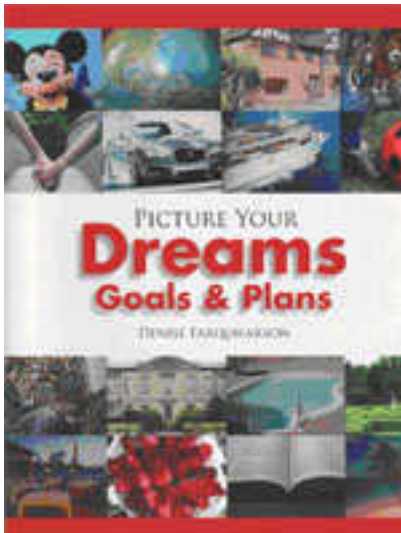




Book of dreams

Dreams became a reality for one Coventry graduate when her self-help book was published in September.

Book of dreams



Dreams became a reality for one Coventry graduate when her self-help book was published in September.

Denise Farquharson (Computer Studies, 1993) decided to write the motivational book called Picture your Dreams when she had an undiagnosed illness in 2005. The author, who works for Severn Trent Water as a Software Release Manager, believed she might die without being able to tell her three young children about her life's achievements.

Denise said: "I went looking for a book that I could put everything I had done in, but I couldn't find anything so I put it together myself."

The book encourages people to think of an image that visualises what they want to achieve and then to focus on how they will reach their goal.

Denise has now recovered from her mystery illness and is planning to take her self-help book to America. She is also available for motivational talks to inspire people to realise their dreams.

You can buy Picture your Dreams online or in bookshops, priced £12.99.

For more information: <http://www.pictureyourdreams.co.uk/first.html>