

BIOGRAPHY

PAUL HULJICH

Paul Huljich, Amazon Best Selling Author, Amazon editors choice 2014; is the Gold Award Winner, **USA Best Book Award 2014: *New Non Fiction***; Gold Award Winner, **USA Best Book Award 2014: *Self-Help***; Finalist: USA Best Book Awards 2014: Health [*Addictions – Recovery*]; and Health [*Psychology & Mental Health*]; Finalist: USA Best Book Awards for Best Cover Design: *Non Fiction*. Winning results published, November 14th 2014.



Paul Huljich co-founded Best Corporation, a pioneering organic foods company listed on the stock exchange, of which he was chairman and joint-CEO leading the company to great success, during which its value grew to more than \$100 million. The company was listed in the stock exchange in December 1991 and sold to a multinational food company in 1997. He also spearheaded and the co-founded the Huljich Foundation for seriously ill children, in memory of his father. Huljich gradually developed a number of stress-related conditions, including anxiety and depression. In 1998, as a result of years of culminated and unchecked stress since he was a teenager, he experienced an overdose of chronic stress, which precipitated into a complete mental breakdown, losing his rights as a citizen and was made a ward of the state. He lost a lifetime of hard work. The consequences of which was disastrous to him and his immediate family.

Despite seeking the best care available, Huljich was informed by eleven psychiatrists that there was no cure for his illness, and that he would inevitably relapse, he felt like a broken man. Determined to free himself of his conditions, he began a comprehensive search globally for answers, as to why this happened to him. He traveled to the world-renowned Mayo Clinic in Minnesota and voluntarily admitted himself to the Menninger Clinic in Kansas for treatment.

Aided by exhaustive research, Huljich ultimately succeeded in fortifying himself and conquering his stress. He was able to overcome his debilitating condition, master stress and accomplish a healthy, positive way of life, naturally. He developed the nine-step 30 day *Life Restyle Process* to break the cycle of stress and achieve a unique *LifeRestyle Solution*, an overall wellness plan to live stress-free and thrive.

Since the year 2000, Huljich has not taken any medication related to any condition of the mind, nor has he suffered any relapse or needed any further treatment regarding any kind of mental illness. He has fully cured himself and has never felt better. He has great joy in his life and found his lost contentment. He feels like a battle-scarred warrior. He shares his hard won personal secrets and story, his struggle, his difficulties and finally his path to complete recovery and optimum wellness in *Stress Pandemic: 9 Natural Steps to Break the Cycle of Stress and Thrive (2nd Edition)*. Published USA October 1, 2014.

Huljich is now one of America's top stress experts, a renowned public speaker, a stress management and LifeReStyle coach and a member of the American Institute of Stress. He is a global advocate for Mental Wellness, to bring about mind wellness awareness (MwellA).

He is also the author of the psychological thriller *Betrayal of Love and Freedom*. He has appeared in over 600 national and international radio shows, including BBC, Bloomberg, and many NPR, and makes regular press and television (including Fox TV) appearances, while also blogging for *Psychology Today* and conducting motivational stress-free seminars, including the Omega Institute in NY and on the Island of Maui – Hawaii to mention a few. He is a regular speaker at many collages, libraries and Universities and many NAMI events in the USA. Paul Huljich will tour New Zealand November 2014.

Huljich 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.

"The LifeReStyle Solution, is nature's healing magic at it's best"

www.StressPandemic.com