

# Give a life changing present this Easter rather than chocolate induced spots!

Submitted by: DAVINIA LTD

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Inspiring new book will revitalize your life.

Easter is a popular Christian festival, and is marked by the arrival of spring. Much like spring, this festival is linked with the concepts of birth, revitalization and fruitfulness.

This Easter give a life changing present rather than chocolate induced spots. Give your loved ones an inspiring and transforming book which will revitalize their lives.

(Imagine & You Can|<http://www.davinia.org.uk/imagine>) by Davinia Gill is the only step by step guide of its kind to help readers self coach and inspire themselves towards greater self confidence, motivation, passion and fulfilment (published October '09 by Meades House, and available through Amazon RRP £12.99).

Imagine & You Can is a powerful new book for young women, and includes tools, strategies and exercises on how to have more energy, more loving relationships, and take control of your feelings and lives.

Author Davinia Gill, [www.davinia.org.uk](http://www.davinia.org.uk), comments, 'Self coaching will help young women get to where they want to be. By focusing on their goals and coming up with a prioritised action plan, readers can get noticeable results fast, and positively transform themselves for the better. The actions will become progressively more automatic and require correspondingly less energy'.

Ends –

For more information, a review copy of the book, reader giveaways, photographs or interview, please contact: Davinia Gill 07876 198671, [dg@davinia.org.uk](mailto:dg@davinia.org.uk), [Www.davinia.org.uk](http://Www.davinia.org.uk).

25 books are up for reader giveaways this Easter.

About the Author

Davinia Gill runs a personal training and coaching practice for women. She combines her personal training, coaching and NLP therapy to help her clients achieve their best possible health, fitness and wellbeing.

She has worked in the health and fitness industry for over ten years and is passionate about her work and loves helping women to transform their lives, both physically and emotionally. This led her to write this awe inspiring book, the like of which has never been published before.

What the experts say

Bev James, MD, The Coaching Academy

'This is the most readable personal development book I've ever got my hands on (and I can guarantee there have been plenty) what I love about this book is that it makes you want to read it as soon as you pick it up. There are pages to write your exercise results in which make the whole experience more enjoyable.

Women will massively benefit from this book – it is aimed at young women, but women of any age will be able to increase their happiness and fulfilment by following its simple steps. For these reasons, this book will be available through The Coaching Academy.

Fran Morris, Head of VI form, Adeyfield School, Hemel

"Davinia's book, "Imagine and you Can" has been a huge source of inspiration in our Sixth Form assemblies... of our Post 16 students. We don't want them to be simply passive observers but active learners and participators. Each Form group has been given a chapter from the book to read and absorb, and then devise ways of presenting the ideas in an interesting and engaging framework to share with their peers. Motivation and self belief about their futures are the keys to success. These ideas have been harnessed by the students in dramatic presentations underlining the "I can" culture inherent in the Every Child Matters agenda.

Brilliant book. So simple yet so inspirational! "

Jill Glenn, Optima magazine

It's a step-by-step guide to confidence, motivation, happiness and fulfillment. It's ... simply written, but that does serve to make it more accessible than many other self-help books, and it's chock-full of exercises to make the reader stop and think. You could skim these, of course, but if you stopped and paid them attention (and some are really quite challenging...) you'd get more benefit out of the book, and, if Davinia is to be believed, out of life.