



# Health Bliss: 50 Revitalizing NatureFoods and Lifestyles Choices to Promote Vibrant Health

*Susan Smith Jones*

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## **Health Bliss: 50 Revitalizing NatureFoods and Lifestyles Choices to Promote Vibrant Health** Susan Smith Jones

Would you like to lose unwanted pounds, eliminate the ongoing stress of unbalanced living, and regain your zest for life? If so, then this easy-to-read diet-and-lifestyle book is for you, as it will gently guide you on a journey to unparalleled vitality, your ideal body weight, and the confidence you need to control your own health destiny. Renowned author Susan Smith Jones shares the secrets of health and diet success that her private clients pay thousands of dollars for. She shows you how to select the healthiest and most delicious foods, explains how a little bit of exercise can go a long way, reveals the importance of silence and solitude, and empowers you to make the changes that will make you look and feel younger and more energetic than ever! The 21-day approach recommended in this book will give you the motivation you need to take charge of your body, your health, and your life—physically, mentally, emotionally, and spiritually as you learn which foods heal, detoxify, and rejuvenate your body, look and feel ten years younger in just 90 days, understand how raw, plant-based foods facilitate healing and restore youthful vitality, lose 20 to 30 pounds over three months by eating more, not less, free yourself from depression and negative self-talk, and much much more!



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