



In Praise of Susie Mantell and "Your Present: A Half-Hour of Peace"

Awards & Honors (sampling)



- "Best Audios Award" -- *Publishers Weekly*
- "Best Original Work" -- *Audie Awards Finalist*
- "As Good As It Gets" Issue -- *Town & Country*
- "Terrific Corporate Gift!" -- *Remington, Ann T. Buivid, President*
- "If you can buy only one CD--This is It!" -- *Canyon Ranch Living Essentials*
- "What's Hot" -- *Gift Basket Review Magazine*
- "Superb" -- *The American Pain Society*
- "Highly Recommended" -- *Library Journal*
- "Highly Recommended" -- *Navy-Marine Corps Relief Society*
- "Best Seller" -- *New Leaf*
- "Mantell's voice surrounds nerve endings like salve." -- *Rocky Mountain News*
- "Recommended--Well done." -- *Richard Ottenstein, Ph.D., Trauma Expert*
- Appointed to the 4-person "Dasani Wellness Team" -- *The Coca-Cola Company*

Medical

The stress-relief program you presented for our staff surely was a pleasure. One thing I heard repeatedly was how "real" you were in conveying the information. You made it accessible, fun to hear and do, and really responded to the needs of the group. The staff felt heard, seen and cared for. It was great to see everyone laughing together...

- Demie Stathoplos, Executive Director: Canyon Ranch Medical, Health & Healing Dept.

In my work as a psychological trauma specialist, I am always looking for tools that can be used to help people to manage their stress and anxiety. "Your Present: A Half Hour of Peace" is extremely well done and effective in helping to reduce stress. I will certainly recommend it to my clients.

-The Workplace Trauma Cntr., Richard Ottenstein, Ph.D., CEO



Excellent...relaxed, peaceful, energizing! The perfect half-hour each day we all need.

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

It was evident that attendees at your presentation in our Mind-Body Connection Symposium found it both informative and enjoyable. I look forward to working with you again soon.

-The Arthritis Foundation, Teresa Davis, Program Manager

Superb relaxation narration...well-made, and can facilitate any comprehensive pain program.

-The American Pain Society, John D. Loeser MD (Prof. of Neurosurgery & Anesthesiology)

You are the greatest! We are keeping copies on the oncology, burn and transplant units, and in our patient library.

-Brigham & Womens Hospital, Mary Louise Corradino

I have studied meditation with Jonas Salk, am very familiar with Herbert Benson's "Relaxation Response" and I found (Mantell's) approach very effective. The process flows evenly and indeed, one is carried along into the state of relaxation that is so beneficial.

-Strang Cancer Research Laboratory, Daniel G. Miller, M.D.

Your tapes provide significant help for patients experiencing pain and anxiety, and will create an environment for healing.

-Dept. V.A. Med. Cntr. Critical Care, Vicki Heggen, RN, MSN

Thank you for speaking at our Women's Health Symposium. We look forward to your participation in the years to come.

-New York Hospital (Columbia/Cornell) Wyckoff Heights Med. Cntr.

Deeply moving! Wonderful for developing compassion toward the self!

-Center For Eating Disorder Recovery, Judy Scheel, D.S.W., B.C.D., Clinical Director

You help people living with cancer to focus on Possibilities.

-White Plains Hospital Center, Kathy Duffy, RN, Oncology Nurse Manager

The experience was wonderful!...incredibly soothing. I have invited Susie back again and again to speak to our oncology staff. Many of them use her techniques to this day, and I highly recommend Susie's work.

-White Plains Hospital Center, Sue Kenny, Staff Development

In today's hectic world, we all need 'a half-hour of peace'! Journey to higher planes, previously unreachable without years of training!

-Cardiologist, Michael Silver, M.D.

Therapeutic implications abound here for pain & stress management, insomnia, strengthening the system...overall wellness!

-Diagnostic Pain Cntr. Barbara Gordon-Cohen, D.O., Med. Dir.

Used pre-operatively, this tape creates a state of relaxation that quite possibly can lessen post-operative problems.

-Dentist, Gary Markovits, B.S., D.D.S., F.A.G.D.

The voice is liquid...instilled with a uniquely personal quality of compassion.

-Acupuncturist, Charles LaBarre, L.Ac.

Mantell opens doors to the soul, and light comes pouring in! My patients love her work!

-NY Chiropractic Council: Chairman of the Board, Bob Hoffman, D.C.

I am a caregiver, and the man I am caring for now has Parkinson's Disease. Your CD is the only thing that works in getting him to unwind. Thank you.

-Betty Anne Crisanti



Media

Peace for you alone. . . Is your greatest wish for peace on earth? Mantell takes listeners on a gentle journey...effortlessly floating worries and stress away. **-The Los Angeles Times Health Section**

"As Good As It Gets" issue **-Town & Country**

Great, healthy gift! Soothing voice and blissful music! **-Ladies Home Journal**

Highly recommended, and hospital libraries may be particularly interested. Mantell has produced an excellent program. . . effectively uses her voice, pacing, music to help the audience achieve a state of relaxation. Further, she takes the listeners deeper into the process to show them how they can achieve a more positive and healthy life as they move out of meditation and into the world. **-Library Journal**

For anyone tense from the stress of life, a wonderful way to relax. Soft, lovely music, warm, soothing voice helps the listener achieve a peaceful, relaxed state and feel refreshed and rested. **-Billboard**

Susie Mantell's voice surrounds nerve endings like salve. Don't ask how. It just does. Here's help for back spasms, headaches, sleeplessness...you name it! **-Rocky Mountain News**

