

## Sample Interview Q's to Ask Susie Mantell That Work Well for Media Professionals



- Why is "stress" suddenly such a hot topic?
- How can stress harm us?
- How does stress harm our organizations?
- Who is "stressed-out" these days?
- What are some of your more unusual seminar clients?
- How can I tell if stress is affecting the quality of my life? My employees?
- What is the "mind-body connection"? How does it work?
- Define meditation. Doesn't it take years to learn?
- Can you suggest how to cope with irritating co-workers...or "The Boss from Hell"?
- How can I get rid of "head noise"--There's always so much chatter in there!
- How are Sneezing, Laughing Meditating and Orgasms alike?
- How to Revitalize an Exhausted Body (in 3 Min. Flat!)
- How Stress Impacts Health & Relationships
- What are some 21st Century Workplace Stress-Relief Tips
- How can mind-body meditation reduce stress?
- About Her Own Extraordinary Experiences with Healing
- How to Cope with Tax-Time I.R.S. Stress
- How did you get involved doing this work?
- Are you a "healer"? (or What is Healing?)
- Where can I learn more about mind-body wellness?
- How can anger make us sick?
- What are some Quick Suggestions for aches & pains?
- Insomnia seems to plague many people these days--What can we do?
- How can we manage Holiday Stress better?
- How to beat the Holiday Blues
- How can we diminish stress and put the joy back in day-to-day living?
- How to deal with irritating relatives?
- What about people who are alone at the Holidays?
- What are some perfect gifts for the person in your life who's stressed-out?
- What are some practical applications for "Your Present: A Half-Hour of Peace?"
- Tell us about your great website where people find FREE tips on [www.relaxintuit.com](http://www.relaxintuit.com)?
- How can listeners arrange for your stress-management programs? (888-NOW-RELAX)
- Where can listeners get "Your Present" A Half-Hour of Peace?"

**Award-winning stress-relief expert Susie Mantell** is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in *The Los Angeles Times*, NBC, ABC, CBS-TV, *Town & Country*, *The American Pain Society*, *Hazelden* and *The Susan G. Komen Breast Cancer Foundation*, listeners include *The Mayo Clinic*, *Memorial Sloan-Kettering*, *The Betty Ford Center*, *V.A. Hospitals* and *Canyon Ranch* ("#1 Spa"--*Conde Nast Traveler*). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at [www.relaxintuit.com](http://www.relaxintuit.com)