

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

### Awards & Honors Include:

- "Best Audios" –*Publishers Weekly Award*
- "Best Original Work" –*Audie Awards Finalist*
- "As Good As It Gets" Issue –*Town & Country*
- "If you can buy only one CD, this is it!" –*Canyon Ranch Living Essentials*
- "Highly Recommended" –*Library Journal*
- "Superb" –*The American Pain Society*
- "Highly Recommended" –*Navy-Marine Corps Relief Society*
- "Terrific corporate gift!" –*Remington, Ann T. Buivid, Pres.*
- Appointed to 4 Person Dasani Wellness Team- *The Coca-Cola Company*
- "Bestseller" - *New Leaf*
- "Mantell's voice surrounds nerve endings like salve." –*Rocky Mountain News*
- "Recommended--Well-Done" – *Richard Ottenstein, Ph.D., Trauma Expert*



### 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. 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 modern life. A wonderful way to relax. Soft, lovely music, warm, soothing voice helps the listener relax and feel refreshed and rested afterward. –*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*

For anyone who leads a particularly stress-filled life. –*Weight Watchers Magazine*

I recommended sharing (Mantell's) stress-relief CD and techniques with the global military audience.

–*Navy-Marine Corps Relief Society, John D. Alexander, Dir. Comm.*

### MEDICAL

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 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.*

Highly recommended. Extremely well done and effective in helping to reduce stress.

–*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*

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**

Deeply moving! Wonderful for developing compassion toward the self!

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

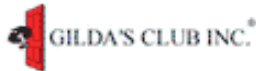
You help people living with cancer to focus on Possibilities.

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

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.**

The voice is liquid...instilled with a uniquely personal quality. **-Acupuncturist, Charles LaBarre, L.Ac.**

## CORPORATE CLIENTS, RETAIL VENDORS & EVERYDAY LISTENERS



"Your Present: A Half-Hour of Peace" is the best relaxation tape I have ever heard. I always tell customers that if they can only buy one audio, this is it! **-Canyon Ranch, Alice Bergendorff ("Best Spa", Conde Nast)**

Your tape is a great addition to our program! We give it to every participant.

**-(for) Verizon Expert-Witness Training: Joe Dwyer, Dwyer Assoc.**

Great corporate gift!. I highly recommend Susie and her unique gifts to anyone, especially those trapped in high-stress corporate culture. **-Remington, Ann T. Buivid, Pres., U.S. Personal Care & Wellness**

I am a 2 year brain cancer survivor. I have gone through 2 brain surgeries, 25 days of radiation, and now on Chemotherapy. The first time I listened, it had an immediate impact. Your tone of voice and clear message has helped me tremendously. **-Kevin D., Orlando FL**

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. **-Maureen J.**

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 C.**

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**

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.**

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**

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. **--L. De Marco**