

Relax Into Success

Paul Haider

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Relax Into Success Paul Haider

A Workbook of Ancient Wisdom for Better Living in the 21st Century.

After years of work as a Health, Prosperity & Leadership Consultant specializing in Stress Management Paul Haider focuses on how your life can be a winning situation if you use the seven elements he outlines in his hew book. In this world of fast-paced non-stop information filled days, no wonder you find it hard to make a living, relax and have the life of your dreams. Paul Shows you how to make life work, by finding out exactly what's important to you so you can focus your attention on those areas.

Through this positive life-affiming book, Paul Haider shows you how to make your life whole once again. Our lives are filled with stress, struggle, worry and this book offers down-to-earth easy to use ways of dealing with life's ordeals on a day-to-day basis. You are sure to find peace, relaxation, prosperity and confidence with the help of this book.

Moira A. Fitzgerald "Moira A. Fitzgerald, CEO said about the Book, Whether you are a developing leader in the corporate world or just your daily life, this book is a valuable tool. I have read this book several times now and have gathered many valuable nuggets. I am particularly impressed by the basic truths and priniciples outlined in this book. Leadership, growth and health are not great secrets nor do they require extreme effort to attain. Paul leads his readers back to the basics that have stood the test of time. This book is one that I will re-read on a regular basis both to remind and inspire me to keep moving forward as a developing leader.



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