

**VOL.1**



TO **ANYONE** WHO **DARES TO DREAM!**

# DREAM WITH NEERAJ



**NEERAJ VAID**

DEATH TO DREAMS: INSPIRING MILLIONS!

## Parab Publications

# Dream With Neeraj

Neeraj Vaid is a mental health and transformation coach, TEDx & Josh Talks speaker, podcaster, and founder of Soccial Symphony, a podcast production house committed to helping individuals and brands amplify their voices.

From surviving a life-altering accident to inspiring over 20 million lives, Neeraj Vaid is living proof that pain can become power. A former corporate employee who chose purpose over paychecks, Neeraj now dedicates his life to helping others rise through self-discovery, mental resilience, and powerful storytelling.

He is the host of the *DreamWithNeeraj Show*, founder of *Soccial Symphony*, and the force behind the transformational retreat *Awaken The Warrior*, where individuals rediscover their strength, clarity, and voice.

Whether it's coaching, podcasting, or writing—Neeraj leads with raw truth, deep empathy, and relentless faith in the human spirit. His journey is not just his own—it's a reminder to every underdog that your story still matters and your best chapter is yet to come.

Neeraj has shared his journey on prestigious platforms like *TEDx*, *Josh Talks*, and other top stages, spreading his powerful message of resilience and growth. His work continues to inspire millions, while he remains committed to his own journey of evolution and transformation.

# Dream With Neeraj:

## To Anyone Who Dares To Dream!

Volume - 1



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# **Dream With Neeraj:**

**To Anyone Who Dares To Dream!**

*Authored By:*

**Neeraj Vaid**

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***Dedicated to***

***“Lord Shiva”***

***Because I wouldn't be alive writing this book  
without him! I Wish his blessings upon all of  
you ...Har Har Mahadev!!!***

## Foreword

### By Aaira Kaurr

Every once in a while, you come across a story that doesn't just inspire you—it *awakens* you.

Neeraj Vaid's journey is one of conscious transformation, deep inner work, and the courageous reclaiming of life on his own terms. This book is not just about achieving success or ticking off goals—it's about rising into your own truth, with clarity, conviction, and grace.

What moved me most was Neeraj's radical honesty. He doesn't sugarcoat the process. He shows us the messy, vulnerable, uncertain parts of transformation—the parts we often try to hide. And in doing so, he gives us permission to be real. To be raw. To *begin where we are*.

Each chapter feels like a conversation with your higher self. You're reminded that the world outside will always have expectations, but your inner compass knows the way. Through powerful insights on time, mindset, identity, and self-worth, Neeraj becomes a gentle yet firm voice encouraging us to pause, reflect, and ask: *What am I really here for?*

On a spiritual level, this book is a reminder that nothing in life is random. Every challenge is a divine invitation. Every pause is sacred. And every shift—no matter how uncomfortable—is preparing you to meet the highest version of yourself. Neeraj's words feel like a soul whisper, guiding you back to your inner knowing... to your *why*, your light, your path.

As someone who walks the path of self-love and healing each day, I felt deeply connected to the energy of this book. Because choosing yourself is not a one-time decision—it's a sacred practice. And this book? It's a prayer for all of us who are ready to rise.

To Neeraj—I see your light, and I thank you for pouring it into these pages. To the reader—this book found you for a reason. Trust its timing. Let it hold your hand as you come home to yourself.

With love, light, and reverence,  
**Aaira Kaurr**  
Selflove Mentor & Founder – *Selflove Jewels*  
Author – *Selflove: The Power Within You*

## **Foreword**

### **By Pijush Singha**

When you meet Neeraj Vaid, you don't just meet a person—you encounter presence, purpose, and passion molded by pain, grit, and unwavering belief. Dream with Neeraj is not just a book—it's a movement. It's a mirror for the broken, a blueprint for the seekers, and a companion for the dreamers who are ready to turn their struggles into strength.

Neeraj's journey isn't a fairytale—it's a raw, unfiltered, and deeply human transformation from injury to inner power, from silence to stage, and from confusion to clarity. In a world obsessed with overnight success, this book dares to slow down, reflect, and rebuild—one mindful decision at a time.

What makes this book powerful isn't just the lessons, but the lived experience behind every word. As a coach, speaker, and founder, Neeraj doesn't preach from a pedestal—he walks beside you, sharing tools he's personally used to rise again, again, and again.

Through these pages, you'll not only hear his voice—you'll hear your own voice returning to you. A voice that says you are capable. You are seen. And yes, you are meant to dream—and live those dreams.

So as you hold this book, know this: it's more than ink on paper. It's a reminder that your story isn't over. It's just getting started.

**Pijush Singha**

Co Founder - Soccial Symphony Media | Podcaster, Audibles of life |  
Confusion to Clarity Coach



## **Foreword**

### **By Dr. Tazyn**

Every great journey begins with a dream —A belief that something greater awaits beyond the horizon. "Dream With Neeraj: To Anyone Who Dares To Dream!" is more than just a book; it is a bold invitation to step into that dream.

