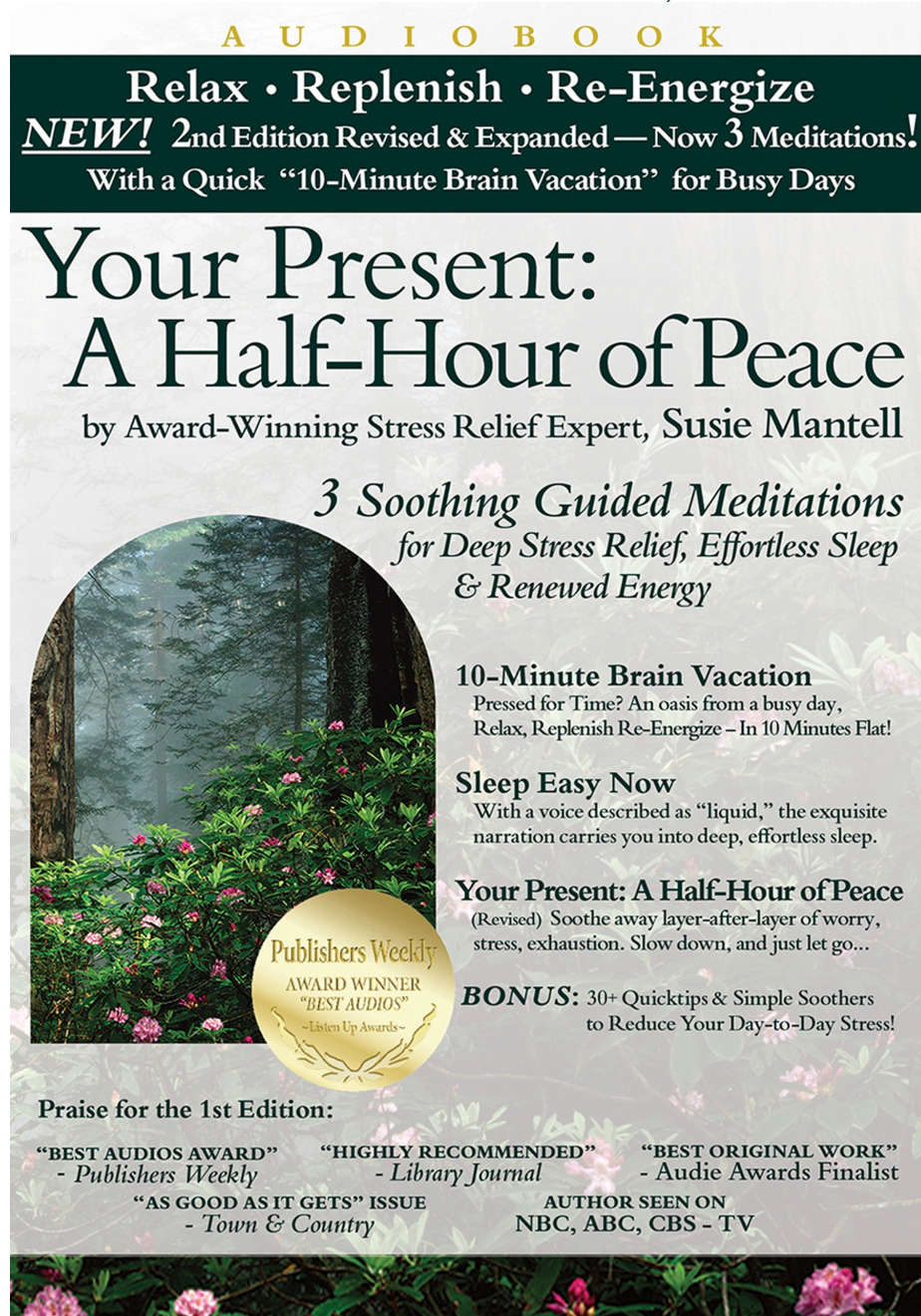


**NEW!** May 2020: 2<sup>nd</sup> Edition Revised and Expanded

**Publishers Weekly Award-Winner**

*Substantially Increased Stress Relief Content*



CD ISBN: 9780965072427

Digital ISBN: 9780965072434

IPG: "Top Shelf Title"

Publishers Weekly: Featured in Editorial "Spring Audio Announcements" (2.3.20 Issue)

## Fast Facts for Journalists, Consumers & the Book Trade

**NEW! 2<sup>nd</sup> Edition Revised and Expanded of Publishers Weekly Award-Winning Audiobook**

*Substantially Increased New Content*

Kindly Use Full Title:

**Your Present: A Half-Hour of Peace, 2<sup>nd</sup> Edition Revised and Expanded**

Subtitle:

