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Book Launch of Revered Coach Rachanaa Jain

By [Jasmeet Panesar](#) On 17 Apr, 2015 At 01:18 PM | Categorized As [Latest](#), [News](#) | With 0 Comment

Renowned NLP practitioner, Reiki master and healer, Rachanaa Jain is all set to launch her debut book "Awake Your Dreams. Stop Procrastinating! Start Achieving!" on Saturday 18th April, 2015 at The Centre Banqueting in Southall. The book is available on [Amazon](#) and in 20000 stores worldwide.



"Awake Your Dreams. Stop Procrastinating! Start Achieving!" is a gripping non-fiction, self-help book that offers effective solution to prevent people from trenches of procrastination. Rachanaa Jain shares her secret recipe to overcome fears and how to achieve a life of your dreams. The secret ingredients in this book will help readers to train their brain and create a healthy 'mind diet' – to accomplish a pristine life and take appropriate steps in achieving dreams.

"Dreams are within reach. All you have to do is to visualize and believe in what you want to be, create an action plan and the universe will guide you through the next step to make it a reality," she says.

The event will be attended by **Mr. Virendra Sharma, Dr. Chandhok MP, Mr. Sukhdev Komal, Dr. Rajesh Parmar, and Ms. Diane Shawe.** The event will also see entrepreneurs, students and media personalities among others. Readers can hope to achieve an effective and healthy "mind diet" from this book, that will help them heal their soul, body and mind. The book provides guiding steps by which people can find the motivation of getting out of their comfort zone and trying out new things.

The Book Launch Party will be held at The Centre Banqueting, Southall, UK on Saturday, 18th April 2015 from 7pm onwards. To register for event click <http://rachanaajain.com/book/>