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.

Seldom have I found such wisdom in someone so young. It is the perfect book for the youth (adults too) who wish to create a process where they can create meaning and joy in their life. It is the perfect book for anyone attempting to "stop the madness" around them and wanting "something more" for their life. And the best part, it is broken down into simple daily reflections and thinking activities, for it is true that life is a process and so then should be our learning. I read it. I loved it. I believe your child or YOU will love it too. If you want change, this is a process to help create that change within you and the world.

Former Senator David Bernard-Stevens State of Nebraska, United States of America Hey

You!

DENNIS ODENY

Dennis Odeny shows piercing insights into the human mind and the perpetual battle between our conscious and subconscious selves. We would all lead healthier and more balanced lives if we followed the advice and techniques he recommends. He delineates salient scientific mindfulness methods that lead readers towards a more rewarding and impactful outcome in life.

Dr. Scott Bellows Chair, Incubation & Innovation Center, United States International University of Africa & Columnist, Business Daily

Dennis Odeny offers in this book a mirror through which we look at ourselves through our past, present and into the future we wish to create and step into. Being mindful in one's everyday life entails being present to every thought, word, and thing we choose to see - so that in every moment we ask ourselves whether we are BEing our best selves - for us and everyone around us. This journey eventually brings us back 'home' to ourselves and the transformation we wish to not only see but also BE in our lives. I encourage everyone to start on this journey to self-discovery and 'peace-full-ness' - and the steps are all cut out for you in these pages.

Karambu Ringera Founder & PresidentInternational Peace Initiatives



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DENNIS ODENY





ight in your hands is a book that will speak to your inner

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 morefulfilmentandmeaning 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