

About Susie Mantell...



[Susie, Age 5]



Award-winning stress relief facilitator Susie Mantell is the author of the bestselling relaxation CD, "Your Present: A Half-Hour of Peace." Listeners include The Mayo Clinic, Memorial Sloan-Kettering, Canyon Ranch Health Resorts (9x "BEST SPA,") The Betty Ford Center, Hazelden, Susan G. Komen Breast Cancer Foundation, 1st responders, military families, and everyday people. . . in all walks of life. The warm, exquisite narration is clinically approved to relieve symptoms associated with stress and sleeplessness, pain, depression, fatigue and long-term illness, post-traumatic stress, cancer, "workplace burnout" and other physical, emotional and psychological stressors. With a voice described as "liquid," Mantell is often referred to as the calm within the storm. An insightful speaker, imaginative and fun, Mantell customizes programs for clients including Citibank, Verizon, New York Hospital: Columbia/Cornell, Remington, The Arthritis Foundation, The National Conference on Loss and the world-renowned Canyon Ranch Health Resorts. Mantell's powerful, practical mind-body techniques have been featured in NBC, ABC, CBS TV, The Los Angeles Times, Town & Country, Cosmopolitan, Redbook, Weight Watchers, Playboy, syndicated radio and newspapers, OnHealthWebMD, iVillage, Executive Update, Militarywives.com and America Online. Utilizing cognitive and integrative techniques to prevent and release stress, enhance clarity and focus, improve memory, boost morale and overall well-being, she offers fresh perspectives and realistic tools to support wellness, consistent with individual belief systems and lifestyles. With experience in mind-body processes, energy medicine, meditation, breath and body work, Susie has also participated in shamanic healing. The Coca-Cola Company named Susie to their 4-person panel of experts, "The Dasani Wellness Team."

Fun Facts...

Susie Mantell is also an award-winning pop songwriter whose work has been heard Off-Broadway and at Carnegie Hall's Weill Recital Hall. TV/film credits include: "Murphy Brown," "Another World", "All My Children," "E! True Hollywood: Paula Abdul," "U.S. Marshals", "Entertainment Tonight", "The Guiding Light" etc., with Cantonese translations on pop charts in Hong Kong. Susie's voice-overs have been heard on TV and radio, from "Parents' Magazine Health Tips" and "Freddie Kruger's Tales of Terror"... to the voice of a laughing daisy.