

# Always With You

A true story of love, loss... and hope

By Shalini Bhalla-Lucas

Amazon No 1 Best Seller



"I'm Shalini Bhalla-Lucas, Director of Just Jhoom!, a Bollywood dance and wellbeing company, and I'd like to introduce you to my new book, *Always With You* – A true story of love, loss... and hope.

In *Always With You* I've written honestly and openly about my personal battle with mental illness, the coping strategies I relied on to regain a positive mental state after severe depression, and the devastating loss of my beloved husband Jeremy to cancer. I am sure it is a story which many people will identify with. "

## A bit about my story

At 21, I knew where I was heading in life. Born into a successful Indian family in Kenya, I was at university in England and was preparing to one day take over the family business. Everything was mapped out... until I met and fell in love with my English neighbour, Jeremy. Then my world turned upside down.

For the first time in my life I found myself at odds with my parents and was faced with an agonising choice: to follow my heart or to submit to my parents' wishes.

My decision would take me on an extraordinary journey of self-discovery – one that took in family estrangement, severe depression, spiritual and physical renewal, devastating loss and, finally, hope.

*"gripping, inspiring, life-affirming"*

*"a testament to the power of love"*

[info@justjhoom.co.uk](mailto:info@justjhoom.co.uk) [www.justjhoom.co.uk](http://www.justjhoom.co.uk)

   Just Jhoom!

## My offer to you and your book club

I want to share my story with you and your friends and I'd love *Always With You* to be included in your book club reading list in 2019.

I've created a **Special Book Club Package**, which I hope will help bring my story to life and inject a bit of extra pizzazz into your book club discussion.

### Special Book Club Package

#### Author visit, reading and performance



Buy the book for £15 per copy from [www.justjhoom.co.uk](http://www.justjhoom.co.uk)

When your book club buys 8 or more copies of *Always With You*, you can book a FREE, 1 hour, book club author visit\*.

Buy 8 or more copies and get FREE P&P



\*If you're within 20 miles travel from Cranleigh, Surrey. Book clubs further than this, please email [info@justjhoom.co.uk](mailto:info@justjhoom.co.uk) for mileage charges.

This will include:

- book-signing and personal dedication
- readings of key parts of the text and an insight into their significance
- ancient Hindu prayer dance performance, as described in the book
- a short performance of a Bollywood dance, as detailed in the book
- Q&A session

### Special Book Club Package *Extra*



If you want to make your book club meeting extra special, you can upgrade to the **Special Book Club Package *Extra*** which includes all of the above, plus a 30-minute Bollywood dance lesson, where I'll teach you and your friends a dance routine to a popular Bollywood track.

You can upgrade to the Special Book Club Package *Extra* for £80. That's only £8 each for a book club of 10 people!

For more information, please email [info@justjhoom.co.uk](mailto:info@justjhoom.co.uk)

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