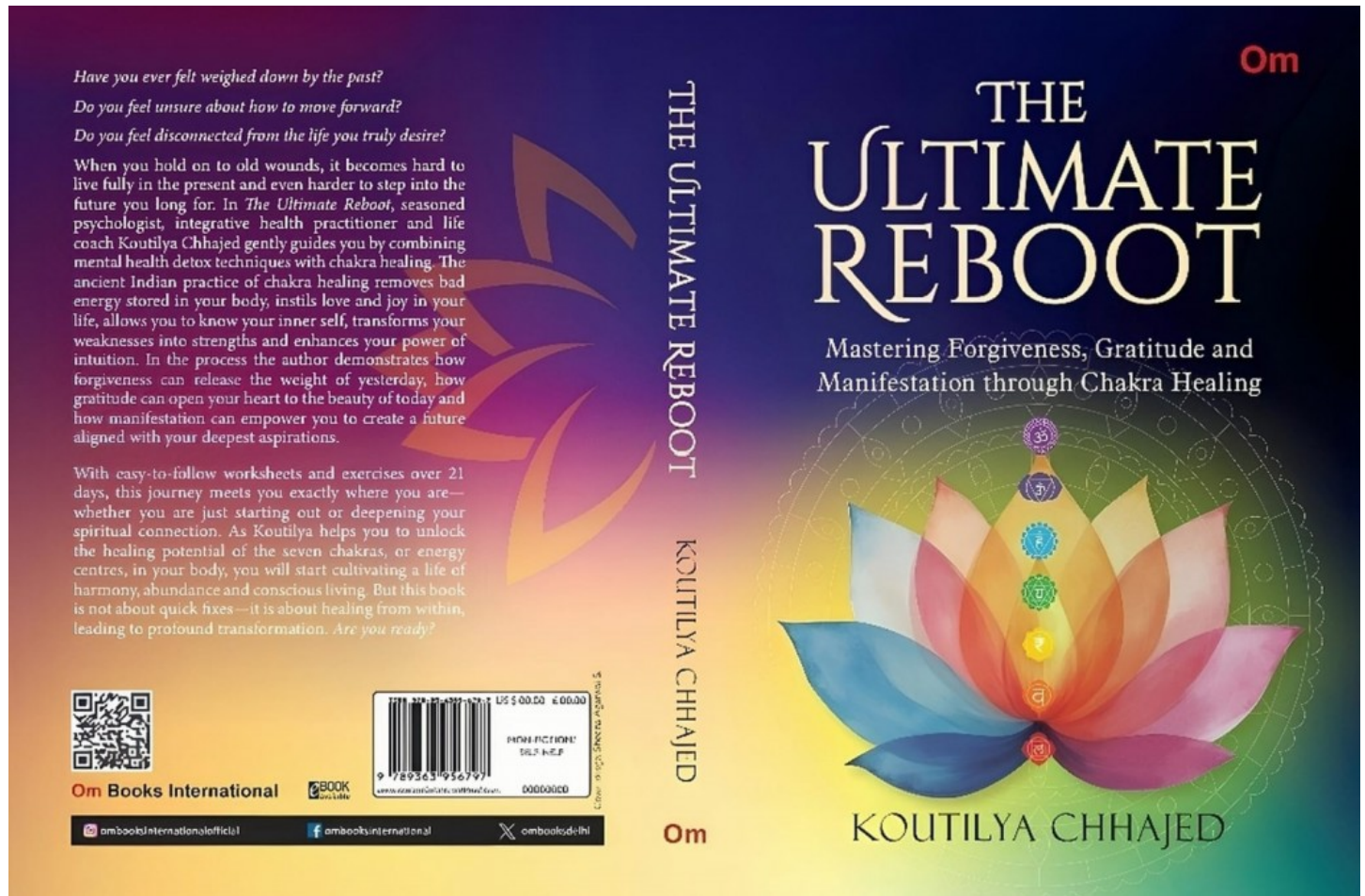


Indian Psychologist Koutilya Chhaged Launches Transformational Self-Help Book The Ultimate Reboot

A journey of mastering forgiveness, gratitude, and manifestation through chakra healing, guiding readers to realign their lives.



New Delhi, Delhi Nov 11, 2025 ([IssueWire.com](https://www.issuewire.com)) - Renowned psychologist and integrative health practitioner Koutilya Chhaged announces the launch of his new book, *The Ultimate Reboot: Mastering Forgiveness, Gratitude, and Manifestation through Chakra Healing*, published by Om Books International.

The book blends powerful psychological tools and ancient chakra healing practices to help readers release emotional baggage, rediscover gratitude, and live with renewed purpose.

“Forgiveness releases the weight of yesterday, gratitude opens the heart to today, and manifestation creates a future aligned with peace and happiness,” says Koutilya Chhaged.

The *Ultimate Reboot* invites readers to embark on a 21-day journey of self-transformation. With simple, practical exercises that take just half an hour a day, it offers a gentle yet profound guide to emotional and spiritual renewal. The book promises to meet readers where they are—and move them toward where they’re truly meant to be—aligning mind, body, and soul.

Book Details

Title: The Ultimate Reboot

Author: Koutilya Chhajed

Publisher: Om Books International

Genre: Self-Help / Psychology / Spirituality

Language: English

Release Date: November 14, 2025

Pre-Order Link: <https://amzn.in/d/ds1D2G6>

About the Book

The Ultimate Reboot is a 21-day guide that combines chakra healing with powerful psychological techniques—showing how forgiveness frees you from the past, gratitude opens your heart to the present, and manifestation helps you shape your tomorrow.

With daily reflections and actionable steps, the book serves as a practical and soulful roadmap to emotional balance and spiritual clarity.

About the Author

Koutilya Chhajed is a psychologist, Integrative Health Practitioner and author known for his integrative healing approach that combines science, psychology, and spirituality. His work focuses on forgiveness, gratitude, and inner transformation, helping individuals realign their emotional and energetic well-being.

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