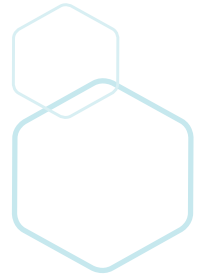




DR. SAUNDRA DALTON-SMITH



Do your best work and be your best self through active rest and boundaries.

Dr. Sandra Dalton-Smith discusses how in her new book, *Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity*

Dr. Sandra Dalton-Smith is an author, speaker, and board-certified internal medicine physician. She has an active medical practice in

Alabama (near the Birmingham area). She received her B.S. in Biochemistry at the University of Georgia and graduated with honors from Meharry Medical College in Nashville. She has been an adjunct faculty member at Baker College and Davenport University in Michigan teaching courses on health, nutrition, and disease progression.

Dr. Dalton-Smith is a national and international media resource on the mind, body, spirit connection and a top 100 medical expert in Good Housekeeping Doctors' Secrets. She has been featured in many media outlets including Women's Day, Redbook, First For Women, MSNBC, and Prevention. She is the author of *Set Free to Live Free* and *Come*

Continued...



DR. SAUNDRA DALTON-SMITH

Empty (winner 2016 Golden Scroll Nonfiction Book of the Year and 2016 Illumination Award Gold medalist). Her newest release is ***Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity***, including ground-breaking insight on the seven types of rest needed to optimize your productivity, increase your overall happiness and live your best life. She has shared her tips on merging faith and medicine with over 16,000 health care professionals to encourage the current and next generation of doctors to treat the whole person.

LINKS

Website: <http://ichoosemybestlife.com/>

Sacred Rest book: <http://ichoosemybestlife.com/sacred-rest/>

Other books by Dr. Dalton-Smith: <http://ichoosemybestlife.com/available-books/>

Dr. Dalton-Smith on Facebook: <https://www.facebook.com/DrSaundraDaltonSmith>

Google+: <https://plus.google.com/+SaundraDaltonSmith>

Instagram: <https://www.instagram.com/drdaltonsmith/>

LinkedIn: <https://www.linkedin.com/in/drdaltonsmith/>

Pinterest: <https://www.pinterest.com/drdaltonsmith/>

Twitter: <https://twitter.com/DrDaltonSmith>

Free Rest Quiz test: <https://ichoosemybestlife.com/quiz/rest-quiz-test/>

Other free resources: <http://ichoosemybestlife.com/resources/>