In a world often clouded by doubt, fear, and limitations, Neeraj Vaid emerges as a voice of unshakable optimism and raw honesty. Through his words, he reaches out not just to inspire, but to ignite. He shares his own Journey —full of struggles, setbacks, and silent battles that many of us face daily.

What sets this book apart is its sincerity. Neeraj doesn't preach. He walks beside you — as a friend, a fellow dreamer, and a relentless believer in the power of vision backed by action. Whether you're a student wondering about your purpose, an entrepreneur searching for motivation, or someone quietly nursing a forgotten goal, this book is your tool to get back up and try again.

"Dream With Neeraj" reminds us that dreams are not reserved for the privileged or the lucky — they belong to those who dare. Those who are willing to believe in themselves, even when the world doesn't. This book is not just his story — it is yours too, if you choose to write it.

So open these pages with your heart. Let the words move you. Let the journey begin.

To anyone who dares to dream — this one is for you.

**By Dr. Tazyn**  
Co-Founder (Mind Over Cancer)

## **Foreword**

### **By Poorva Shrivastava**

When someone writes a book not from a place of comfort, but from the depths of pain, healing, and transformation — you listen. You pause. You reflect. That's exactly what Neeraj's journey does to you. From surviving a life-altering accident to building a powerful mindset that has not only shaped his own destiny but now uplifts thousands — this book is not just words; it's proof of resilience, raw honesty, and relentless growth.

As someone who has walked the challenging path of entrepreneurship and empowerment, I resonated deeply with Neeraj's voice. This book is a reminder that success isn't born from luck — it's carved through broken bones, broken beliefs, and unbreakable spirit.

Every chapter is filled with truths many avoid, but all need to hear. It's a roadmap for anyone who dares to dream, stumbles while chasing it, and still gets back up — again and again.

To all readers: you hold in your hands more than just a story. You hold a mirror to your own strength. Read it slowly, absorb its lessons, and let it push you to become the version of yourself you've always known is possible.

Let this be the moment you stop surviving and start living.

**Poorva Shrivastava**  
Entrepreneur, Mrs India RU

## **Foreword**

### **By Manoj Dhanda**

I call him Champion  
Because the story he has... is from Death to Dream.  
Anyone who reads Neeraj's story will discover  
that they too can be a Champion.

=====

I call him Champion.  
Because his story isn't just one of survival—  
It's a journey from Death to Dream.  
Neeraj didn't just survive.  
He chose to rise.  
He chose to dream.  
He chose to add... "etc."  
And that "etc."—  
That one unsaid line—  
It changed the script from an ending to a new beginning.  
Whoever reads this book will realize:  
There's a Champion waiting inside each one of us.  
All it takes is a little courage to turn the page.

**Manoj Dhanda**  
Founder Utho

## **Foreword**

### **By Vidhi Kalra**

Maybe you haven't hit rock bottom yet. But I know if you picked this book, there's something inside you that's tired and needs help.

This book is not the motivation you'll forget the next day. It's raw, real, and relatable.

His words will wake you up to the strength you forgot you had, the dreams you paused, and the life that's still waiting for you. It will first shake you and then hug you!

This isn't a book. It's your second chance.

For anyone thinking it's the end, this is your reminder that you can still choose a different ending.

This one is special because he is. This book changed something in me. It reminded me that you don't need to have it all figured out. You just need to start.

So take a breath. Turn the page.

And watch what happens when you finally bet on yourself.

**~ Vidhi Kalra (Your Fellow Dreamer)**

Social Symphony Operations Lead | Content Creator | Artist

## **Foreword**

### **By Surbhi Vaid**

I have lived this story not just as a reader, but as a witness—up close, through the sleepless nights, the painful days, and the quiet resilience of a brother who refused to give up.

I saw the pain transform into purpose. This boy from 2018 who couldn't move his neck, lift the weight of his own head transform into a powerlifter, speaker, coach, and now an author—Neeraj has rebuilt his life from scratch. Not just for himself, but to inspire thousands who might be going through their own version of “rock bottom.”

This book isn't just his story. It's a map—for anyone who has ever felt stuck, small, or scared. Every word in these pages comes from lived experience, not borrowed wisdom. It is honest. Raw. And real.

What makes me proudest is not just what Neeraj has achieved, but the person he has become along the way. His journey is proof that you can rise after you fall—not once, but as many times as life demands.

To the reader—if you've picked up this book, you've already made a choice to believe in change. Let Neeraj's words walk with you. Let his story give you the courage to write your own.

Because if he could do it, so can you.

With love and pride,  
**Surbhi Vaid** - Sports Presenter  
(Sister. Witness. Believer.)

## **Foreword**

### **By Shraddha Shrivastava**

Founder, Digital Height | LinkedIn Growth Strategist

There are books that you read once and forget.

And then, there are books that read you back—line by line, truth by truth.

This one does more than just read you.

