



# Walking on Air: Your 30-Day Inside and Out Rejuvenation Makeover

*Susan Smith Jones*

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## **Walking on Air: Your 30-Day Inside and Out Rejuvenation Makeover** Susan Smith Jones

For readers looking to lose weight, get healthy, or simply break free from a "spin-cycle" lifestyle, this book is exactly the catalyst they need to make the change. Holistic life coach, popular motivational speaker, and frequent guest on George Noory's nationally syndicated "Coast to Coast," Susan Smith Jones offers 30 days of changes that will jumpstart vibrant physical health and get readers feeling more satisfied and spiritually whole.

In this complete updating of her 1980s bestseller *Choose to Live Peacefully*, Smith Jones shares the simple lessons she has used to help thousands of clients make remarkable transformations in their health and happiness. Each chapter offers specific recommendations such as:

- choosing colorful, rejuvenating, whole foods
- simplifying one's surroundings
- practicing surrender
- sticking with whatever works to get exercise every day
- honoring intuition
- opening oneself up to abundance
- mastering the art of self-discipline

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Smith Jones serves as both astute coach and caring friend as she walks readers through 30 days of changes, to show them how to live a happier and more balanced life, day by opportunity-filled day.

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