

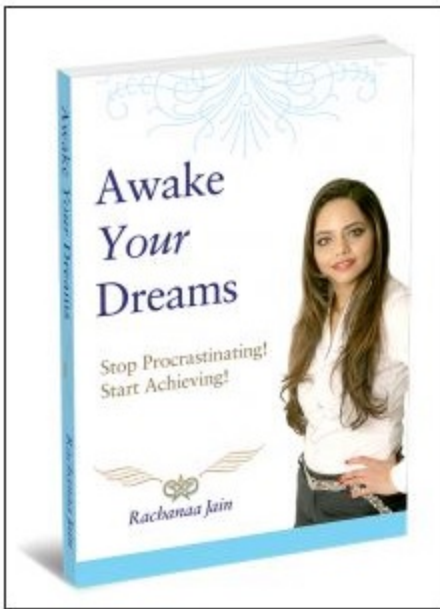
Awake Your Dreams. Stop Procrastinating! Start Achieving!

London, Saturday 18th April 2015: Leading spiritual healer and life coach, Rachanaa Jain launched her new book, **'Awake Your Dreams. Stop Procrastinating! Start Achieving!'** today at The Centre Banqueting in Southall, London. The book is available on Amazon <http://www.amazon.co.uk/> and in 20000 stores worldwide for £24.99.

The event was an inspiring evening attended by powerful dignitaries like Mr Virendra Sharma; Dr Chandok GP, Dr Rajesh Parmar, Spiritual Leader; Diane Shawe, CEO Academy of Vocational and Professional Training and Dr Onkar Sahota.

Drawing inspiration from some of the greatest spiritual teachings, Rachanaa Jain offers up spirit-based principles, secrets, and practical do-them-in-the-moment tools to help bring one out of procrastination. Upon constantly getting and taking spiritual inspiration from others all the time, Rachanaa Jain feels it's time to give some back by affirming the highest good for others through this book.

*"I am thrilled with the launch of this book," says an overwhelmed **Rachanaa Jain**. "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."*



The book is a non-fiction, self-help book comprising a total of 108 pages. 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. It is a comprehensive guide, addressing the evangelical layman almost as well as it deals with the New Age. It is a must have on the desk of every achiever. Supplemented with clear strategies for change, this book is perfect for entrepreneurs, parents, students, and anyone who wishes to get unstuck, stop delaying, and start living their most inspired life. 5% of the proceeds of the book will go to a Charity called 'Give India'.

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