

The ***Stress-Free*** Stress
Management Plan



A Step-By-Step Plan To Breaking Free
From Stress and Becoming a Better You

THE STRESS-FREE STRESS MANAGEMENT PLAN

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About the Author

Kelly Dunn is an entrepreneur living in the United States who loves sharing knowledge and helping others.

“I believe that knowledge is power. Everyone should improve themselves and/or business, no matter what stage of life they’re in. Whether it’s to develop a better mindset or to increase profits. Moving forward is key.”

My experience includes:

- Banker
- Stockbroker
- Realtor
- Small business owner
- Business consultant
- Real estate investment
- Public insurance adjuster
- Old-time computer programmer



My entire career has been based on real estate investing and banking. I have 40 years of experience in the real estate investment world. This includes building and flipping residential properties, farms, and commercial property. I have 35 years of experience in banking.