



# The Joy Factor: 10 Sacred Practices for Radiant Health

*Susan Smith Jones*

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## **The Joy Factor: 10 Sacred Practices for Radiant Health** Susan Smith Jones

A pioneer of the mind-body-spirit approach to health and wellness, Susan Smith Jones, teaches readers 10 simple practices that will keep them looking and feeling healthy, vibrant, and youthful for life. These include cultivating kindness and gratitude; staying adventurous and childlike; making physical activity a part of everyday life (by finding activities that you love); eating natural foods, with an emphasis on raw and plant-based foods; engaging in breathwork, prayer practice, visualizations and affirmations, and so much more. What sets The Joy Factor apart is its emphasis not only on the things we do for ourselves, but the things we do in community that make us feel most alive and at our peak. It's not all about me; it's about how "me" meets the world--the simple, everyday things we can do to glow with good health.

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