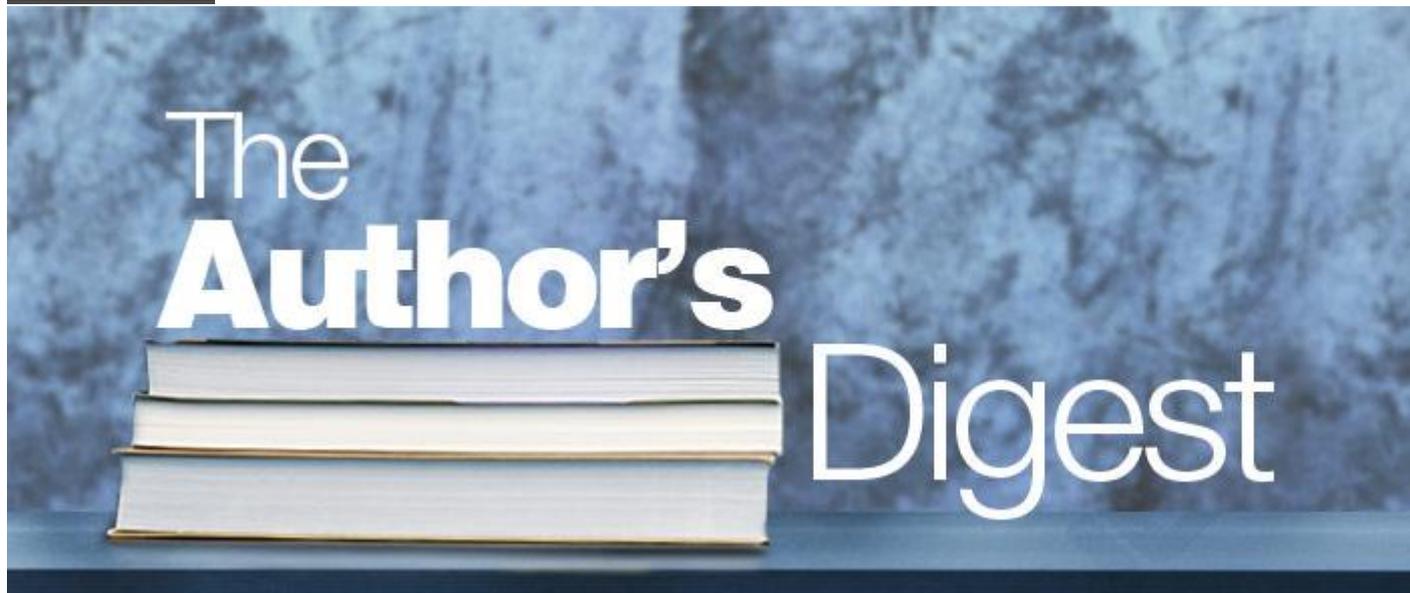


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Stop Procrastinating with Rachanaa Jain

Posted on [May 25, 2015](#) by [MBurns](#)

This week, **AuthorHouse** is pleased to introduce life coach and self-published author **Rachanaa Jain**. Her book, ***Awake your Dreams – Stop Procrastinating! Start Achieving!***, was launched last month and “offers up spirit-based principles, secrets, and practical do-them-in-the-moment tools” to help people combat procrastination.

We're thrilled to have Rachanaa in our contributor community and welcome her to Author's Digest!



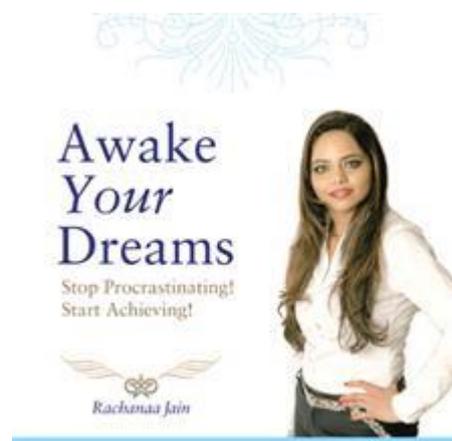
Rachanaa, please tell us a bit about yourself.

I'm a successful entrepreneur, businesswoman, coach, and healer. I'm the founder and managing director of Devine Messages Ltd., and have transformed many people's lives through coaching and healing. A Reiki master, NLP (neuro-linguistic programming) practitioner, pranic healer, numerologist, vastu and feng shui expert, and oracle card reader, I have helped numerous people take the guided action to identify their true potential to turn their dreams into reality. I have the ability to tap into a problem, read people's past and present, and recommend a solution which will create a bright future for them. I conduct workshops on my signature program worldwide.

I strongly believe in karma which says that "The key to living is giving." I'm involved in voluntary charity work and love helping people with disabilities. I regularly donate to charities in India to help poor people, women empowerment, and orphanages. Five percent of the proceeds of my book sales will be donated to a charity called Give India.

Tell us about *Awake Your Dreams – Stop Procrastinating! Start Achieving!*

The book is focused on the common problem faced by people. People often find themselves constantly procrastinating even though it causes them much anxiety later. A question that is frequently asked by people to therapists and coaches is “Why do I keep on procrastinating?” I deal with just that in this book. Even though most of us know exactly we need to do, we often put those tasks away until the very last minute. And this is not just a one-time thing. This becomes a pattern that keeps repeating itself, and people find themselves swirling down the familiar whirlpool of stress and anxiety because of their own procrastination.



The book will enable readers to change the perceptions that inhibit and limit their efforts to change dreams into reality. I've put forward a very effective six-step DREAMS system that helps people avoid trenches of procrastination that only hinder their true success. Moreover, putting off work until the last minute only depreciates the quality of our work. This often gives us a bad reputation with colleagues, family, and friends, and may even get us into serious trouble (or incur large costs). The book is aimed at helping people bring out the power they have within themselves to make their dreams into reality.

Readers can hope to achieve an effective and healthy “mind diet” from this book that will help them heal their mind, body, and spirit. It provides guiding steps by which people can be motivated to get out of their comfort zone and trying out new things.

We'll present the conclusion of our interview with Rachanaa Jain later this week. ***Awake Your Dream – Stop Procrastinating! Start Achieving!*** is available in the **AuthorHouse Bookstore**. For the procrastinators out there—you know who you are—it could be just the thing you're looking for!

Thanks for visiting **Author's Digest!**