**3 Soothing Guided Meditations for Deep Stress Relief, Effortless Sleep & Renewed Energy**

**"BEST AUDIOS AWARD"**

*-Publishers Weekly*

**In Praise of the First Edition**

**"HIGHLY RECOMMENDED"**

*-Library Journal*

**"BEST ORIGINAL WORK FINALIST"**

*-Audie Awards*

**175,000 Copies Sold**

**"BESTSELLER" -Amazon**

**Publication Date:**

May 15, 2020

**Author & Narrator:**

Award-Winning Author, Narrator and Stress Relief Expert, Susie Mantell

**Publisher:**

Relax Intuit™ LLC

**Consumer Ordering:**

Wherever Audiobooks Are Sold (Available Now for Pre-Order)

**Trade Ordering:**

IPG [order@ipgbook.com](mailto:order@ipgbook.com) 800.888.4741 or Your Preferred Wholesale Partner

**Distributor:**

IPG: **"IPG Top Shelf Title Spring 2020"**

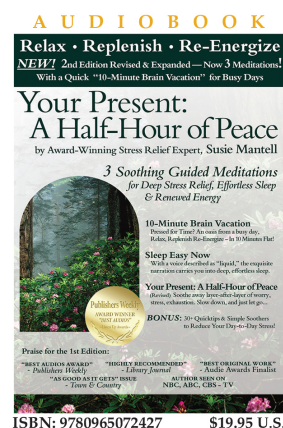
[https://www.ipgbook.com/your-present-a-half-hour-of-peace-2nd-edition-revised-and-expanded-products-9780965072427.php?page\\_id=21](https://www.ipgbook.com/your-present-a-half-hour-of-peace-2nd-edition-revised-and-expanded-products-9780965072427.php?page_id=21)

**Formats, ISBNs & Price:**

**CD ISBN 9780965072427 Digital ISBN: 9780965072434 (\$19.95 U.S. / \$26.95 CA)**

**Bindings & Pages:**

2 Audio CDs: 7.5 "h | 5.3" w and MP3 Digital Download



**Synopsis:** With a voice described as "liquid," award-winning author, narrator and stress relief expert Susie Mantell, ("BEST AUDIOS AWARD" - *Publishers Weekly*), has now created 3 uniquely soothing guided meditations. In this Revised and Expanded 2nd Edition, adding to her award-winning "Your Present: A Half-Hour of Peace" meditation, Mantell's new, exquisitely narrated "Sleep Easy Now" carries listeners into soft, effortless sleep, soothing away layer-after-layer of stress, worry, depression and pain. Pressed for time? Like an easy chair, her "10-Minute Brain Vacation," helps listeners relax, replenish and re-energize — in 10 minutes flat! Life can get messy, so as a bonus Mantell shares "30+ Quicktips & Simple Soothers to Reduce Your Day-to-Day Stress." Many fans who reorder for gift-giving ask if Mantell will be creating more soothing stress relief audiobooks. Now she has! **Available in CD & Digital Formats**

**Susie Mantell** is an award-winning author, narrator and stress relief expert whose clients include Fortune 500 companies, distinguished medical centers and world-class spas. Her gently empowering mind-body and mindfulness techniques have appeared on ABC, NBC, CBS TV, and in publications such as *The Los Angeles Times*, *Weight Watchers* and *Town & Country*. Her audiobooks have been used in The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, and renowned Canyon Ranch Health Resorts. The Coca-Cola Company appointed Mantell to their 4-person panel of experts, The Dasani Wellness Team. Susie Mantell is also a pop songwriter whose work has been heard Off-Broadway, at Carnegie Hall's Weill Recital Hall, on TV and in film. **Longer Bio Enclosed**



**Please Do Not Publish Information in This Box, Provided for Journalists & Book Trade Professionals Only.**

**Media Kit, Press Release & JPGs:**

Downloads at <https://www.relaxintuit.com/stress-relief-media-kit.php>

**Review Copies:**

Email [Publicity@relaxintuit.com](mailto:Publicity@relaxintuit.com) for Prompt Delivery of Your CD or Digital Review Copy

**Audio Sample Excerpt:**

Listen Now on <https://www.relaxintuit.com/stress-relief-media-kit.php>

**BISAC Codes:**

1) SEL019000 SELF HELP/Meditations 2) HEA043000 HEALTH & FITNESS/Sleep  
3) SEL024000 SELF HELP/Self-Management/Stress Management



## In Praise of “Your Present: A Half-Hour of Peace” (The 1st Edition)

“BEST AUDIOS AWARD”

-*Publishers Weekly*

“HIGHLY RECOMMENDED”

-*Library Journal*

“BEST ORIGINAL WORK FINALIST”

-Audie Awards

“AS GOOD AS IT GETS” Issue

-*Town & Country*

Bestseller in 3 Genres

- Amazon.com

Author Seen on

ABC, NBC, CBS TV



“Mantell takes listeners on a gentle journey... floating worries and stress away.”

