

Leading Indian life coach launches new book



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by Asian Image reporter

Indian life coach, Rachanaa Jain launched her new book, 'Awake Your Dreams. Stop Procrastinating! Start Achieving!' in Southall this week.

The event was attended by among others, Virendra Sharma; Dr Chandok GP, Dr Rajesh Parmar, Spiritual Leader; Diane Shawe, CEO Academy of Vocational and Professional Training and Dr Onkar Sahota.

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Drawing inspiration from some of the greatest spiritual teachings, Rachanaa 'offers up spirit-based principles, secrets, and practical do-them-in-the-moment tools to help bring one out of procrastination'.

"I am thrilled with the launch of this book," said Rachanaa.

"My book 'Awake Your Dreams. Stop Procrastinating! Start Achieving!' shows how easy it can be to action your plans.

"If each of my readers imbibe the little acts mentioned in my book, I am sure they will learn to break free from self-destructive putting off habits, and move into freedom and accomplishment."

It features a collection of guided actions to empower its reader and deals with the most common problem of procrastination faced by a large number of people.

Five per cent of the proceeds of the book will go to a charity - 'Give India'.

The book is available on Amazon <http://amzn.to/1J2hP65> and in 20000 stores worldwide for £24.99.