



# 21 Ways... To Live A Stress Free Life in 21 Days

*Paul Haider*

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## **21 Ways... To Live A Stress Free Life in 21 Days** Paul Haider

In his new book Dr. Haider outlines 21 Ways to live a stress free life. We all deserve to be happy, health and a peace. In his new book he shows us an easy way to attain that life in just 21 days using his new process.

Paul Haider is one of the nation's most dynamic speakers and a specialist in stress management.

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