

About Susie Mantell...



[Susie, Age 5]



Award-winning stress relief expert Susie Mantell... is the bestselling author of, [*"Your Present: A Half-Hour of Peace."*](#) Listeners include The Mayo Clinic, Memorial Sloan-Kettering, Canyon Ranch Health Resorts (10x "BEST SPA,") The Betty Ford Center, Hazelden, Susan G. Komen Breast Cancer Foundation, 1st responders, military families. . . and in these complex times, thousands of people in all walks of life who could just really use a nap. The warm, exquisite narration is clinically approved to relieve symptoms associated with stress and sleeplessness, pain, depression, fatigue and long-term illness, post-traumatic stress, cancer, workplace burnout and other physical, emotional and psychological stressors. With a voice described as "liquid," Mantell is often referred to as the calm within the storm. An insightful speaker, imaginative and fun, Mantell customizes programs for clients including Citibank, Verizon, New York Hospital: Columbia/Cornell, Remington, The Arthritis Foundation, The National Conference on Loss and the Medical, Health & Healing Staffs at the world-renowned Canyon Ranch Health Resorts. Mantell's powerful, practical mind-body techniques have been featured in NBC, ABC, CBS TV, The Los Angeles Times, Town & Country, Cosmopolitan, Redbook, Weight Watchers, Playboy, syndicated radio and newspapers, OnHealthWebMD, iVillage, Executive Update, Militarywives.com and America Online. Utilizing cognitive and integrative techniques to prevent and release stress, enhance clarity and focus, improve memory, boost morale and overall well-being, she offers fresh perspectives and realistic tools to support wellness, consistent with individual belief systems and lifestyles. With experience in mind-body processes, energy medicine, meditation, breath and body work, Susie has also participated in shamanic healing. The Coca-Cola Company named Susie to their 4-person panel of experts, "The Dasani Wellness Team."

...in Health Care

Susie Mantell has facilitated thousands in relieving physical and emotional symptoms of Stress-Related Illness...and Illness-Related Stress. Frequently invited to address clinicians and patients at health-related conferences, she makes the clear distinction that she does not presume to Heal. "Healing is an inside job," Mantell suggests. What Susie Mantell does seem to be able to do is intuitively guide others toward the inner wisdom of the body-mind-spirit by reducing impediments associated with stress, in its many forms. When people extol the benefits they find in her work, Mantell happily accepts 50% of the credit for the actual creation and presentation of her stress-reduction techniques, soothing audio and dynamic seminars. However, whatever inspiration, comfort and wellness listeners find, she gratefully attributes to "something greater" within and around us all-- and to the unique gifts each participant brings to the experience. She also presents seminars for physicians, nurses, psychotherapists and support staff for the prevention and release of Caregiver Stress, a phenomenon only truly understood by those who have lived it. (Mantell has...and does.) Offering fresh perspective and realistic, empowering tools to support wellness, her work is intended as an adjunct to, but not a substitute for, professional health care.



...in Corporate Culture

Providing unique insight and expertise in assessing and addressing stress-reduction needs in individuals and systems, Susie Mantell customizes stress prevention programs and strategies to meet unique goals and objectives in a wide variety of contexts, from expert witness-training for testimony...to team dynamics and conflict-resolution. Mantell's seminars offer immediate relief as well as long-term strategies, readily customizing on-the-spot techniques for individual workshop participants. She creates powerful, practical hands-on tools to enhance performance, productivity and memory, boost energy and self-esteem, and promote overall health of individuals...and organizations. Workshop participants explore a wide variety of experiential techniques that are personally meaningful and relevant, to identify, monitor and reduce stress. Extensive experience with nationally ranked Chappaqua, NY Public Schools renders her a compassionate and authoritative resource in human development, maximizing potential, and family systems. Mantell's professional expertise, personal integrity and intuitive ability to guide others toward inner balance, a sense of purpose and of peace, render her a trusted and respected resource among clients and colleagues.

Fun Facts...

Susie Mantell is also an award-winning pop songwriter whose work has been heard Off-Broadway and at Carnegie Hall's Weill Recital Hall. TV/film credits include: "Murphy Brown," "Another World," "All My Children," "Maury Povich," "E! True Hollywood Story: Paula Abdul," "Punk'd," "U.S. Marshals," "Entertainment Tonight," "The Guiding Light," etc., with Cantonese translations on pop charts in Hong Kong. Susie's voice-overs have been heard on TV and radio, from "Parents' Magazine Health Tips" and "Freddie Kruger's Tales of Terror"... to the voice of a laughing daisy.

As for "Miracles," Mantell believes they aren't as rare as some might think, and that exquisite Possibilities surround us every day. She adds, If it required a bolt of lightening to catch my attention, smiles Mantell, I'd have missed millions of wondrous everyday sparkles while I was hanging out waiting to be impressed! The gifts each of us is given are the easy part. It is unwrapping until we find them that can be challenging. Susie Mantell facilitates that discovery.

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