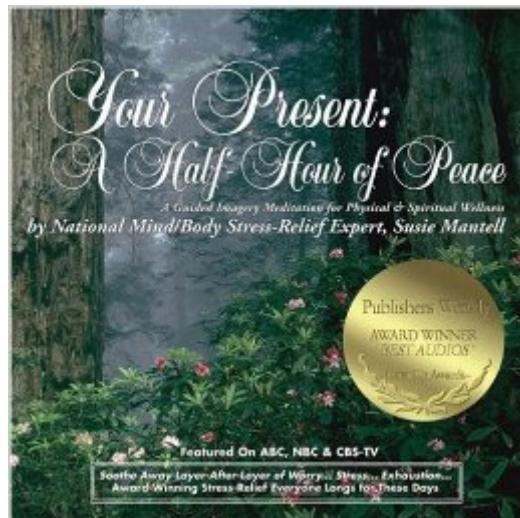


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# Your Present: A Half-Hour Of Peace: A Guided Imagery Meditation For Physical & Spiritual Wellness



## Synopsis

"Best Audios Award"-Publishers Weekly,"Highly Recommended" -Library Journal,"Best Original Work"-Audie Awards Finalist,â œAs Good As It Getsâ • Issue -Town & Country,â œTerrific corporate gift!â • -Ann T. Buivid, president, Remington,â œHighly recommended.â • -Navy-Marine Corps Relief Society,â œThe Best!â • -Canyon Ranch Living Essentials. With a voice described as "liquid," stress-relief expert Susie Mantell has created a uniquely soothing relaxation experience for men and women in all walks of life. Like an easy chair, Mantell's exquisite narration gently releases tension, easing worry from sleepless nights. Clinically approved for health-related, work-related, chronic and traumatic stress, soft music enhances the warm, elegantly packaged narration. In today's stressful world, drift into the quiet place where worries dissipate, where healing begins.

## Book Information

Audio CD

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Product Dimensions: 5 x 0.6 x 5.5 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (354 customer reviews)

Best Sellers Rank: #8,054 in Books (See Top 100 in Books) #1 inÂ Books > Books on CD >

General #1 inÂ Books > Books on CD > Health, Mind & Body > Meditation #1 inÂ Books > Books on CD > Reference

## Customer Reviews

Wow! I rarely write reviews, but I have to comment on this one. If you are looking for something in this genre, look no further. It's not just her perfect voice for this type of recording, but also the way it was recorded, she is very, very clear and yet very quiet and not obtrusive. Everything about this is just about perfect. I bought this and another tape, and fortunately heard this first. The other is a great disappointment, with the woman's rough voice and too-fast talking. Don't take a chance, buy this tape.

Overall I did find this audio cd relaxing. But there were parts of it I did not like. I found some of her words and whispery, sympathetic tone (esp. that "I know" business in the beginning, ugh!) corny but

I imagine that's a bit unavoidable with this genre of recording. My biggest complaint is about a particular section in the guided meditation that involves visualizing a golden box and inside is something that "you have been longing for" or something to that effect. You open the box and are supposed to receive that gift. I understand the point of the imagery. But the problem with it is...what if indeed the reason we might be stressed or feeling sad and needing meditation and more peace in our lives is that we have been longing for something that we can never have? The last thing I wanted to when attempting to relax and let go is to be reminded about this. Ultimately I was able to reframe it and see the "gift" as peace in my heart and move on, but that was an unexpected bummer for me. So, just a warning in case anyone else out there is dealing with a loss, or struggling with dealing with wanting something in his or her life that will not happen...that part may not have the calming, peaceful effect the author may have intended.

I have been very stressed lately which resulted in me not being able to sleep. I searched and found this CD, and honestly I doubted that it could help. For the past week now, I have been listening to this CD everynight right when I am about to go to bed. And instead of staying up all night looking aimlessly in my room, I fall into deep sleep and wake up relaxed and refreshed. So far, I haven't listened to the whole CD, after 5 min. I fall into deep sleep. But the CD recommends that you keep it on even if you sleep. Your mind listens even if you are not awake.

I have really been struck by how much relief this tape has brought me - not just the first time I listened to it, but each time. This has impressed me because I have listened to all sorts of other "relaxation" tapes before and, while they've been somewhat helpful, I never really was as transported into a completely new mood as I have been when I listen to Your Present. There's something unique about Susie Mantell's voice that I really bond with. Her tone is so reassuring - it makes me feel like everything really IS going to be ok, even when none of the things I'm stressed about have changed! This tape really shows you how a changed in attitude or point of view can be everything! My favorite time to listen to Your Present is on a long plane, train or bus ride. It really helps to make the time pass in a relaxed way. And if I'm in a plane and there's turbulence, it really helps to calm me down. My second favorite time to listen to it in bed before going to sleep - really helps me drift off. Thanks, Susie Mantell, for creating something so soothing and helpful.

I was given a copy of this wonderful tape as a gift several years ago...and it was indeed the perfect present then...and still is. I have now listened to it literally hundreds of times and know that I will

never get tired of it. Every time I start to feel overwhelmed by life...due to the stresses of being a parent, running a complicated business, etc....I remember that the BEST thing I can possibly do is to get this tape out and put it right on. And whenever I do, within moments I start to relax, and feel so much better. Susie Mantell's voice is so incredibly soothing and beautiful...and the soft background tones that she uses also make me feel like I am letting go and entering into a whole other realm, where I can relax and just begin to unwind. Everything she says, too, is just exactly what I need to hear in any given moment...it is so tremendously affirmative, just like a wonderful, dear friend there to be of total comfort and support. I truly believe that EVERYONE should have a copy of this marvelous tape, because we all have so many challenges to deal with these days, and we all need something like this to help soothe us into a better state of mind ...every day. I have listened to this tape more than any other one that I own (and I have quite a collection of tapes, so that says a whole lot !). I recommend it as the perfect gift for yourself and for everyone you know... there isn't anyone who won't appreciate it and listen to it time and again. I am just so grateful that Susie created this tape, and I really do hope that she's planning to create more like it. ( And a book to go with it would be just great, too.) THANKS, SUSIE, for making such a wonderful gift available for all of us !

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