-The Los Angeles Times Health Section

“Excellent... very effective. One is carried along into the state of relaxation that is so beneficial.”

-Strang Cancer Prevention Center, Daniel G. Miller, M.D., President

“Susie Mantell’s voice surrounds nerve endings like salve. Don’t ask how. It just does.”

-The Rocky Mountain News

“Great corporate gift! I highly recommend Susie and her unique gifts.”

-Remington Products Personal Care Division, Ann T. Buivid, President

“Invaluable... another highly successful engagement...(Mantell) creates a uniquely positive healing environment.”

- Canyon Ranch Health Resorts, Health & Healing Department, Sarah Blehrud

“For anyone tense from the stress of modern life... warm, soothing, wonderful...”

-Billboard

“Soothing voice and peaceful imagery gently guide listeners into a calm, meditative state.”

-Weight Watchers Magazine

“Superb relaxation narration... well made to facilitate any comprehensive pain program.”

-American Pain Society, John D. Loeser M.D., Professor of Neurosurgery & Anesthesiology

“Excellent...relaxed, peaceful, energizing!”

- N.Y.U. Medical Center, Stephen G. Rothstein, M.D., Surgeon

“Your audiobook is a terrific addition to our program! We give it to every participant.”

-Verizon Expert Witness Training, Joe Dwyer



## Q: What Sets This Award-Winning Stress Relief Audiobook Apart?

**NEW! 2<sup>nd</sup> Edition Revised and Expanded of Publishers Weekly Award-Winning Audiobook**

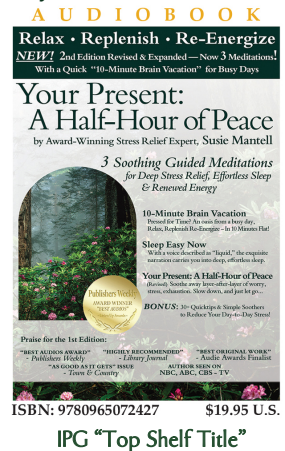
Featured in Publishers Weekly's Editorial Spring Audio Announcement 2.3.20

### Your Present: A Half-Hour of Peace, 2<sup>nd</sup> Edition Revised and Expanded:

**3 Soothing Guided Meditations for Deep Stress Relief, Effortless Sleep & Renewed Energy**

CD ISBN: 9780965072427

DIGITAL ISBN: 9780965072434



- The Successful Evergreen History of the First Edition & Susie Mantell**

175,000 Copies Sold: Also an Amazon Bestseller in 3 Genres

Awards & Honors: *Publishers Weekly* • *Library Journal* • The Coca-Cola Company

Esteemed Clients: The Betty Ford Center • Citibank • Memorial Sloan-Kettering • Canyon Ranch

More: <https://www.relaxintuit.com/reviews-relaxion-cd-and-stress-relief-expert.php>

- Award-Winning Author, Narrator & Stress Relief Expert Susie Mantell**

Susie Mantell's unique expertise in multisensory mind-body stress reduction, her twenty years facilitating stress relief in Fortune 500 companies, renowned medical centers and spas, and her exquisite narration distinguish her work.

Bio: <https://www.relaxintuit.com/about-stress-management-expert-susie-mantell.php>



- And now, “Your Present: A Half-Hour of Peace, 2nd Edition Revised and Expanded”**

Meditation & Mindfulness Made Easy: An oasis from a busy day, or prelude to deep, restful sleep, in this gentle gift that says, “*I understand...*” award-winning stress relief facilitator Susie Mantell helps soothe symptoms associated with worry and stress, insomnia, depression and pain, as well as caregiver fatigue and bereavement. She also offers support for mindfulness, addiction recovery, self-esteem and inner peace. In a world that often seems to spin too fast, Susie Mantell has created several gentle paths to a quiet place:

### What's New...?

**NEW! “10-Minute Brain Vacation” (Meditation)**

Like an easy chair, an oasis from a stressful day. Relax, Replenish & Re-Energize — in 10 Minutes Flat!

**NEW! “Sleep Easy Now” (Meditation)**

With a voice described as “liquid,” the warm narration carries you into deep, effortless sleep.

