

Who's Dennis Odeny?

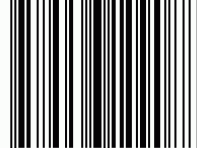
Dennis Odeny is love and light. He is a typical example of work in progress. Calling himself a student of life, he has expressed outright commitment to his self-development, reading, learning and sharing his ideas through different media to the world.

He is the co-founding director of Mind Transform Africa (MTA), an organization committed to working with men and women, especially youth to transform mindsets from victimhood to taking responsibility for every choice made in life.

A graduate of Kenyatta University, Dennis has received intensive training on mindfulness and meditation with The World Peace Initiative Foundation and currently offers certified mindfulness and meditation training on stress reduction, peacebuilding through conflict transformation and youth empowerment. Dennis is also a transformation coach and certified NLP practitioner.



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Hey You!

DENNIS ODENY

Hey You!

*See what you missed
struggling to be perfect...*

FREE "CALM
YOUR MIND"
DVD AT THE
BACK

DENNIS ODENY

Right in your hands is a book that will speak to your inner self

A guidance to spark the conversations with yourself; and a step by step guideline to awaken curiosity to learn and unleash the potential resident in you.

We invite you to open to a possibility that perhaps we are more than simply living beings.

That perhaps, we can find more fulfilment and meaning in life by simply relooking into what we engage in.

We invite you to open up to trust yourself enough to look deeper into your life through the guidance of this book.

Dennis Odeny, 2017