

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 and Mind-Body Wellness

With a voice described as “liquid,” acclaimed stress relief expert Susie Mantell 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 stress, worry, depression and pain from sleepless nights. Pressed for time? Like an easy chair, her *10-Minute Brain Vacation*, helps listeners relax, replenish and re-energize — in 10 minutes flat! As an added bonus, Mantell shares 30+ *Quicktips & Simple Soothers to Reduce Your Day-to-Day Stress*.

In Praise of *Your Present: A Half-Hour of Peace* (1st Edition)

“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

“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



Award-winning author and stress relief facilitator Susie Mantell customizes stress reduction for Fortune 500 companies, distinguished medical centers and world-class spas. The Coca-Cola Company appointed Mantell to their 4-person Dasani Wellness Team. Her gently empowering, multisensory mind-body, and mindfulness techniques have appeared on TV and radio, in leading magazines and international media. Also an award-winning pop composer and lyricist, Mantell’s songs have been heard Off-Broadway, at Carnegie Hall’s Weill Recital Hall, in TV and film.

Follow @Relaxintuit on  and  for Daily Stress Relief.

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