**NEW! “30+ Quicktips & Simple Soothers to Reduce Your Day-to -Day Stress”**

Mantell shares easy mindfulness and mind-body stress relief techniques to reduce various forms of stress such as worry, sleeplessness, the blues and the widespread phenomenon of Caregiver Fatigue.

**PLUS “Your Present: A Half-Hour of Peace” (Meditation — Revised)**

Soothe away layer-after-layer of worry, stress, exhaustion. Slow down, sit back and just let go...



## About the Author, Stress Relief Expert Susie Mantell

Susie Mantell is the award-winning author and narrator of the first edition of, *Your Present: A Half-Hour of Peace*, and now, of the long-awaited, *Your Present: A Half-Hour of Peace, 2nd Edition Revised and Expanded: 3 Soothing Guided Meditations for Deep Stress Relief, Effortless Sleep & Renewed Energy*.

Mantell's clients include Fortune 500 companies, distinguished medical centers and world-class spas. Her gently empowering, multisensory mind-body and mindfulness techniques have appeared on ABC, NBC, CBS TV, and in publications including *The Los Angeles Times*, *Billboard*, *Weight Watchers*, *Cosmopolitan* and *Town & Country*. Her audiobooks have been used in The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center and renowned Canyon Ranch Health Resorts. The Coca-Cola Company appointed Mantell to their 4-person Dasani Wellness Team.

**Fun Fact:** Susie Mantell is also a pop songwriter whose work has been heard Off-Broadway, at Carnegie Hall's Weill Recital Hall, in TV and Film.



Susie Mantell has been referred to as “the calm within the storm.” An oasis from a hectic schedule, or a prelude to deep, restful sleep, the first edition of Mantell's award-winning, *Your Present: A Half-Hour of Peace* was a long-term Amazon bestseller, and has sold over 175,000 copies worldwide. Listeners include people living with stress-related illness, illness-related stress... and men, women and teens in all walks of life who could just really use a great night's sleep. Mantell's soothing guided imagery meditation has been physician recommended to ease symptoms associated with stress, sleeplessness, depression and pain, as well as long-term illness, caregiver fatigue, work-related stress and recovery from addictive disease. An insightful speaker, imaginative and fun, Mantell has customized stress reduction programs for clients including Citibank, Verizon, The Coca-Cola Company, Aetna, New York Hospital, The Arthritis Foundation, The Sjogrens Syndrome Foundation, The National Conference on Loss and National Cancer Survivors Day.

**Utilizing meditation, mindfulness, and other integrative techniques** to prevent, reduce and relieve stress, enhance memory, clarity and focus, Mantell offers fresh perspective and realistic tools applicable within individual belief systems and lifestyles. With experience in mind-body processes, energy medicine, and various meditation practices, Mantell has also participated in shamanic healing.

**In Healthcare:** Susie Mantell has facilitated thousands of physicians, nurses, therapists and patients at distinguished medical centers and conferences, including emergency and oncology departments. She also presents seminars for reducing Caregiver Stress, a phenomenon only fully understood by those who have lived it. Having cared for three immediate family members through long-term illnesses, Mantell has — and does.

**In Corporate Culture:** Providing unique insight and expertise in assessing and addressing stress reduction needs in individuals and systems, Susie Mantell customizes programs to meet unique goals and objectives in a wide variety of contexts, from expert witness-training to team dynamics. She readily customizes on-the-spot techniques for seminar participants to enhance performance, productivity and memory, boost energy, self-esteem, and to mitigate harmful effects of stress in individuals, and organizations. Mantell's professional expertise, personal integrity and intuitive ability to guide others toward inner balance render her a trusted and respected resource among clients and colleagues.

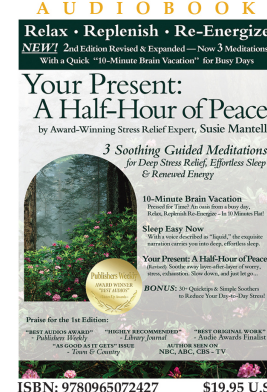
## Relax Intuit™ LLC Preliminary Marketing Plan for

### Your Present: A Half-Hour of Peace, 2<sup>nd</sup> Edition Revised and Expanded:

3 Soothing Guided Meditations for Deep Stress Relief, Effortless Sleep & Renewed Energy

CD ISBN: 9780965072427 Digital ISBN: 9780965072434

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Publishers Weekly Award-Winner



ISBN: 9780965072427

\$19.95 U.S.

