BOWL** with all the children in your life. It’s engaging, empowering, and packed with ideas that promise the best of health.



Dean Ornish, MD: “*Children develop their taste preferences as they grow up. Therefore, parents would be wise to feed their children a healthy diet. The authors of this reader-friendly, award-winning book, **VEGETABLE SOUP/THE FRUIT BOWL**, show us how.*”

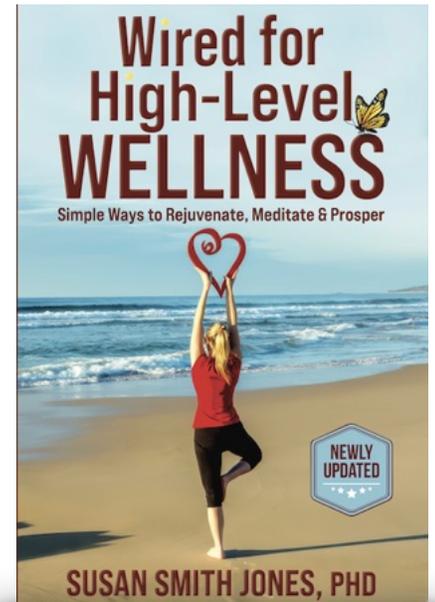
Tony Tantillo, the Fresh Grocer: “***VEGETABLE SOUP/THE FRUIT BOWL** is the finest children’s book written on the benefits of produce related to health. With the abundant supplies and varieties of fruits and vegetables available today, it has never been easier to get our kids to eat fresh produce and stay healthy.*”

William P. Castelli, MD: “*We must as parents, teachers, and health professionals, get our children on safer diets and into the habit of eating lots of fresh fruits and vegetables. **VEGETABLE SOUP/THE FRUIT BOWL** helps us lead them in the right direction.*”

Children eat more produce after reading this book! It’s the best party favor for kids’ birthday celebrations and is welcomed by classmates and teachers.

5. WIRED FOR HIGH-LEVEL WELLNESS: Simple Ways to Rejuvenate, Meditate & Prosper

In this faith-based book, Susan reminds us that God created and blessed us with an extraordinary body. From head to toe, she explains how we can heal ourselves and build vibrant health – at any age. We weren't made to simply get by with a dull, unfulfilling life. God wants us to flourish, thrive, and live our best lives. But it's hard to do that when we're struggling with health challenges, whether big or small. No matter what your reason is for turning to **WIRED FOR HIGH-LEVEL WELLNESS** – whether it's to find more happiness in life, look and feel better, foster balance, discover how to eat healthier and be more positive, reinvigorate your body, boost your self-esteem, and/or live a more peaceful, hopeful, prosperous life with a heart full of faith and a strengthened relationship with God – this book will lead you in the right direction. Get ready to feel wonderful in body, mind, and spirit and enjoy the extraordinary life you were designed to live.



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The gift of health is the best gift you can give!

