



THE JOY FACTOR

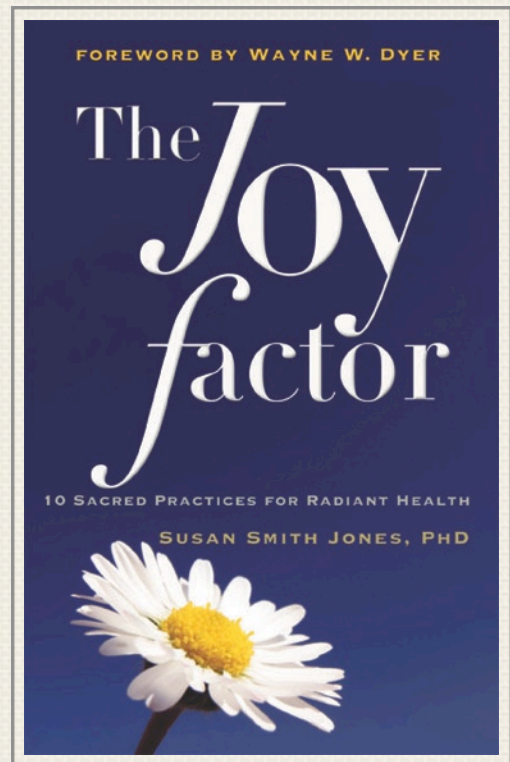


The Joy Factor ***10 Sacred Practices for Radiant Health***

by Susan Smith Jones, PhD

After much expectancy and anticipation, Susan's latest 26th book, ***The Joy Factor: 10 Sacred Practices for Radiant Health***, was just released ahead of schedule (Conari Press, 2011). With the foreword by Dr. Wayne W. Dyer, this acclaimed, spirited book will be your godsend if you need help with building self-esteem, simplifying your life, creating high-level success, health and prosperity, or living with more joie de vivre and passion. Throughout the pages of this celebrated book, Susan will become your personal life coach. She will help you get unstuck from the "spin-cycle" lifestyle, shed some pounds, glow with vitality, look years younger, feel more confident and empowered, and learn how to celebrate yourself and life and live with gusto.

"In the routine of everyday life, it can be easy to feel stuck," writes Susan in the book's introduction. "We may cycle between fad diets, but never reach our weight goals; shove our greatest hopes and dreams to the back of the closet; and ignore our nagging health concerns. Sometimes we just need a jumpstart and supportive advice from someone who really cares and knows how to get us back on the right track. This is one my goals — to take you step-by-step from where you are now in your life to the top of the mountain to your pot of gold at the end of the rainbow. It's waiting for you to claim it as your own." This is what you have to look forward to in this book. Part rule-book, part playbook, and part workbook, ***The Joy Factor*** extracts and distills the most life-changing and easily applicable health- and success-building strategies from her work with 1,000s of clients worldwide over the past 35 years and tells you in easy-to-understand prose how to put them to use in your life.



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