IPG “Top Shelf Title”

### Advertising & Trade Shows

- Book Trade Magazines: Print & Digital Advertising Campaign Scheduled throughout 2020
- Amazon Advertising 2020

### Trade Shows

- Trade Show Exhibits & Print Ads

### Mail and Email Campaign to Trade & Consumer Magazines, Newspapers and Other Media, Libraries and the Internet

### WWW

- New Website: Relax Intuit™ LLC will launch a redesigned website to feature their new title in Spring 2020.
- Press Releases via PR Newswire
- Social Media that Drives Traffic to Online & Brick and Mortar Stores

Google Adwords:	365 Days/Year
Facebook Ads & Posts:	5-7 Days/Week Year-Round
Twitter Posts:	5-7 Days/Week Year-Round

### Author Interviews & Media Stress Tip Contributions on Radio, in Print and Online

### Gift Trade & Special Sales Potential:

- Gift Shops in Hospitals, Rehabs, Spas, Pharmacies, Health Clubs, Hotel in-Room Amenities, etc.
- Fortune 500 companies have purchased the first edition as an Employee Appreciation Gift.
- So many reorder for gift-giving, on <https://www.relaxintuit.com> year-round, we offer a “Buy-5-Get-6!” Special.
- Exquisitely packaged for gift-giving, all you need is a bow!

### A Note About Our Beautiful Packaging

- The soothing forest motif and gold Publishers Weekly Award seal convey that this is a quality audiobook that people will enjoy listening to for years themselves, as well as a healthy, thoughtful gift to give others.
- Our back and inside covers both promote this title as:

***“The Gentle Gift That Says, “I understand...”***

Day-to-Day Stress • Insomnia • Depression • Pain • Anxiety • Health-Related Stress  
Life Transitions • Work-Related Stress • Caregiver Fatigue • Grief & Bereavement ...  
with Support for Mindfulness, Addiction Recovery and Mind-Body Wellness

## Stress Relief — Especially for Journalists!

Susie Mantell is a Fun, Fluent, Informative Media Guest



**Award-winning author and stress relief expert Susie Mantell** offers fresh perspective and realistic, empowering stress reduction tools in a wide variety of contexts. Her multisensory mind-body and mindfulness techniques have appeared on ABC, NBC, CBS TV, and in leading publications including The Los Angeles Times, Billboard, Weight Watchers, Cosmopolitan and Town & Country. Her audiobooks have been used in The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center and renowned Canyon Ranch Health Resorts. The Coca-Cola Company appointed Mantell to their 4-person expert panel, The Dasani Wellness Team.

A **generous resource** with practical, imaginative stress management techniques at her fingertips, Mantell readily customizes on-the-spot stress relief tips to enhance health and wellness, soothe insomnia, depression, worry and pain, sharing strategies for coping with health-related and work-related stress, holiday stress, caregiving and bereavement, among others.

## Sample Interview Questions for Stress Relief Expert Susie Mantell:

### Stress Relief Qs for General Wellness...

- What is stress, and what does it do to us?
- Why is "stress" suddenly such a hot topic?
- How can stress be harmful?
- Could I be increasing my own stress level?
- Is there such a thing as "good" stress?
- What are some tips for mind-body stress relief?
- What are signs that stress may be affecting my life?
- What are 3 benefits of guided imagery meditation?
- What are 3 benefits of writing meditation?
- How can daily stress reduction prevent Burnout?
- Why is Mindfulness a popular buzz word now?
- What are some tips to prevent Caregiver Stress?
- What are a few Mind-Body Memory Enhancers?
- What are tips to help people living with chronic illness?
- What sets the Revised and Expanded 2<sup>nd</sup> Edition of *Your Present: A Half-Hour of Peace* apart from other guided imagery meditation audios?
- What are the benefits of Meditation and Mindfulness?
- How can I quiet "mental chatter?"

- How can stress impact our health, and relationships?
- How can mind-body meditation reduce stress?
- Got any quick stress tips to ease aches & pains?
- Insomnia seems to plague many people these days. How can stress reduction enhance better sleep?
- How can we manage holiday stress better?
- What are some great stress-buster gift ideas?
- What are some practical applications for your audiobook *Your Present: A Half-Hour of Peace*, 2<sup>nd</sup> Edition Revised and Expanded?
- Where can listeners get the new revised and expanded 2<sup>nd</sup> edition of your audiobook, *Your Present: A Half-Hour of Peace*?

### Work-Related Stress Reduction...

- Workplace Damage Control: What are a few simple steps to relieve on-the-job stress?
- Why should managers care if employees are stressed?
- How can your "*10 Minute Brain Vacation*" be beneficial in the workplace?
- How can I tell if stress is affecting my work?

Please Visit Publisher's Website [www.relaxintuit.com](http://www.relaxintuit.com)

Follow @Relaxintuit on  &  for Daily Stress Relief!