

Media Contact: Dan Bradford

[Publicity@relaxintuit.com](mailto:Publicity@relaxintuit.com) 888.669.7352

FOR IMMEDIATE RELEASE

## Stress? Depression? Anxiety? Award-Winning Stress Relief Expert's 2nd Audiobook 3 Meditations to Soothe Stress, Sleep & Renew Energy — Plus Stress Tips

New York, NY (January 15, 2020) — Stressed-Out? Sleepless? You're not alone. Men and women of all ages report difficulty falling asleep, or staying asleep, then waking exhausted, anxious, achy... and a little "cranky." Now, with a voice described as "liquid," award-winning author, narrator and stress relief expert Susie Mantell provides gentle, effective solutions in her new audiobook, "Your Present: A Half-Hour of Peace, 2nd Edition Revised and Expanded: 3 Soothing Guided Meditations for Deep Stress Relief, Effortless Sleep & Renewed Energy." (On CD and Digital Formats)

### In Praise of the First Edition

"Best Audios Award" "Highly Recommended" "Best Original Work Finalist"  
- *Publishers Weekly* - *Library Journal* - Audie Awards

"Mantell takes listeners on a gentle journey... floating worries and stress away."  
- *The Los Angeles Times*

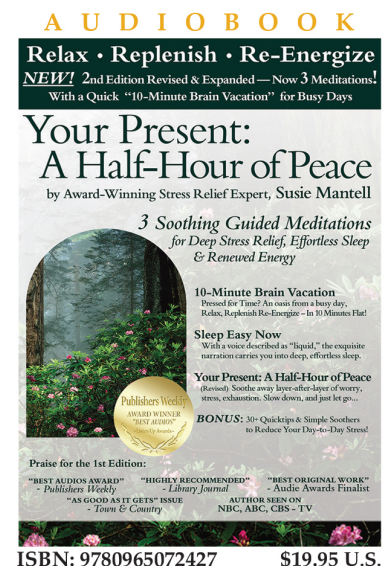
More: <https://www.relaxintuit.com/reviews-relaxtion-cd-and-stress-relief-expert.php>

### Meditation and Mindfulness Made Easy:

Pressed for Time? Take Susie Mantell's "10-Minute Brain Vacation."

In "Your Present: A Half-Hour of Peace, 2nd Edition Revised and Expanded," adding to her award-winning "Your Present: A Half-Hour of Peace" meditation, Mantell's new, exquisitely narrated "Sleep Easy Now" meditation carries listeners into soft, effortless sleep, soothing 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. As a bonus, Mantell provides "30+ Quicktips & Simple Soothers to Reduce Your Day-to-Day Stress," offering ways to reduce worry, sleeplessness, "the blues," even caregiver fatigue — a widespread phenomenon only fully understood by those who have experienced it. Susie Mantell has, and she lights the way. Many fans reordering the first edition for gift-giving ask if Mantell will be creating more soothing stress relief audiobooks.

Now she has! Audio Excerpt: <https://www.relaxintuit.com/stress-relief-media-kit.php>



IPG: "Top Shelf Title"



**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. Described as "the calm within the storm..." her gently empowering multisensory 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, The Betty Ford Center, Memorial Sloan-Kettering, and renowned Canyon Ranch Health Resorts. The Coca-Cola Company appointed Mantell to their 4-person expert panel, The Dasani Wellness Team. Susie Mantell is also a pop songwriter. Her work has been heard Off-Broadway, at Carnegie Hall's Weill Recital Hall, in TV and Film.

MORE

[www.relaxintuit.com](http://www.relaxintuit.com)

(NOTE: New Website Coming Spring 2020 to Introduce This New Audiobook)

Follow @Relaxintuit on & for Daily Stress Relief!

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



- **A Successful Evergreen History of the First Edition:**

175,000 copies sold, the first edition was an Amazon Bestseller in three genres. Bearing the esteemed *Publishers Weekly's* "BEST AUDIOS AWARD" gold seal, Susie Mantell's work has also been honored by *Library Journal* and The Coca-Cola Company. Clients include The Betty Ford Center, Citibank, Memorial Sloan-Kettering, and the renowned Canyon Ranch Health Resorts.

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

- **Award-Winning Author, 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>

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

An oasis from a busy day, or prelude to deep, restful sleep, in this gentle gift that says, "I understand..." acclaimed stress relief facilitator Susie Mantell helps soothe symptoms associated with worry and stress, insomnia, depression and pain; caregiver stress and grief. She also provides support for mindfulness, addiction recovery, self-esteem and inner peace.

In a world that often seems to spin too fast, Susie Mantell has created a gentle paths to a quiet place:

Meditation: "10-Minute Brain Vacation"

Meditation: "Sleep Easy Now"

Meditation: "Your Present: A Half-Hour of Peace" (Revised)

Bonus: "30+ Quicktips & Simple Soothers to Reduce Your Day-to -Day Stress"

**Relax Intuit™ LLC** is the publisher of award-winning stress relief expert Susie Mantell's audiobooks including "Your Present: A Half-Hour of Peace, 2<sup>nd</sup> Edition Revised & Expanded." These are intended as an adjunct to, never a substitute for, professional health care.

---

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

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  
Author & Narrator: Award-Winning Author, Narrator and Stress Relief Expert, Susie Mantell  
Publication Date: May 15, 2020  
Publisher: Relax Intuit™ LLC  
Formats, ISBNs, Price: CD ISBN: 9780965072427 Digital ISBN: 9780965072434 (\$19.95 U.S.)  
Audio Excerpt: Listen Now: <https://www.relaxintuit.com/stress-relief-media-kit.php>  
Consumer Ordering: Wherever CD & Digital Audiobooks are Sold  
Distributed by IPG: IPG: "Top Shelf Title Spring 2020"  
Trade Ordering: IPG [orders@ipgbook.com](mailto:orders@ipgbook.com) 800.888.4741 or Your Preferred Wholesale Partner  
[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)

### Please Do Not Publish Information in This Box— Provided for Journalists & Book Trade Professionals Only

Media Kit & JPGs: Visit <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  
BISAC Codes: 1) SEL019000 SELF HELP/Meditations 2) HEA043000 HEALTH & FITNESS/Sleep  
3) SEL024000 SELF HELP/Self-Management/Stress Management

###

[www.relaxintuit.com](http://www.relaxintuit.com)

(NOTE: New Website Coming Spring 2020 to Introduce This New Audiobook)

Follow @Relaxintuit on & for Daily Stress Relief!