

A U D I O B O O K

Relax • Replenish • Re-Energize

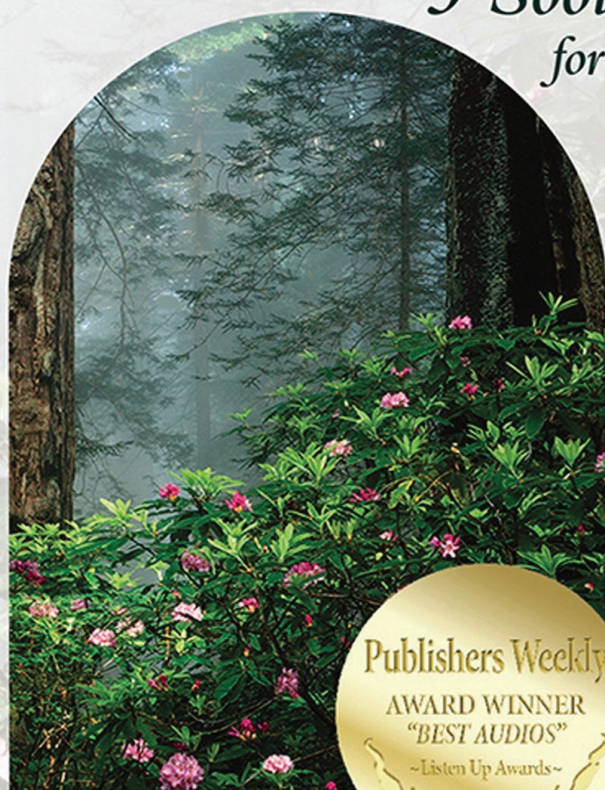
NEW! 2nd Edition Revised & Expanded — Now 3 Meditations!

With a Quick “10-Minute Brain Vacation” for Busy Days

Your Present: A Half-Hour of Peace

by Award-Winning Stress Relief Expert, Susie Mantell

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



Publishers Weekly
AWARD WINNER
“BEST AUDIOS”
~Listen Up Awards~

10-Minute Brain Vacation

Pressed for Time? An oasis from a busy day,
Relax, Replenish Re-Energize – In 10 Minutes Flat!

Sleep Easy Now

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

Your Present: A Half-Hour of Peace

(Revised) Soothe away layer-after-layer of worry,
stress, exhaustion. Slow down, and just let go...

BONUS: 30+ Quicktips & Simple Soothers
to Reduce Your Day-to-Day Stress!

Praise for the 1st Edition:

“BEST AUDIOS AWARD”
- Publishers Weekly

“HIGHLY RECOMMENDED”
- Library Journal

“BEST ORIGINAL WORK”
- Audie Awards Finalist

“AS GOOD AS IT GETS” ISSUE
- Town & Country

AUTHOR SEEN ON
NBC, ABC, CBS - TV