



Award-Winning Stress Relief Expert Susie Mantell

... is the bestselling author of the guided relaxation meditation CD, "***Your Present: A Half-Hour of Peace***" (***BEST AUDIOS AWARD -Publishers Weekly***). An Amazon.com bestseller, listeners include The Mayo Clinic, Memorial Sloan-Kettering Cancer Center, The Betty Ford Center, renowned Canyon Ranch Health Resorts and men and women of all ages who could really use a great night's sleep.

Narrated by the author with a voice described as "liquid," Mantell is often referred to as the calm within the storm. Like an easy chair, Mantell's exquisitely soothing stress relief meditation carries listeners into soft, effortless relaxation. An oasis from a hectic schedule, or a prelude to deep, restful sleep, "***Your Present: A Half-Hour of Peace***" is clinically approved to relieve symptoms associated with Stress and Sleeplessness, Depression, Anxiety and Pain, Long-Term and Chronic Illness, as well as Caregiver Fatigue, Work-Related and Post-Traumatic Stress.

An insightful speaker, imaginative and fun, Susie Mantell has customized stress reduction programs for clients including Citibank, Verizon, New York Hospital, Ford, AETNA, The Arthritis Foundation, Canyon Ranch, and National Cancer Survivors Day. The Coca-Cola Company named Mantell to their 4-person panel of experts, "The Dasani Wellness Team." Her multisensory mind-body stress management techniques have been featured on NBC, ABC, CBS TV and radio, and print media including The Los Angeles Times, Billboard, Marie Claire, Town & Country, Weight Watchers, Cosmopolitan and Playboy. Utilizing mindfulness, cognitive integrative techniques to prevent and release stress, enhance memory, clarity and focus, boost morale and overall well-being, Susie Mantell offers fresh perspectives and realistic tools applicable within individual belief systems and lifestyles. With experience in mind-body processes, energy medicine, mindfulness and various meditation practices, breath and body work, Mantell has also participated in shamanic healing.

Fun Facts...

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