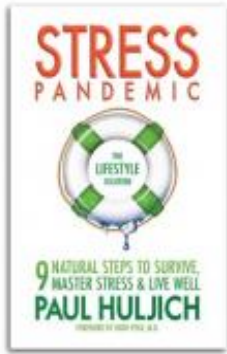


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## Stress Pandemic: 9 Natural Steps to Survive, Master Stress & Live Well

by Paul Huljich

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### About the Book

**THE STRESS PANDEMIC IS REAL AND UNCHECKED STRESS HAS REAL CONSEQUENCES.**

**TAKE CONTROL OF STRESS BEFORE IT TAKES CONTROL OF YOU.**

Do you feel anxious or on-edge a lot of the time? Do you suffer from stress but feel powerless to stop it? Do you have trouble sleeping, lack energy or patience, feel frequent sadness or tension, or experience even larger stress-related health problems?

Many people would answer yes to these questions. The modern world is a breeding ground for stress, it comes in many forms and has a variety of causes, but any kind of stress can greatly inhibit life and take a serious toll on both the body and mind.

Written for the growing number of people wishing to free themselves of mild, moderate or severe stress, **Stress Pandemic** draws upon organic food pioneer Paul Huljich's experience with stress-related illness, outlining a practical and effective approach to beating stress and achieving complete wellness. Huljich's strategies address the underlying habits and tendencies that cause stress, and offer a comprehensive lifestyle solution designed to deliver complete wellbeing.

By learning and following Huljich's uniquely powerful and integrated approach to wellness, readers can live stress-free, in a natural and holistic way.

## Discussion Guide

1. Stress is one of the most leading causes of illness in our country. Which (if any) of the Potential Causes of Stress do you notice as part of your daily life, and which ones were you surprised to find as major triggers?
2. One of Paul Huljich's Nine Natural Steps is to 'Learn How to Take Charge' in your own life. This can be difficult with so many responsibilities on your plate! How do you plan to use your time more efficiently so that you can put this change into action and benefit from this first step in the book?
3. We all have a bad habit that we rely on to get us through tough times. What's one in your life that you'd like to eliminate to better your health and overall wellness?
4. Sometimes, it seems nearly impossible to say no – especially to those we love and care about. In reading about 'Learning to Say No,' was there any particular instance that came to mind where you really wanted to say no, but didn't?
5. Regarding Question #4, do you plan on changing your reaction next time this issue presents itself? If so, how?
6. One helpful tip in the book is to create and practice daily affirmations that remind you to keep calm and remind you of your personal goals. What affirmations do you think will be most helpful to you in your own life?
7. One small adjustment you can make to distress is fit a small amount of daily exercise and stretching into each day. Do you currently do this? If not, did you find this step useful, and do you plan on adding some regular movement into your daily routine?
8. Think to your daily diet and nutrition. Is there something that you think you could eliminate or change to help improve your overall health and stress level?
9. Including some of the tips already discussed, which of the Nine Natural Steps did you find most helpful to aiding in defusing stress in your life? How do you plan on carrying this out to manage your stress?

## Author Bio

Paul Huljich co-founded Best Corporation, a pioneering organic foods company of which he was Chairman and Joint-CEO. In leading the company to great success, during which its value grew to more than \$100 million, he eventually developed a number of severe stress-related conditions. Ultimately, he was diagnosed by several psychiatrists in 1998 as suffering from bipolar disorder as a result of years of unchecked stress. That year, he experienced a full nervous breakdown, losing his rights as a citizen and being made a ward of the state.

Despite seeking the best care available Huljich was informed that there was no cure and that he would inevitably relapse. Determined to free himself of his conditions, he began a comprehensive search for answers. He traveled to the world-renowned Mayo Clinic in Minnesota and admitted himself to the Menninger Clinic in Kansas. Aided by exhaustive research, Huljich ultimately succeeded in mastering stress, overcoming his conditions and achieving a healthy, positive way of life by developing and implementing his nine-step overall wellness plan.

Since the year 2000, Huljich has not taken any medication related to his conditions, suffered any relapse nor needed any further treatment regarding any kind of mental illness. He has fully cured himself and he has never felt better. Huljich shares his personal story and path to recovery in **Stress Pandemic: The Lifestyle Solution, 9 Natural Steps to Survive, Master Stress and Live Well** (July 2012, Mwella Publishing).

His previous book, **Betrayal of Love and Freedom**, a novel based in part on his experiences, addresses the subject of mental wellness. He has been featured in *Psychology Today*, interviewed by more than 100 radio shows nationwide, had numerous television appearances and featured in more than 120 newspapers.

Paul is the father of three sons: Mark, Simon and Richard. He resides in New York City for most of the year and visits his homeland, New Zealand, regularly.

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## **Stress Pandemic: 9 Natural Steps to Survive, Master Stress & Live Well**

by Paul Huljich

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