As a professional athlete competing around the world, I've tried countless ways to counter stress. Your CD is the best...The BEST! A regular part of my training and my life, I downloaded my heart rates while listening and they reached the lowest I've seen-- Amazing! Taking your CD with me as I travel. It was so great having you on the show. Please come back soon--and often. Our listeners loved you!
-Eric Harr, Professional Triathlete, Syndicated Columnist & TV/Radio Host

For anyone who leads a particularly stress-filled life (and it seems we all do these days). Peaceful imagery gently guides listeners into a calm, meditative state. **-Weight Watchers Magazine**

(At the Holidays) Most of us are more strung out than the lights on our trees. It's time we stuff our stockings with "Your Present: A Half-Hour of Peace." Relax, release, renew the spirit.
-Fort Worth Star Telegram

Corporate

Great corporate gift! A copy of her CD was included for each workshop participant, and word spread throughout Remington. I highly recommend Susie and her unique gifts, especially for those trapped in high-stress corporate culture. **-Remington, Ann T. Buivid, Pres., U.S. Personal Care & Wellness**

Your tape is a great addition to our program! We give it to every participant. (for) Verizon Expert-Witness Training. **- Joe Dwyer, Dwyer Associates**

Powerful, wonderful...so rich, soothing, that listening is almost a tactile sensation. I was profoundly affected by your tape. **-Jonathan L. Kirsch, Attorney at Law**

Not only did you relieve our stress, but taught us ways to manage stress on our own. **- Citibank, Ann Mitrione, AVP**

Your program continues to "yield positive returns." I will certainly recommend you to any financial professional who wants to provide exceptional service to their clientele.
-American Express, John W. Krysko, Financial Advisor

1st class production! Mantell has produced a winning combination of talent, insight and sparkle. **-32 Records, Robert Miller, President**

I look forward to bringing your lovely personality and voice back next year!
-Canyon Ranch ("Best Spa" Conde Nast)



I recommended sharing (Mantell's) stress-relief CD and techniques with the global military audience. This is a gift that can keep on giving if shared. You are encouraged to make the CD and articles available to staff and clients. -Navy-Marine Corps Relief Soc., John Alexander, Dir. Communications

Retailers & Listeners

Your Present: A Half-Hour of Peace is the best relaxation tape I have heard. I always tell customers that if they can only buy one audio, this is it! My customers love your product....beautiful packaging and real substance on the inside. -Canyon Ranch, Alice Bergendorff ("Best Spa", Conde Nast)

I am a 2 year brain cancer survivor. I have gone through 2 brain surgeries, 25 days of radiation, and now on Chemotherapy. I was consumed with fatigue that was preventing me from having a good quality of life. The first time I listened, it had an immediate impact. Your tone of voice and clear message has helped me tremendously. I have shared this small miracle with many, and they all have experienced similar success. May God Bless you always and continue to give you the wisdom and ability to help so many others in this day and age. - Kevin D., Orlando FL

Never before have I had the pleasure of dealing with a business who has been more cooperative, friendly, caring. You really bent over backwards, and your letter truly made my day!

-Sandra B. in Paris TN

I just wanted to let other people know how much I enjoy the CD. Every time I start to listen, I drift off to sleep. This CD is the best thing I have ever used to relieve stress and has worked like a miracle to help me relax!

-Jerry W., Shreveport, LA

Your voice and music are balm to a troubled soul ... since my husband died, I have listened over and over again. Each time you've brought me peace, comfort and sleep.

-Joan B.

I don't know how I can possibly describe not only Susie Mantell's voice, but the effect of her voice. It's incredible. Her words of her narration are equally incredible. All my stress centralizes in my neck and shoulders - I remember one of my last thoughts before drifting off was "all the tension in my neck and shoulders is gone!" Before I was even aware of it, I was asleep. My thanks to Susie for her insight and talent to be able to produce such an extraordinary journey. -Maureen J., Toronto, Canada

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You are absolutely wonderful. Your e-mail newsletters lift my spirits, and your tape is GREAT! I get so totally relaxed, that I have never heard the whole tape - I just fall asleep! Thanks a million!

-Bill, in Manchester, N.H.

After trying and not getting results from numerous meditation and relaxation tapes, I finally found the absolute BEST one ...yours! I just LOVE it. It puts me into such a relaxed and happy state of mind. I listen to it once or even twice a day. It's helped my severe anxiety tremendously. I feel calmer and better every day. I'll never stop listening to it!

-Susan, 55 y.o. Homemaker

We just put it on the counter, and it sells every week!

-Second Story Bookshop, Chappaqua, NY

Christmas Eve I had surgery for a crushed disc after an accident. I took the CD to the hospital and began listening to it in the recovery room and then in my hospital room. During my recovery, I continued to listen to it. I think your CD had a lot to do with my healing, and I still go to sleep with it every night. (I am in my fifties, so it sure was not my youth that caused the quick recovery!)

-Judith Sult



It's like for half an hour somebody really nice is there with me pushing it all aside for awhile. School, life in general...and like it's all gonna be okay...I love it!

-Erica B. student - age 17

...the doctor found my blood pressure to be normal once again, and I feel it was because of your tape!

-Laura D.

I have now listened to it literally hundreds of times and never get tired of it. . . so tremendously affirmative, just like a dear friend. There isn't anyone who won't appreciate it and listen to it time and again.

-Caroline A.

This program takes you where no mere slumber can. Five stars!

-Michael R.

This tape is such a relief! There's something unique about Susie Mantell's voice that I really bond with... so reassuring. My favorite time to listen to it is in bed. . .really helps me drift off.

-Caroline H.

I enjoy your CD almost every night. But I've never heard the whole thing! I always fall asleep in about 5-7 minutes... Your voice is so very soothing and it seems that it always addresses for me what I needed to hear that day. I wanted to thank you for the help in finding some Peace in my very stressful life.

-L. De Marco

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