It holds a mirror to the version of you that you’ve silenced for too long—the dreamer, the fighter, the believer.

I didn’t read this book as a stranger. I read it as a friend. A witness to Neeraj’s journey—not just after the pain, but through it. And that’s what makes this book different. It wasn’t written for applause. It was written for impact. For healing. For you.

There’s no sugarcoating here. No borrowed wisdom. Every insight has been earned. Every chapter—lived. That’s why you’ll feel it in your bones.

Neeraj doesn’t hand you quick hacks to success. He hands you awareness. He teaches you how to stop negotiating with fear, how to reclaim your time, your identity, and your destiny—even when the world writes you off. Especially then.

As a coach and founder myself, I’ve read countless self-growth books. But this one lingers. It doesn’t scream “look at me.” It whispers, “look within.”

To Neeraj—thank you for turning your pain into power, and your truth into a torch. You’ve not just written a book. You’ve carved a path.

To the reader—this isn’t a feel-good story. It’s a wake-up call. Read it if you’re ready to stop surviving and start living on your terms.

With love, pride, and all my belief in you,

**Shraddha Shrivastava**

LinkedIn Expert | Founder, Digital Height

## **Foreword**

### **By Chitranshu Sharma**

Let's be honest—most of us don't have dramatic backstories. We're not ripped. We haven't survived accidents or conquered Everest. But you know what? We still feel stuck. Trapped in routines, drowned in distractions. And we still want out.

This book? It won't throw gyaan at you from the Himalayas. But it'll hit you where it matters. Neeraj bhai writes like he's been inside your mind, saying what you've felt but couldn't phrase. It's real. It's raw.

Reading it helped me silence the noise—Instagram noise, family noise, even the noise in my head. It reminded me what truly matters.

So I didn't just read it. I acted. I turned my chair. Faced the table. Started something new.

Maybe after reading this, you'll do the same.

~ **Chitranshu Sharma**  
Graphic designer | Editor | Student

## Preface

To ANYONE who feels they're not good enough, let me break it to you! No One is!

We don't need to be perfect; we just need to be better!

This Book will give you a roadmap to find yourself, to understand life, and the mindset to fight for your dreams!

Thank you for giving me the most valuable assets you have your "Time" and "Attention". In return, I promise this book will give you more value than what you paid for and it will keep giving value as you take the principles of this book and apply them in your life.

You don't have to go through the same pain I went through to understand the meaning of life, you can avoid the majority of it and still benefit from the principles I learned fighting for my dreams and changing my life.

Even if I can reduce someone's pain by a little amount and help anyone out there to fight for their dream. It will bring me immense joy and contentment for life.

Congratulations, You are already in the Top 10% by taking the action to read this book!

Let's take you even further, Let's make your dream a reality!

This Book will be *Volume 1* and act as an entry to the upcoming series, documenting my journey while I pass on my knowledge and experiences to help you live a better life!

Enjoy!

*"Only a life lived for others is a life worthwhile."*

*– Albert Einstein*



## **Contents**

<i>Why Should You Listen to Me? My Story!</i>	1 – 8
<i>Find Your WHY?</i>	9 – 11
<i>You should be obsessed with “TIME”</i>	12 – 17
<i>Champion Mindset!</i>	18 – 23
<i>Destiny</i>	24 – 29
<i>You Can’t Find Purpose, You Create it!</i>	30 – 35
<i>Don’t Overthink, Just Do It!</i>	36 – 40
<i>Protect Your Dream, It’s Okay to Be Misunderstood!</i>	41 – 49
<i>It’s Lonely at the Top</i>	50 – 58
<i>Success is a Sacrifice, Not an Option</i>	59 – 62
<i>Everything Happens for a Reason!</i>	63 – 65
<i>Be One with the Universe!</i>	66 – 70
<i>Don’t Regret</i>	71 – 73
<i>Thank You! I’ll See You in the Next One!</i>	74 – 80

# TO ANYONE WHO DARES TO DREAM!



Most people spend their entire lives waiting for the “right time”—but what if the only thing standing between you and your dreams is the courage to take that first step?

This **book follows Neeraj’s journey** from surviving a near-fatal accident that left him with a broken neck at 24, to quitting his job at 29 while battling depression, to becoming a powerlifter, mental health coach, Josh Talks & TEDx speaker, founder of Soccial Symphony, and host of the DreamwithNeeraj Show—impacting millions of lives through his content.

**Dream with Neeraj** is not just a book—it’s a **roadmap for anyone who feels lost, uncertain, or stuck**. It’s a journey of resilience, self-discovery, and the relentless pursuit of what truly matters. Through raw experiences, powerful insights, and lifechanging lessons, Neeraj Vaid shares how he turned pain into purpose, fear into fuel, and dreams into reality—proving that no matter where you come from, you have the power to rewrite your story.

**This book is a gift I wish I had when I was lost—so make sure to use it. It might just change your life!**

*I will see you in the next one. Until then, keep dreaming!*

— Neeraj Vaid



# DREAM WITH NEERAJ

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