

Sample Interview Topics for Susie Mantell: *(Something else on your mind? Just ask!)*

General Interest



- What is Stress, and what does it do?
- Mind-Body Stress-Busters for the New Millennium
- "Managing" 21st Century Stress: Mind-Body Wellness
- Coping With Fear of Uncertainty & Global Events
- Signals that Stress is Affecting Your Life...
- Mind-Body Relaxation...Anytime...Anywhere!
- Could You Be Increasing Your Own Stress Level?
- Is the Glass Half-Empty? Half-Full?
- Simple Soothers for Everyday Stress
- Putting STRESS on Relaxation
- Parenting Stress
- Soothing Sleeplessness
- Preventing Burn-Out
- Quick Tips: 1-Minute Speed-Whining
- Sleepless in...Wherever?
- Coping with Loss
- Muffle Mental Chatter
- "Recreation" (...Take another look at that word!)
- Grace Under Pressure...Courage Under Fire
- Hold that Thought! (mind-body memory enhancers)
- Release...Replenish...Renew: Quicktips Just for You

Health-Related



- Living with Chronic Illness: Release... Replenish... Renew
- Lose that Pain-in-the-Neck (or anywhere else!)
- Intuitive Healing: Inside-Out Wellness
- "What About Me?" Help for the Harried Healer
- Susie's Extraordinary Personal Experiences with Healing

Work-Related

- Workplace Damage Control: Simple Steps to Release On-the-Job Stress
- Downshifting: Transitioning from Work to Home
- Stress & Decision-Making
- Powerful, Practical Stress-Busters for the Workplace
- Boss-from-Hell Got You Down?
- Deskside Brain Vacation: Round-Trip in 5 Minutes Flat





Seasonal

- This Year...*Enjoy* the Holidays!
- Creating "Peace on Earth" at Family Gatherings
- Simple, Stress-Buster Gift Ideas (Including "Freebies")
- Winter Doldrums' --10 Simple Tips for Relief
- Avoid "Snowballing" into Feeling Overwhelmed
- New Traditions--Holiday Planning With Your Kids
- If You're Alone at the Holidays...
- I.R.S. S-T-R-E-S-S? Help Yourself to Less! Tax-Time Tips



Beauty-Related

- Quick Tips for Mind-Body Beauty
- Effects of Internal Stress on External Beauty
- Secrets to Looking Younger--from the Inside, Out!
- Relax Your Wrinkles Away
- Create an Inner Glow to Shine Thru Winter
- Winter Stress, Inside/Out (Effects of Stress on Beauty)

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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

PO Box 261 Chappaqua, NY 10514 Relax Intuit™ LLC
888.669 7352 info@relaxintuit.com www.relaxintuit.com

